

FRIENDS OF STOW SURGERY

Registered Charity No. 1086648

FOSS Newsletter No.83 Summer 2025

Surgery News

Dr Sophie Mills will be leaving the practice at the end of August. She has decided to make a lifestyle choice to build a new life with her husband, who is also a GP and her children in Guernsey.

Dr Helen Jeckel will be replacing Dr Mills on a permanent basis and will commence her induction before Dr Mills leaves.

Dr Polly Wadsworth joined the practice in June on a permanent basis replacing Dr Sophie Beaumont.

Dr Emily Padfield, the trainee GP, left us at the beginning of August to start her final year GP placement in Winchcombe. We will have a new trainee GP joining the practice for a placement commencing in December.

Meanwhile we are expecting a group of medical students for Dr Colston to mentor from September and we will be welcoming student nurse, Betsy-Lou on a clinical placement too. We have a new Clinical Pharmacist joining the pharmacy team employed by North Cotswolds Primary Care Network. Her name is Manjot Kaur and she will be seeing / speaking to some patients to review their medications

Nursing Team update

Some of you will have seen the nursing team in their new uniforms. It was felt that the old-style navy dresses were impractical and needed updating. You will now find the registered nurses in plum jam-coloured tunics and trousers and the Healthcare Assistants in dusky pink.

Nurse, Alice Zarkos-Smith has recently completed the degree level Enhancing Diabetes Care in Professional Practice and is now providing an extended service to those patients with Diabetes.

Staff Training

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

Tuesday 16th September and Tuesday 11th November 2025.

On these occasions the building will be closed from 12.50pm, reopening at 5pm.

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.

Shingles Vaccination

A reminder that the Shingrix vaccination, given to protect patients from Shingles, comes in 2 parts. You should receive 2 injections, 2 months apart. We have a large number of patients who attended for the first but who have not responded to reminders about the 2nd. There is some flexibility as to when the 2nd injection is given so if it is overdue, please do not be overly concerned.

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

Weight Loss Medication

We know that it can be difficult for some people living with obesity to access the support they need.

We also understand that people who could benefit from Tirzepatide / Mounjaro would like to access it as soon as possible.

In Gloucestershire, we are following guidance from NHS England. NHS England has asked GPs to start prescribing to the people with most medical need and then prescribe to more people in a phased way, over several years.

Prescribing is not being managed by GPs in local practices. Gloucestershire ICB will be commissioning a service to ensure that patients have access to a wraparound healthy lifestyle programme, which will include support with diet, nutrition, and physical activity.

Gloucestershire ICB have a webpage with information that is updated regularly and includes the eligibility criteria for those most in need.

<https://www.nhsglos.nhs.uk/your-health-services/healthy-communities/weight-loss-medication/>

RSV (respiratory syncytial virus)

We have a number of patients, aged 75 to 79, who are eligible for this vaccination. It would be extremely helpful to the surgery if these vaccinations could be scheduled before we commence the Flu and Covid vaccinations programmes in the Autumn.

Change of Process for Handling Urine Samples

From Monday 21st July we will be operating a new system with regards to urine samples. We will no longer be accepting urine samples at the reception desk unless they have been requested by a Health Care Professional.

Suspected Urinary Tract Infections (UTIs)

<https://www.nhs.uk/conditions/urinary-tract-infections-utis/>

Females aged between 16 and 64 years, with an uncomplicated urinary tract infection are eligible for help via Pharmacy First and will be advised to seek treatment from a community pharmacy. All of the local pharmacists are participating in this scheme and can provide antibiotics if indicated.

No referral is required from the surgery.

Women with a catheter, recurrent UTIs, Diabetes, visible blood in their urine or who are pregnant will be triaged by the surgery, by phone. Please call the surgery on 01451 830625 if you fall into one of these categories. DO NOT bring a urine sample to the surgery.

Males, children and women over 65 will be triaged by the surgery, by phone. Please call the surgery on 01451 830625 if you fall into one of these categories. DO NOT bring a urine sample to the surgery.

If, after triage, a sample is requested then patients will be asked to bring it in the same day.

Urine Samples for Long Term Conditions

Patients with certain long-term conditions are asked to bring a urine sample to their annual review appointment with the nursing team. We call this an ACR (Urine albumin to creatinine ratio) and it is used to check kidney function. Unless you have been advised otherwise, please do not leave these samples with a receptionist but take them into the appointment with the nursing team member.

<https://www.nhs.uk/conditions/kidney-disease/diagnosis/>

Books

We now have a new bookshelf in the waiting room with a selection of adult fiction books. Patients are welcome to swap a book or make a donation to Kate's Home Nursing.

We have been building a collection of items which have been left behind at the surgery. We will be taking all lost property to a charity shop at the end of August if it is not claimed.

ReSPECT Form Audit

We have recently carried out an audit of ReSPECT forms. ReSPECT stands for Recommended Summary Plan for Emergency Care and Treatment. The ReSPECT process creates a personalised recommendation for your clinical care in emergency situations where you are not able to make decisions or express your wishes.

Unfortunately, hospitals don't always share these forms / plans with GP practices and the information from them is not always updated on the shared clinical system which can be accessed nationally by NHS organisations via the Summary Care Record. In the event of an emergency, it is important that health professionals can access this information quickly.

We are contacting patients where we believe there is a ReSPECT plan in place but we do not hold a copy and are not aware of the information it contains.

Additionally, patient's wishes can change over time and the letter will act as a reminder that these plans can be updated at any time.

Please also remember that the ReSPECT form should be kept in a safe place at home and accessible to emergency services staff in the event of an emergency. Preferably this should be in an orange "What Matters to Me" folder or a Lions "Message in a Bottle" in the fridge.

We have some of the Message in a Bottle receptacles at the surgery if anyone would like one.

There is more information about the ReSPECT plans and the Message in a Bottle initiative on the links below.

<https://www.resus.org.uk/respect/respect-patients-and-carers>

Dates For the Diary 2025

Notice of Closure

The surgery will be on the Bank Holiday: -

Monday 25th August

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. Appointments can be accessed via 111
- 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 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.

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. The only criteria for being a committee member is that you are a patient at the surgery.

Odditeas is to continue fund-raising this year. Please find below a list of dates that Odditeas will be at Chastleton Church serving tea and cakes during the afternoon. 20th August, 18th September and 22nd October 2025.

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

Our postal address: c/o The Surgery, Maugersbury 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 (choose option 2, followed by option 1) – 8am - 6.30pm

Telephone numbers:

All daytime enquiries – 01451 830625

Dispensary – 01451 833482

Out of Hours – 111