

FRIENDS OF STOW SURGERY

Registered Charity No. 1086648

FOSS Newsletter No.81 December 2024

Surgery News

Women's Health Hub

Our next Women's Health Hub is on Saturday 4th January 2025 and there will be a further clinic on Saturday 29th March 2025. These are in addition to our weekday (Thursday afternoon) Sexual Health Clinics.

Coil and contraceptive implant fitting, HRT advice and prescribing, cervical screening and contraception advice is available at these clinics. Please make an appointment at Reception.

Well Man Appointments

Our Well Man clinics, run by Dr Alan Gwynn on Wednesdays, have been fully booked.

Appointments are now available to book from January to March. Please book online or give us a call to make an appointment.

- 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.

Pharmacy First

Patients can now also get treatment for seven common conditions directly from their local pharmacy, without the need for a GP appointment or prescription.

It means that community pharmacists can supply prescription-only medicines, including antibiotics and antivirals where clinically appropriate, to treat these health conditions without the need to visit a GP:

- Sinusitis (12 years +)
- Sore throat (5 years +)
- Earache (1 – 17 years)
- Infected insect bite (1 year +)
- Impetigo (a bacterial skin infection) (1 year +)
- Shingles (18 years +)
- Uncomplicated urinary tract infections in women (16 – 64 years)

You can get treatment for these conditions by walking into the pharmacy. Usual prescription charges will apply for the seven common conditions.

Late Night Pharmacies

We have recently been advised that the pharmacy at Chipping Norton Health Centre, which served many of our patients when the more local pharmacies were closed for the evening, has closed.

The following website can be used to find local pharmacies and to view opening hours.

<https://www.nhs.uk/service-search/pharmacy/find-a-pharmacy/results/GL54%201AX>

Moving forward the following pharmacies are open later than the local ones (listed in shortest distance from the surgery, first). Please note that these are subject to change: -

- Broadshires Pharmacy (at the health centre), Carterton - open till 6.30pm
- Witney Pharmacy (at the Windrush Health Centre), Witney - open till 6.30pm
- Morrisons, Evesham - open till 7pm
- Badhams, Bishops Cleeve - open till 7pm
- Boots, Evesham - open till 9pm
- Badhams, Swindon Road, Cheltenham - open till 10pm

Common Childhood Illnesses

We get lots of questions about childhood illnesses and will always be happy to see a child who is unwell or where parents have concerns. The publication below might be useful for parents to keep to hand for advice on self-help and when to seek urgent advice.

<https://northeastnorthcumbria.nhs.uk/media/4wtpnonz/the-little-orange-book-2021.pdf>

Hospital Waiting Times

We are aware that there are often lengthy delays to see a hospital specialist and our very experienced medical secretary at the surgery will always consider the most expeditious route for referrals.

The following website provides information about current waiting times per speciality, within Gloucestershire. The wider website can be used to look at waiting times in other areas too.

<https://www.myplannedcare.nhs.uk/swest/gloucestershire/>

The GPs at the surgery don't have any control over hospital waiting times and in the majority of cases are unable to expedite an appointment. Gloucestershire Hospitals NHS Foundation Trust have a helpline for patients wanting to enquire about waiting times and for those who need support whilst waiting. The telephone number is: 0300 422 6360.

If you have clinically worsening symptoms whilst awaiting an appointment please contact Samantha, our medical secretary, on 01451 833481 or complete the form on the surgery website: - <https://stowsurgery.co.uk/services/managing-your-health-online/online-forms/ask-a-doctor-a-question/>

First Contact Physio and Mental Health Practitioner

The 5 GP practices in the North Cotswolds jointly employ a First Contact Physiotherapist, Steven Clark and a Mental Health Practitioner, Louise Neville.

Patients can book appointments directly with Steve and Louise, via Reception, and appointments are offered at various locations locally.

If you have joint, muscle and / or nerve pain Steve can see you without a GP appointment being needed. He will assess and diagnose what is happening, give expert advice on how to manage the condition and refer you to specialist services as necessary.

Louise provides specialist mental health support with an aim of improving early access to mental health information, advice, guidance and signposting. She can help patients focus on their goals and support access to local community services as well as providing brief interventions to support mental health recovery.

Distance from Waiting Room to Consulting Rooms

We've had some feedback about the distance from the waiting room to some of the consulting rooms. If you have compromised mobility or have concerns about walking to the consulting rooms, please mention this to the Receptionist when you arrive.

If you would prefer to do the journey in 2 halves, we have chairs at the end of the first corridor and patients are welcome to wait there once they have checked in. We also have wheelchairs available and staff will be happy to support as required.

Technology and Digital Inclusion Social Prescribing Link Worker

The North Cotswolds Primary Care Network (group of 5 GP practices in the North Cotswolds) have funded a Technology and Digital Inclusion Social Prescribing Link Worker with an aim to reduce the digital divide in the North Cotswolds. Jason will be supporting patients with digital tools and skills such as accessing the NHS App and online services.

Please see the attached leaflets regarding drop-in groups that are available in Bourton on the Water and Ebrington. In addition, Jason will be spending some time at the surgery. His next drop-in session will be on Monday 6th January. All are welcome.

For specific queries or more information about the groups, please call 07707 281803.

Dates For the Diary 2025

The surgery will be closed / run on a skeleton staff, for staff training from 12.30pm on some Tuesday afternoons during 2025. These will often be on the 3rd Tuesday afternoon each month. Please see the most up to date information on the surgery website.

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: -

Wednesday 25th December (Bank Holiday)

Thursday 26th December

Monday 1st January

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 illness, 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>

**The doctors and staff at the surgery would like to wish everyone a very
Happy Christmas and a healthy New Year.**

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.

FOSS was very grateful to receive donations from the estates of Joan Allen and the estate of William Richard Gibson. We are also extremely grateful to the Odditeas for their fund raising at Chastleton during the summer months.

Supporting the surgery

We use the funds received from donations to purchase equipment and services that are not funded by the NHS such as ECG machines. We also help to fund the Paramedic (Advanced Care Practitioner).

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 list

Our email address: fossc2000@gmail.com

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

FOSS Committee

Officers

Tim Churchward – Chair

Paula Evason - Treasurer

Pat Mattock – Secretary

Committee Members

Noel Sidgwick

Jeanne Hartley

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