

# FRIENDS OF STOW SURGERY

Registered Charity No. 1086648

## FOSS Newsletter No.80 Summer 2024

### Seasonal Flu and Covid Vaccinations

We are anticipating a vaccination programme in the Autumn to commence in early October. Invitations will initially be sent out by text message so please ensure that the surgery has your up-to-date mobile number. Patients without a mobile phone will receive an invitation by telephone.

Introducing Respiratory Syncytial Virus (RSV) vaccination programmes for those aged 75 and over and those who are pregnant.

Two new RSV vaccination programmes will be introduced from 1st September 2024 for older adults and during pregnancy for infant protection.

Programme for older adults: All adults aged 75 on or after 1 September will be eligible for the vaccine as well as a catch-up campaign for those already aged 75-79. This will be delivered at the practice

Programme for pregnant people to protect infants: All those that are at least 28 weeks pregnant will be eligible for the vaccine. This will be delivered alongside antenatal maternity settings and at the surgery opportunistically or on request.

For more information about the virus and the vaccination programme please see the link below <https://www.nhs.uk/conditions/respiratory-syncytial-virus-rsv/>

Please wait to be contacted about this vaccination.

Our plan will be to complete the vaccinations for these patients in early September before offering flu / Covid vaccinations. We would therefore be grateful for your co-operation in responding to invitations promptly. If you wish to decline, please also let us know.

### Dispensary – Open the Bag Programme

In an attempt to try and reduce medicine waste, patients collecting medicines at the surgery dispensary will be encouraged to open the bag before they leave the building to check they have what they are expecting. If medicines are not needed or are not being used and they are handed back at the time of collection, they can be dispensed to someone else. Medicines that leave the dispensary have to be discarded.

### Women's Health Hub

We anticipate offering coil and contraceptive implant fitting, HRT advice and prescribing, cervical screening and contraception advice at these clinics. This is in addition to the appointments we offer during the working week. We have more Saturday clinics planned on the following dates: -

Saturday 12 th October 2024

Saturday 4 th January 2025

Saturday 29 th March 2025

### Well Man Appointments

We are making plans to hold some specific appointments for men with the following aims. These clinics will be run by Dr Alan Gwynn who works at the surgery on Wednesdays, from September.

- Health Awareness: Understanding their current health status.
- Preventive Care: Identifying and mitigating potential health risks.
- Peace of Mind: Assurance of good health or early intervention.

## GP Patient Survey

We'd like to thank patients who completed the survey sent out by Ipsos in January. The results have now been published and are available on the website below.

<https://gp-patient.co.uk/patientexperiences?practicecode=L84031>

Feedback for our practice is extremely encouraging and is testament to our doctors and staff who work extremely hard to support patients.

Key headlines: -

- 71% find it easy to get through to this GP practice by phone (compared to 50% nationally and 58% in Gloucestershire)
- 81% find it easy to contact this GP practice using their website (compared to 48% nationally and 56% in Gloucestershire)
- 93% find the reception and administrative team at this GP practice helpful (compared to 83% nationally and 88% in Gloucestershire)
- 81% felt they waited about the right amount of time for their last general practice appointment (compared to 66% nationally and 63% in Gloucestershire)
- 98% felt their needs were met during their last general practice appointment (compared to 90% nationally and 92% in Gloucestershire)
- 90% say the healthcare professional they saw or spoke to was good at considering their mental wellbeing during their last general practice appointment (compared to 73% nationally and 76% in Gloucestershire)
- 91% describe their overall experience of this GP practice as good (compared to 74% nationally and 79% in Gloucestershire)

Something for us to work on is ensuring that patients are aware of the next steps within 2 days of contacting the practice. 92% of patients registered with Stow Surgery but local and national confidence is higher. We will be considering this at a future training event.

## New Mental Health Helpline

This new service has been commissioned by Gloucestershire County Council and is being delivered by Rethink Mental Illness.

The Helpline provides confidential and anonymous support for any adult living in Gloucestershire who would like help with their mental wellbeing.

Contact is by telephone, text and webchat every day of the year between 2pm and 9pm.

Call: 0808 801 0606

Text: 07537 410 022

Webchat: [gloucestershirecando.org](http://gloucestershirecando.org)

## NHS Blood Donation

National Blood shortage Amber alert. The recent London hospital cyber-attack, combined with unfilled appointments at Donor Centres, has caused stocks of O type blood to drop to unprecedented low levels.

The NHS urgently needs O type blood donors. O negative blood can be given to anyone.

If you are an O type blood donor, please call 0300 123 23 23 to make an appointment or follow the link <https://orlo.uk/QKNB9>

## Odditeas

The FOSS committee is very grateful for the fundraising of the Odditeas. Their events take place at Chastleton Church from 1.30-5pm on the following dates this year:

14<sup>th</sup> August, 25<sup>th</sup> September and 30<sup>th</sup> October.

Please pop along and enjoy a cup of tea and homemade cakes!

## **FREE PARENT SUPPORT GROUPS STARTING SEPTEMBER 2024**

We wanted to share with you details of the FREE Parent Support Groups that TIC+ are running in Gloucester, Cheltenham and online via Microsoft TEAMS from September 2024 over a course of 6 weeks. These groups are for parents/carers of children between the ages of 11-18 within Gloucestershire.

The established groups are designed to inform and support parents, helping them to understand their child's distress and discover effective strategies to improve their resilience. The group is also an opportunity for parents going through similar experiences to encourage, support and learn from each other in a safe and friendly environment.

For further information see the link below.

<https://www.ticplus.org.uk/parents-carers/>

## **Dates For the Diary 2024**

The surgery will be closed / run on a skeleton staff, for staff training from 12.30pm on some Tuesday afternoons during 2024. These will often be on the 3 rd. Tuesday afternoon each month. Please see the most up to date information on the surgery website.

In addition, there will be some group learning afternoons on the following dates: -

11 th September 2024

14 th November 2024

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.

## **Bank Holiday Opening Times**

The surgery will be closed on Monday 26 th August 2024 (Bank Holiday)

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 here <https://www.gloshospitals.nhs.uk/our-services/services-we-offer/emergency-medicine/>
- 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 are available here <https://www.nhsglos.nhs.uk/your-health-services/urgent-advice-and-care/#link-community-pharmacy>

## **Friends News**

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 and to our donors who prefer to remain anonymous.

Also, FOSS is very grateful for the legacy donation received recently.

If you feel you would like to join the FOSS committee, please contact the chairperson using the contact email below. We would very much welcome some new faces on the committee. The only criteria for being a committee member is that you are a patient at the surgery.

## **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

Chair      Tim Churchward  
Secretary   Patrick Mattock  
Treasurer   Paula Evison

### Committee Members

Noel Sidgwick

Our email address: [fossc2000@gmail.com](mailto:fossc2000@gmail.com)

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

## **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