

# FRIENDS OF STOW SURGERY

Registered Charity No. 1086648

FOSS Newsletter No.72 Winter 2021

## Introduction

In our last newsletter, Issue 71 Summer 2021, we said that this Winter edition would be digital only subject to a printed copy to be sent / delivered upon request. We received only 20 requests for a printed copy.

However, after feed-back and considerable discussion, we have decided to send a copy of this edition by email to all the patients who have provided an email address to the surgery.

Patient confidentiality dictates that only surgery staff can access those addresses. Therefore, this edition will be sent out by the surgery.

In addition, we will send a printed copy to all patients who requested one.

Copies of this issue will be left in the library and the surgery.

## Surgery News

The Practice Under Pressure by Dr. Paul Sherringham.

The NHS is currently experiencing some of the most severe pressures in its 70-year history. Like other GP practices in Gloucestershire and across the country we have been facing rising demand for services (nearly 20% since 2019) alongside growing numbers of registered patients.

The COVID-19 pandemic has exacerbated workload pressures. Our practice team has been working tirelessly throughout and, with our other GP colleagues in the North Cotswolds, we have been delivering the hugely successful COVID-19 vaccination roll-out at North Cotswolds Hospital whilst maintaining day to day medical care for our patients.

A GP's normal day now routinely runs to 12 – 15 hours and this is not sustainable for us and our teams. This, of course, has a knock-on impact on you, our patients, and we are doing everything we can to alleviate this.

So, we would like to ask for your continued understanding and support as we strive to meet the ongoing challenges we face as we emerge from the pandemic.

Non-urgent appointment times may take longer, but we are doing everything we can to prioritise those with urgent needs and ensure access to care is the best it can be.

We are committed to offering the right kind of care and appointments, based on the nature of your symptoms, condition and needs. To achieve this, we are making improvements which we hope will provide a smoother and more efficient service for all.

We have expanded our nursing team and are increasing training opportunities for them to take on more tasks and support patients with sexual health, respiratory disease, diabetes and obesity and we have recently advertised for an Emergency Care Practitioner to support the GP team with minor illness and triage.

Whilst a simple answer might be to recruit more doctors there are very few GPs available for work and the funding streams available to us just don't support this.

In the past 18 months, we have embraced new ways of working and have been offering a greater number telephone consultations. We know this has been a positive experience for many of you where it suits your lifestyle and working patterns. However, please be assured that anyone who needs to be seen in person will be offered a face-to-face appointment.

The steps being taken are quite literally aimed at preserving the future of our practice; every member of our team cares passionately about providing the best service they can.

Whilst we do fully recognise that waiting for an appointment or a response can be frustrating, please be assured that we are doing everything in our power to help and provide you with the highest standards of care.

If your illness is minor, try to manage your symptoms yourself for a day or two. There is helpful information at [www.nhs.uk](http://www.nhs.uk) and your local pharmacy is a great first port of call. If you are ill or injured and unsure what to do, click [www.111.nhs.uk](http://www.111.nhs.uk) or call 111. The 111 phone service can you into local services if needed. We also have a wonderful Minor Injuries Unit at Moreton-in-Marsh open 8am – 8pm.

Finally, we are committed to doing our utmost to support you and give you access to the best quality primary care when needed. Please be kind and treat all surgery staff with the respect they deserve.

## Don't waste medications

A report by the Department of Health in 2010 estimated that unused medicines cost the NHS around £300 million every year, with an estimated £110 million worth of medicine returned to pharmacies and £90 million worth of unused prescriptions being stored in homes. In 2018 it was considered that similar figures would still apply.

We have seen a lot of wasted medicines returned to the surgery in recent months and wanted to remind patients of the importance of taking medicines which are prescribed and not to order medicines just to please the doctor!

Once medicines have left the pharmacy / dispensary they cannot be recycled even if they are unused. They must be appropriately disposed of for safety reasons.

If you are having problems with taking your medicines or find they are not controlling your symptoms or you think you are having side effects from them please let us know. You can do by phoning the surgery or by completing the medicines review form on our website. <https://www.stowsurgery.co.uk/navigator/dispensing-review-of-use-of-medication-drum/>

## Cancer Screening Projects

### Bowel Cancer Screening

Everyone aged 60 to 74 is automatically sent a bowel cancer screening kit every 2 years. The programme includes some 56-year-olds.

If you're 75 or over, you can ask for a kit every 2 years.

Call the free bowel cancer screening helpline on 0800 707 60 60 to find out more or to request a home testing kit.

<https://www.nhs.uk/conditions/bowel-cancer-screening/>

### Cervical Screening

All women and people with a cervix aged 25 to 64 are invited for screening by letter. Please contact the surgery on 01451 830625 for more information or to book an appointment. <https://www.nhs.uk/conditions/cervical-screening/>

### Breast Screening

Anyone registered with a GP as female will be invited for NHS breast screening every 3 years between the ages of 50 and 71. You'll get a letter in the post inviting you. If you have missed an appointment or would like more information please call 0300 4223786

<https://www.nhs.uk/conditions/breast-screening-mammogram/>

## Sexual Health Clinic

Dr Lawrence and Sister Bridget Gibson run sexual health clinics for men and women on Thursday afternoons at the surgery. Please telephone for an appointment; or, if you are a registered patient with the surgery, some appointments are available to book online. All appointments at the surgery are completely confidential.

- \*Sexually Transmitted Infections (STI) tests performed
- \*STI treatment given
- \*HIV tests performed
- \*Long Acting Reversible Contraception (LARC) fitting: implants – Dr Lawrence only
- \*LARC fitting: IUD/IUS devices
- \*LARC removal implants – Dr Lawrence only
- \*Other contraceptive discussions or initiation
- \*Pregnancy Advice Service referrals
- \*Emergency contraception issued
- \*Condom distribution scheme registrations

## C-card scheme

Free condoms and sexual health advice are available to men and women under 25 in Gloucestershire as part of the C-Card Scheme. You need to register for the scheme and will be issued a card. You can pick up condoms from various C-Card sites (including Stow Surgery) by showing your card.

Young people will have a one-to-one discussion with a trained person before being issued with a card. If they are under 16 an assessment will be undertaken to ensure that they are mature enough to understand what sex is and information / guidance will be provided in addition to condoms. Don't forget, the age of consent for all young people (straight or gay) is 16. We take consent really seriously.

For an up to date list of C-Card sites please see the website below.

Website: [www.eddystone.org.uk](http://www.eddystone.org.uk)

## Travel Vaccinations

If you are travelling abroad please make sure you contact us in plenty of time to arrange any vaccinations that may be necessary. To help the Travel Nurses assess your travel needs it is important that they are in receipt of the completed assessment form (available on the surgery website) before your appointment. If you require a printed copy of the form please telephone the surgery.

## Healthy Lifestyles – Weight Management on Referral

Registrations are now being taken for **free** weight management support commencing in January 2022 via Weight Watchers and Slimming World. Please see the website below for further information and telephone the surgery for the sign up code.

<https://hlsglos.org/referralwmor>

## Maternity Booking

When you find out you are pregnant, you will need to book your first appointment with a midwife. This is called your booking appointment. Please visit the website below and complete the referral form when you are around 6 weeks pregnant, and a midwife will then contact you to make further arrangements.

<https://www.gloshospitals.nhs.uk/our-services/services-we-offer/maternity/your-first-midwife-appointment/>

Your 'booking appointment' should happen before you are 10 weeks pregnant.

This appointment to see the midwife face-to-face needs to be made at the surgery by phoning 01451 830625 because the midwife does not have access to the appointment system.

## Staff Update

Dr Caroline Knight is the new GP Registrar and will be at the surgery until August 2022. Dr Knight works fulltime and will also be responsible for looking after patients who are resident at Edwardstow Court care home.

Dr Chiles has reduced her working days from mid-November to Tuesdays and Wednesdays. She will continue to run menopause clinics but has handed over patients resident at Newlands to Dr Sherringham.

Dr Jenkins is continuing to offer regular joint injection clinics at the surgery and this has been well received by many patients who previously had a long wait for these treatments and often had to travel to hospital for them. Dr Jenkins will be providing more sessions at the surgery over the winter months.

Molly Williams has joined the nursing team as a trainee HCA allowing Bridget Gibson and Sophie West to focus more on supporting patients with long term conditions.

Wendy Jefferies, community midwife retired in October. She had been the midwife in Stow for many years and will be missed. The new midwife, Lauren Wise will continue to offer ante natal appointments at the surgery on Thursday afternoons.

## Dates For Your Diary 2022

The surgery will be closed / run on a skeleton staff, for staff training from 12.30pm on some Tuesday afternoons during 2022. These will usually be the 3<sup>rd</sup> Tuesday afternoon each month. If you require the services of a doctor during the times that the surgery is closed please call the usual surgery number (01451 830625) and the duty doctor will arrange to speak to you / make you an appointment to be seen.

## Foss News

Our charitable object is to provide "...equipment and services for the benefit of patients of Stow Surgery not provided from state funds or by statutory authorities." FOSS continues to make a vital contribution.

### Donations.

Since our last newsletter in the summer, we have continued to receive donations from our regular donors for which are very grateful.

In addition, The Odditeas, a group of women from Oddington village and mostly ex-Oddington WI members, purchased through FOSS the ABPI machine referred to below. They raised the funds by serving tea and cakes at Chastleton House on various dates throughout the summer. We are very grateful to them.

Shop with Amazon at [smile.amazon.co.uk](https://smile.amazon.co.uk)

FOSS has become one of their charitable organisations. Therefore if you nominate FOSS on your next purchase (same products and same prices) we will receive 0.5% of eligible purchases with no fees and no extra cost to you.

## Equipment Purchases.

Despite the new surgery building opening only recently, our support continues to be needed. Old equipment brought from the old surgery, finally needs replacing. Medical research results in more efficient equipment being developed.

In the last few months our purchases have included :

- \*Ten pulse oximeters (£173.80) to lend to Covid patients to measure the volume of Oxygen being absorbed into their blood stream.
- \*Five blood pressure monitors (£208) to lend to patients.
- \*Replacement probe for the bladder scanner (£892)
- \*An ABPI monitor (£2700 – funded by the Odditeas donation) measures blood flow / pressures and links the results direct to the patient's records. The present system takes up to an hour. This machine reduces that to less than 15 minutes.
- \*The surgery pod (£8244) now set up in the room next to reception.

An appointment is not necessary to use the pod

We wrote about the pod in our last edition. It can be used by you to measure vital signs and to complete a health questionnaire.

In our last edition we referred to the video on you tube on the following link explaining more about how it works

[https://www.youtube.com/watch?v=S3JPpTQx\\_tA](https://www.youtube.com/watch?v=S3JPpTQx_tA)

Endeavours continue to appoint a physiotherapist to work at the surgery on a part time basis supported by FOSS.

In the immediate future we expect to fund the purchases of a Spirometer (£895); a Dermatoscope (£1140) and a Doppler (£529).

## Your present committee

### Officers

Chairman	Robert McKechnie	01451 870919
Secretary	Patrick Mattock	01451 831469
Treasurer	Paula Evison	01451 830304

### Committee Members

Tim Churchward	01451 831617
Mary Honess	01451 830052

## Christmas & New Year Opening Hours

The doctors and staff would like to wish all the patients a happy Christmas and a prosperous and healthy New Year.

Friday 24th December                      Surgery open as normal.  
A doctor will be on duty  
until 6.30pm

Saturday & Sunday 25th & 26th December    Closed  
Monday & Tuesday 27th & 28th December    Closed

Wednesday 29th December                  Surgery open as normal  
Thursday 30th December                      Surgery open as normal  
Friday 31st December                          Surgery open as normal.  
A doctor will be on duty  
until 6.30pm.

Saturday & Sunday 1st & 2nd                  Closed  
January Monday 3rd January                Closed

Tuesday 4th January                          Surgery open as normal

When the surgery is closed:-

- Please dial 999, in the event of a life-threatening emergency.
- If you require the services of a doctor or are unsure as to the severity of a problem, please dial 111 or access 111 online (111.nhs.uk) for further information / advice.
- The Minor Injuries Unit at North Cotswolds Hospital in Moreton in Marsh is open from 8am - 8pm every day. If you are suffering from a sprain, cut / wound, skin problem such as a rash, bite, sting or infection, minor eye injury, minor fracture or minor head injury then this is the place to go. The telephone number is: 0300 421 7777
- Live waiting times for the Accident & Emergency Departments in Gloucestershire are available on the ASAP Glos link below.
- If you require the services of a District Nurse they can be contacted on 0300 421 8942 (please leave a message if necessary and someone will get back to you).
- The local pharmacy opening hours will be available on the surgery website and on the link below nearer the time.  
<http://www.asapglos.nhs.uk/>

## Doctor Availability from 1<sup>st</sup> December 2021

Please see below a schedule showing when the doctors are usually available to see / speak to patients. Services are currently being adapted due to the ease of the Covid-19 pandemic and as such this offering is subject to change.

Please bear in mind that the schedule can change and that during holiday times it may be very different!

	Monday	Tuesday	Wednesday	Thursday	Friday
Duty Doctor Team AM	Dr Sherringham, Dr Lawrence and Dr Knight	Dr Lawrence and Dr Beaumont	Dr Chiles and Dr Bee	Dr Sherringham and Dr Lawrence	Dr Jenkins, Dr Beaumont and Dr Bee
Routine appointments		Dr Chiles  Dr Sherringham and Dr Knight – joint surgery	Dr Beaumont	Dr Knight	Dr Knight (at Edwardstow Court)  Dr Sherringham
Duty Doctor Team PM	Dr Sherringham, Dr Lawrence and Dr Knight	Dr Jenkins and Dr Knight	Dr Beaumont and Dr Chiles	Dr Sherringham and Dr Knight	Dr Beaumont, Dr Bee and Dr Knight
PM		Dr Sherringham  Dr Lawrence  Dr Chiles (part of the afternoon)	Dr Bee	Dr Lawrence and / or Sister Gibson - women's health / sexual health clinic  Dr Lawrence	Dr Sherringham at Newlands of Stow

### Surgery Opening Times

The surgery building is open from 8am to 6.30pm, Monday to Friday (excluding Bank Holidays).

### Dispensary

Dispenser available: 9am – 4pm

(prescriptions can be collected at any time during the building opening hours)

### Telephoning the Surgery

Appointment requests, general enquiries and results of blood tests etc - 8am - 6.30pm

Prescription requests (choose option 2, followed by option 1) – 8am - 6.30pm

### Telephone numbers:

All daytime enquiries – 01451 830625

Dispensary – 01451 833482

Out of Hours – 111

Covid / Flu Vaccination Hub – 01608 692115

Website: [www.stowsurgery.co.uk](http://www.stowsurgery.co.uk)



Stow Surgery