

# FRIENDS OF STOW SURGERY

Registered Charity No. 1086648

FOSS Newsletter No.85 Spring 2026

## 26<sup>th</sup> ANNUAL GENERAL MEETING

TO ALL PATIENTS

Please come to the meeting on Thursday 14<sup>th</sup> May 2026 at 7pm

At Stow Surgery, Stow on the Wold

For the presentation of the Annual Report and Accounts

And the election of the Officers and Committee for the year 2026/2027

\*Nominations must be in writing and received by the Secretary 14 clear days before the meeting.

The meeting will be followed by speakers on the subject of  
"How to Age Well, Keeping Steady and Stable".

**ALL PATIENTS OF THE SURGERY ARE CORDIALLY INVITED TO ATTEND**

### Surgery News

Dr Polly Wadsworth will be starting her maternity leave at the end of June and at the time of writing, we believe that we have a GP lined up to cover the whole period she will be away. In March we said goodbye and wished a happy retirement to Yvette. She has been working as a Clinical Administrator at the surgery for over 20 years. Yvette will be greatly missed by the team at the surgery and the many patients who knew her.

### Dates For the Diary 2025 / 2026

Surgery Closure

Monday 4<sup>th</sup> May 2026 (Bank Holiday)

Monday 25<sup>th</sup> May 2026 (Bank Holiday)

Monday 31<sup>st</sup> August 2026 (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 illness, minor fracture or minor head injury then this is the place to go. Please contact 111 to make an appointment.
- 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 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>.

### Odditeas

Odditeas will be continuing their fund raising for FOSS this summer. They will be serving tea and cakes at Chastleton Church on the following Wednesdays at 2pm: 22<sup>nd</sup> April, 13<sup>th</sup> May, 10<sup>th</sup> June, 1<sup>st</sup> July, 12<sup>th</sup> August, 2<sup>nd</sup> September and 7<sup>th</sup> October 2026.

## **Staff Training**

The surgery has dedicated the following afternoons in 2026 for staff training: -

21st April

19th May

16<sup>th</sup> June

15th September

20th October

17<sup>th</sup> November

On these occasions the building may be closed from 12.50pm, reopening at 5pm. If the building is open during these times there may be a skeletal staffing to ensure that as many staff as possible are able to attend the training.

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.

## **Women's Health Hub**

Our next Women's Health Hubs are on Saturdays 9<sup>th</sup> May and 1st August 2026. 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.

## **Covid Spring Boosters and RSV Vaccinations**

We are making appointments for Covid Spring Boosters with the campaign expected to last into June. If you haven't yet made an appointment, please give the surgery a call.

The RSV vaccine helps protect against infection with Respiratory Syncytial Virus, a common virus that can make babies and older adults seriously ill. It is offered on the NHS if you are pregnant, aged 75 or over, or live in a care home for older adults. If you are 75 or over one dose of the vaccine in the remainder of the lifetime is recommended.

<https://www.nhs.uk/vaccinations/rsv-vaccine/>

## **Patient Feedback**

We are always keen to receive constructive feedback about the services we offer.

Sometimes we are unaware of the adverse effect systems / processes have on patients unless you tell us. Feedback can be provided via our website

<https://www.stowsurgery.co.uk/navigator/nhs-friends-and-family-test/>

Or by responding to the text message sent after each appointment.

## **GP Contract Changes and What They Mean for Appointments**

You may have seen recent news about changes to the GP contract. These updates are part of a wider NHS plan to improve access to general practice, increase funding and make it easier for patients to get the care they need.

### **Improving Access to Appointments**

A key focus of the new contract is making it simpler to contact your GP practice and get an appointment when you need one.

We have a new online form on the website for patients to use to request a routine appointment, should they wish to do so. The telephone lines remain available from 8am to 6.30pm for those who prefer to phone and a selection of appointments are also available to book online, via the NHS App and SystemOnline.

<https://stowsurgery.co.uk/services/managing-your-health-online/online-forms/request-a-routine-gp-appointment/>

There is also a national push to ensure that patients with urgent health needs are offered assessment on the same day. The surgery already offers a significant number of "on the day"

appointments for matters which are clinically urgent and the balance of these versus routine appointments (for booking in the future) will be reviewed in the coming months. It is likely that the length of wait for a routine appointment will become longer with the national focus now being “on the day” care.

### **Supporting Different Ways to Access Care**

Patients may be offered a range of appointment types with a range of practitioners depending on their needs. These may include face-to-face consultations, telephone appointments and online advice and guidance.

These options allow practices to prioritise those who need urgent or in-person care, while still offering access for routine issues.

### **Reducing Administrative Burden**

Some changes aim to reduce paperwork for GP teams, allowing more time to be spent on patient care.

### **In Summary**

General practice continues to adapt to rising demand and changing patient needs. By using online services where appropriate and working with your practice team, you can help us to provide safe, timely and effective care for everyone. If you need medical advice, please do not hesitate to contact the practice in the usual way.

## **Staying Well This Spring – Advice from Alan Collett, Your Advanced Clinical Practitioner**

As the days grow longer and the weather begins to warm, spring offers a welcome opportunity to refresh our routines and focus on wellbeing. However, the season also brings its own health challenges. Here are some simple, practical ways to stay well this spring.

1. **Manage Seasonal Allergies:** pollen can trigger hay fever causing sneezing, itchy eyes and congestion. Closing windows, showering after being outdoors and using over the counter remedies can help. Ask the pharmacist for advice.
2. **Stay Active Outdoors:** regular physical activity supports both physical and mental health.
3. **Look After Your Mental Health:** staying connected with others and spending time in nature can help. Be Well Gloucestershire- [www.bewellglos.org.uk](http://www.bewellglos.org.uk) and Cotswold Friends – [www.cotswoldfriends.org/services/community-activities](http://www.cotswoldfriends.org/services/community-activities) are both excellent resources. The community garden at the surgery is looking wonderful with spring bulbs and flowers. Do pop in and have a look. Please look out for further information in May about upcoming activities and events.
4. **Eat Seasonally and Stay Hydrated:** a balanced diet supports your immune system. Remember to drink plenty of water throughout the day.
5. **Keep Up with Preventive Care:** make sure your vaccinations are up to date. Don't delay seeking medical help if you have new or concerning symptoms.
6. **Sun Safety Matters:** remember to use sunscreen.

Spring is a season of renewal, making it the perfect time to prioritise your health. Small, consistent steps can make a big difference in helping you feel your best in the months ahead.

If you have any concerns about your health, please contact the practice for advice and support.

## **Friends News**

We continue to be extremely grateful to all our donors who enable us to continue supporting the surgery by supplying equipment and services.

So, thank you to our regular donors and to our donors who prefer to remain anonymous.

We will continue to fund the ACP for another year and have recently funded the purchase of a bladder scanner.

If you feel you would like to join the FOSS committee, please contact the secretary using the contact email below. We would very much welcome some new faces on the committee.

On that theme our treasurer, Paula Evison is standing down from the FOSS committee at the AGM. Paula has been a dedicated committee member for nearly 15 years. The committee is very grateful for Paula's work in preparing accounts, managing the FOSS bank accounts and liaising with the surgery when funds are needed to purchase equipment and services. If you feel you have the skills to take on the role of treasurer, the committee would be delighted to hear from you. You could make yourself know at the AGM or contact FOSS using the email address:

foss2000@gmail.com

## **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  
Jeanne Hartley

Our email address: [foss2000@gmail.com](mailto:foss2000@gmail.com)

Our postal address: c/o The Surgery, Mangersbury Road, Stow on the Wold. GL54 1AX

## **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 – 9am-4pm

### Telephone numbers:

All daytime enquiries – 01451 830625 Dispensary – 01451 833482 Out of Hours – 111