

Swingbridge Surgery

Patient Newsletter

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Welcome!

Welcome to Swingbridge Surgery

Happy New Year to all our patients.

We would like to thank everyone for your cards and Christmas gifts, we were overwhelmed by your generosity.

Shingles Vaccine

A vaccine to prevent shingles, a common painful skin disease is available on the NHS to certain people in their 70's.

The shingles vaccine is given as a single injection into the upper arm.

Letters will be sent to those who are eligible please call the surgery on (01476) 571166 , option 1 to book your appointment.



The next Patient Participation Group (PPG) will be held on Thursday 28th February 2019.

For more information about how to get involved please contact
Julie Knight, Practice Manager on (01476) 571166



Change4Life is the Government initiative that aims to improve diet and fitness levels amongst the UK population.

The campaign is supported by the Department of Health and intends to target the growing problem of obesity in a very

Eat well Move more Live longer

hands-on, positive way, by instilling healthy eating and exercise habits into people from a young age. The idea is that good eating habits formed early on in life will be carried forwards into adulthood.

The campaign slogan is 'Eat well, Move more, Live longer' and the simple message has been designed to create a holistic approach to weight and health problems. It aims to encourage individuals to address all areas of their lifestyle with regards to safeguarding their future health and well being and that of their children.

For more information please visit www.nhs.uk/change4life

Time to Talk Day – 7 February 2019

Time to Talk Day encourages everyone to have a conversation about mental health.

This year's Time to Talk Day is all about bringing together the right ingredients, to have a conversation about mental health. Whether that's tea, biscuits and close friends or a room full of people challenging mental health stigma, it's time to get talking.

For more info visit www.time-to-change.org.uk/get-involved/timetotalkday2019

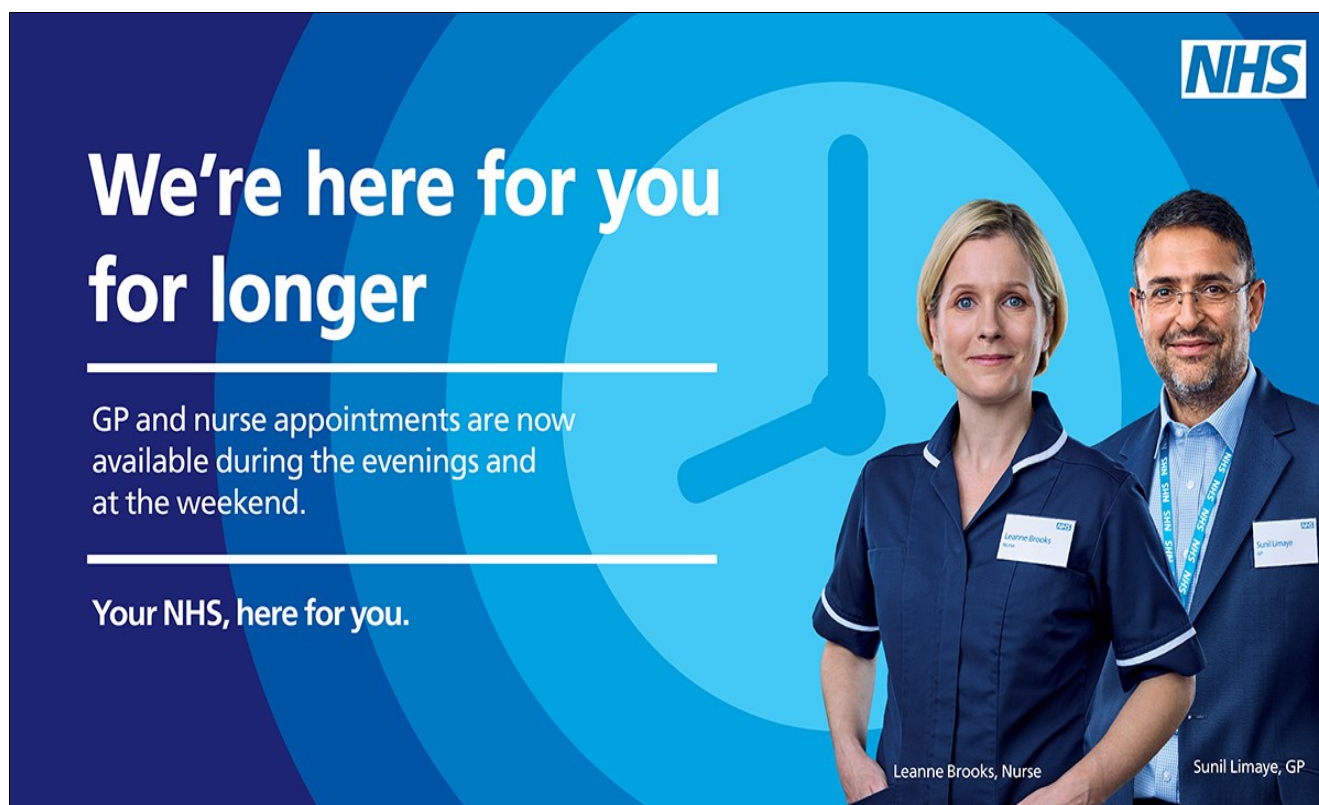
However you do it, make a conversation about mental health.

#timetotalk



Extended hours HUB

Pre bookable appointments now available at St Peter's Hill Surgery



Patients are now able to access pre-booked appointments for routine GP services in the evenings and weekends.

The new service is part of an extended access service and covers the hours between 6.30pm-8pm weekdays and 9am-12pm Saturdays and Sundays, including bank holidays and across Easter, Christmas and New Year.

These appointments are for pre-bookable, non-urgent consultations with GPs and nurses for things like chronic illness, asthma checks, medicines reviews and routine GP appointments, Patients will be seen at St Peter's Hill surgery but should contact their own practice to book one of these appointments.

The service will be of particular use to those unable to get an appointment during the daytime due to other commitments, such as work and school and it is hoped that the new service will reduce pressure on other local health services that people tend to use if they cannot see their family GP, such as A&E, urgent care and Out of Hours.

These are pre-bookable and not for urgent, acute 'on the day' issues, patients should still book via the surgery. Your appointment may be with a health professional from any of the local GP practices."

The pre-bookable appointments represent additional capacity across the local GP practices and are part of a national commitment to making local GP services more accessible, so that patients can get the care they need when they want it.

To access this service please call Reception on (01476) 571166 Option 1.

Staff Update

We would like to welcome Claire Armstrong who has been appointed as Care Co-ordinator.

After qualifying as a registered nurse in 1991 I spent many rewarding years at The Royal Papworth Hospital, Cambridgeshire, followed by Guys Hospital, London. Specialising in Cardiothoracic nursing and working in the field of Oncology and Palliative care.

Following a routine Doctors appointment I found myself joining the team as a Practice nurse at Rainbow Surgery in Ramsey, Cambridgeshire and stayed there for over 11 years.

In 2016 my family and I moved to Grantham, Lincolnshire and I became involved as a manager in a private ambulance company before returning to nursing as a Deputy Manager for a private nursing care company.

My role now as Practice Care Coordinator for the Welby group allows me to bring together many of my skills to signpost patients and families to appropriate services for support, whether its a complex assessment that is needed or just a friendly chat.

Her role includes:

To work dedicated hours to focus on proactive case management and being the preferred point of contact for the patient and Neighbourhood Team in order to achieve the following objectives:

- ☑ To be a pro-active member of the Neighbourhood Team
- ☑ To pro-actively engage with people deemed to be at a high risk of hospital admission
- ☑ To pro-actively engage with the in-reach teams to reduce length of stay in hospitals
- ☑ To pro-actively engage with people living in care homes
- ☑ To pro-actively engage with housebound people
- ☑ To be the key contact for people at the practice

Swingbridge Surgery
Swingbridge Road
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We are open 8.00 a.m.—6.30p.m. Monday to Friday. Please call us on (01476) 571166 and choose:

- Option 1—Appointments (and to cancel appointments)
- Option 2—Prescriptions (and all medication queries)
- Option 3—Home Visits
- Option 4—Test Results (available 11.00am—4.00pm)

Outside of our opening hours please call 111 for advise or if it is a life threatening emergency please call 999.