

FRIENDS OF STOW SURGERY

Registered Charity No. 1086648

FOSS Newsletter No.75 Winter 2022

SURGERY NEWS

Staff News

Alice Zarkos-Smith has recently joined the surgery. Alice is a newly qualified nurse and has joined the nursing team with a view to developing her skills.

We are very sad that **Nurse Sophie West** will be leaving the surgery in the New Year to join the Community Diabetes Team. Sophie has been a huge asset to the team and is moving on to concentrate on helping patients with more complex Diabetes.

Advanced Nurse Practitioner **Zoe Corbett** will be taking over the management and support of Diabetic patients registered with the surgery. Until Sophie leaves, Zoe will be sitting in and observing Sophie's clinics with a view to getting to know this group of patients. Zoe will continue some of the minor illness work that she has been doing at the surgery.

Armed Forces Veteran friendly accredited GP practice

We are now an Armed Forces Veteran friendly accredited GP practice.

This means that, as part of the health commitments of the Armed Forces Covenant, we have a dedicated clinician, Alan Collett, who has a specialist knowledge of military related health conditions and veteran specific health services. This is important in helping ex-forces personnel to get the best care and treatment.

A veteran is anyone who has served for at least one day in the Armed Forces, whether regular or reserve. It means the same as 'ex-service personnel' or 'ex-forces', although not all veterans know, choose or want to associate with the term 'veteran'. This is particularly the case amongst younger veterans who often refer to themselves as 'ex-forces', due to the common belief that a veteran is someone who fought in the First / Second World War.

Please let us know if you are a veteran and would like this added to your medical record.

For more information, please see our website - [Armed Forces Veteran Friendly | Stow Surgery](#)

Firearms / Shotgun Application / Renewals

Please note that we no longer complete medical application/renewal forms for shotgun / firearms licences. GPs are not contracted to provide this service and unfortunately the new requirements to check a patient's entire medical records are unfeasible for a GP to complete. Patients should therefore contact the relevant Firearms Licensing Team who can direct them to a private provider. The private provider will contact the surgery regarding release of the patient's medical records. This will be dealt with by an administrator in the practice (saving the GP's time) and the provider will then process the application on their behalf.

NHS App and Online Access

An NHS account allows patients to access services through the NHS App or website. By signing up patients can have access to:-

- Order repeat prescriptions
- Book appointments
- View their health record including test results
- View and download the NHS Covid Pass

For further information please see the website below and the surgery website

[How to set up NHS login](#)

Home Blood pressure monitors

We make no apology for repeating this important item which appeared on page 7 of our last issue.

Whilst the surgery have monitors for patients to borrow short term, the general advice is that it is sensible for all households to own one.

Costing around £20 they are generally available online or from pharmacies or large supermarkets.

As a general guide:

normal blood pressure is considered to be between 90/60mmHg and 120/80mmHg

high blood pressure is considered to be 140/90mmHg or higher

low blood pressure is considered to be 90/60mmHg or lower

If you are worried about your blood pressure, go to the surgery and check it on the Pod, or if aged 40-74 with no other long-term conditions, book a free NHS Health Check.

Surgery Feedback

The surgery has recommenced sending out text messages for feedback (good and not so good) following appointments. All feedback is read and themes are shared with the whole staff team.

Suggestions for improvement are considered by the management team and where possible steps are taken to rectify issues.

One area of improvement that we are looking at, following feedback, is the appointment confirmation text message wording which reads "This appointment will be by telephone unless you have been advised otherwise". There will be changes to this in the coming weeks.

Kate's Home Nursing

For those of you who do not know about Kate's, it is a palliative care charity which looks after patients requiring end of life care and who would like to die at home. It is a small charity, which for 25 years has worked in our area.

Over the years the charity has developed a team of nursing staff and procedures for the delivery of care to those who need it. It has 22 registered nurses who provide over 6400 hours of nursing care annually. That means they care for over 150 patients in a year. Together with the support they

provide to families, their carers and through their bereavement cafes and bereavement services it is estimated they actually help over 600 people a year.

They have an active bereavement service, that consists of: a bereavement café, 10am til noon on the 2nd Friday of every month. This is held at the cricket club in Bourton-on-the-Water. They also organise bereavement walks, bereavement support visits and telephone calls at strategic poignant moments for loved ones. If further support is needed, a counselling service is also available.

They also have a carers' café which is held on the 1st Thursday of each month, 1-3pm at the George Moore Community Centre, Bourton-on-the-Water. At present this is a new venture for them. They would really like to support more carers, so, if you are a carer please drop in for a cuppa and chat with one of their team. Some carers attend with their loved one who they are caring for while others choose to go alone or bring a friend. People have highly rated the support they gain from attending the carers' café.

More information is available at <https://www.kateshomenursing.org/>

FOSS NEWS

Donations

We continue to be extremely grateful to all our donors enabling us to continue our support to the surgery in both equipment and services.

So, thank you to our regular donors, to our donors who prefer to remain anonymous, to the team of Odditeas Ladies who this year donated over £3,000 (their tea and cakes were excellent) , to Mr and Mrs Sellars for their further donation and for the generous donation in memory of Brigadier Clive Beckett (affectionately 'the Brig').

Supporting the surgery.

We continue to fund the cost of the marquee at over £500 per month.

In addition, we contribute over £1000 per month for additional sessions provided by the Advance Clinical Practitioner

It was said by a new member of the surgery team that the surgery is one of the best equipped practices that they have seen. We intend to maintain that so far as we are able.

Newsletters subscribe / unsubscribe

To effect changes write to us (printed copies) or email us (emailed copies) and as appropriate we will add you to, or delete you from, our lists.

Your present FOSS committee

Officers			Committee Members	
Chair	Robert McKechnie	01451 870919	Tim Churchward	01451 83161
Secretary	Patrick Mattock	01451 831469		
Treasurer	Paula Evison	01451 830304		

Our email address: fossc2000@gmail.com

Our postal address: c/o The Surgery, Mangersbury Road, Stow on the Wold. GL54

Doctor Availability – from December 2022

Please see below a schedule showing when the doctors are usually available to see / speak to patients.

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, Dr Fatima & Alan Collett (ACP)	Dr Lawrence, Dr Chiles & Alan Collett (ACP)	Dr Colston & Alan Collett (ACP)	Dr Sherringham, Dr Lawrence & Alan Collett (ACP)	Dr Jenkins, Dr Beaumont & Alan Collett (ACP)
Routine appointments AM		Dr Beaumont Dr Sherringham & Dr Fatima – joint surgery	Dr Beaumont Dr Chiles Dr Jenkins (MSK clinic)	Dr Fatima	Dr Sherringham Dr Colston Dr Fatima
Duty Doctor Team PM	Dr Sherringham, Dr Lawrence & Dr Fatima	Dr Jenkins, Dr Chiles & Dr Colston (from 5.30pm)	Dr Colston & Dr Beaumont	Dr Sherringham, Dr Lawrence & Dr Fatima	Dr Beaumont, Dr Colston, Dr Fatima & Alan Collett (ACP)
Routine appointments PM		Dr Sherringham Dr Lawrence Dr Fatima Dr Colston (at Edwardstow Court) until 5.30pm	Dr Chiles	Sexual health clinic run by Sister Bridget Gibson and / or 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

Website: www.stowsurgery.co.uk



Stow Surgery