

St Mary's Surgery

Newsletter!

Issue 1. 2019

Opening Hours:

Monday - Friday 7.30am—6.30pm
& Saturday mornings twice per month

Saturday Surgeries

Saturday 2nd & 16th February

Saturday 2nd & 16th March

Saturday 13th & 27th April

8.30am—11.30am

Urgent surgery does not operate on a Saturday, if you require urgent medical attention at this time please use the NHS 111 service, minor injuries or accident and emergency as required.

Staff Changes

You may have seen a few familiar faces around again. We have welcomed back Dr Alexander Rose and Dr Hannah Ingram-Evans, we must say that we are delighted to have them back and look forward to working with them again. Both are working for us on a Locum GP basis and therefore are only here temporarily. Appointments available to book now.



Surgery News

Employee Reward Scheme

Here at St Mary's we have a new employee reward scheme, this gives us a chance to recognise when a staff member goes above and beyond. If you have had a particularly good experience with a specific member of staff please let us know in writing either in the Surgery or via email WHCCG.stmaryssurgery@nhs.net. We don't know if you don't tell us!



Surgery Car Park

As you may be aware the wall in the Surgery car park has required some work and therefore this has meant us having limited spaces available to staff and patients. We are pleased to advise you that the wall has now been successfully repaired and parking availability is back to normal. However, may we take this opportunity to remind you that the spaces down the left hand side of the car park and the spaces in the vicarage car park are for staff only. The spaces down the right hand side are there for patients. There are limited spaces and therefore we ask that you only park there if visiting the Surgery and please be mindful of other cars. If you need to visit the town centre then there are free 30 minute bays on Church close or alternatively the Black Swan Yard car park is just around the corner. We thank you for your cooperation in this matter.



Dr Pritchard

As you may already be aware Dr Pritchard has been away from Surgery recently. We can confirm that Dr Pritchard is on long term sick leave and Dr Hannah Ingram-Evans will be covering in her absence. As soon as we have more information or we are advised of any changes then we will be sure to notify you all. Dr Pritchard is most grateful for all of your well wishes thus far.



FIND US ON FACEBOOK!

[@officialstmaryspage](https://www.facebook.com/officialstmaryspage)

Add us now for instant access to up to date news, events, services, opening times and general information!



If you require any of the information within our newsletter in an alternative format, for example large print or easy read, or if you need other help in communicating with us, for example if you use British Sign Language then please let us know. We are also able to offer a translator to those who are unable to speak fluent English. If you require any of these services then please do not hesitate to contact our Reception Team on 01264 361424.

Whats On in Our Local Area??

Carers Clinic held here at St Marys Surgery

This clinic is organised by the Princess Royal Trust for carers in Hampshire

To book an appointment please contact Rachel Reid on 07824150106

Rachel.reid@carercentre.com



Andover Office on

01264 835246



Patient Participation Group

We had a very successful and productive meeting held on Saturday 26th October 2018.

The next meeting is being rescheduled due to the recent bad weather.

If you would like further details on the items discussed at the recent meeting you can find a copy of the meeting minutes on the Surgery website.

Would you like to raise an item to be discussed? Or to offer input to current items?

If so, please do not hesitate to contact Sharon at the Surgery on 01264 361424 or by email WHCCG.stmaryssurgerygpcontact@nhs.net



Information about Social Prescription in Andover

5 GP Surgeries in the Andover Town area are taking part in a new and exciting project known as social prescription. They are linking up with Unity to help people who are lonely and isolated from their friends, family or community to try and combat this and improve how they feel.



Social prescribing (sometimes referred to as a community referral) is a way of enabling the doctor, nurse or other primary health care professional based at the surgery to refer people to a range of local services including general support and signposting, as well as a range of activities and groups locally that may be of interest.

This is a way for the primary health care team, with the help of Unity, to support people to take greater control of their own health and wellbeing.

If you are a patient of one of the following surgeries and you want to know more about this project, please talk to someone at your surgery for more information.

Charlton Hill Surgery
Shepherds Spring Medical Centre
Andover Health Centre
Adelaide Medical Centre
St Mary's Surgery

About Unity

The organisation, established in 1982 as Test Valley Community Services and recently rebranded as Unity, is recognised as a caring, community based service provider and supporter of local community and voluntary groups.

For further information please visit our website www.unityonline.org.uk or speak to Katie Mulliner at St Mary's Surgery or via email k.mulliner@nhs.net



Join a free and friendly health walk!

Walking is a great way to get fit, explore your local area and make new friends!

Local Walks

Time: Every Tuesday 11am

Meeting point: The Lights Theatre, West Street, SP10 1AH

Time: 3rd Tuesday of the month 10am

Meeting Point: Picket Piece Village Hall, SP11 6LU

For information on more walks in your area visit www.testvalley.gov.uk or contact Louise Trayling on 01264 368649 or via email ltrayling@testvalley.gov.uk.

We are now a Parkrun Practice!

It's official We are officially a Parkrun Practice, teamed with Andover Parkrun.

Come down and join us on a Saturday morning at Charlton Playing Fields, starting at 9am, beginners talk at 08.50am. This is a distance of 5km, all abilities welcome!

Junior Parkrun is Sunday mornings at 9am for ages 4-14 years at the Pavilion on Charlton playing fields, distance of 2km, all abilities welcome! Adults may participate but will not receive a time.

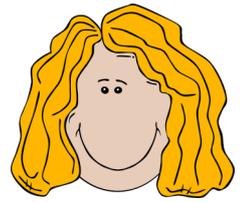
The Parkrun events are FREE to participate, all you need to do is register at www.parkrun.org.uk. Keep fit, stay healthy and socialise!



Get to Know The Staff

Patient Services Team Members

I began life in a convent education, I then went on to work within the voluntary sector, working specifically within Force's Charities and Safeguarding/Victim Support, something that I thoroughly enjoyed! There was no lightbulb moment that made me think 'I want to work for the NHS' however I count myself very lucky to work in St Mary's. It is in such a beautiful location and I can walk home which is a bonus!



Alex Emmett

Now to get personal

Do you have any hobbies?

Beekeeping! Producing beautiful local honey!

What is your favourite film and why?

A Good Year! My idea of heaven.

What is your favourite musical band/song?

Anything Motown, it take s me back to my yoof!

What is your favourite food?

Has to be Paella!

What is your Dream Holiday destination?

South Sea Islands!



Sharon Pagden

I grew up in Thatcham near Newbury, attending school, sixth form and college there. Before leaving Thatcham 3 years ago I worked for a local Letting Agents, very different to Surgery life! In July 2018 I was offered the job here at St Mary's, I was extremely pleased as the staff are lovely, really friendly and welcoming.

Now to get personal

Do you have any hobbies?

Cycling But only in the summer!

What is your favourite film and why?

Footloose and Flashdance! I always wanted to be a dancer. I also really enjoy psychological thrillers.

What is your favourite musical band/song?

I really love heavy rock. I am going to see Pink in concert this year.

What is your Dream Holiday destination?

When I was 23 I backpacked around Australia, I would love to do that again! Except this time I would stay in nice hotels!



'Complete The Cycle'

Over 1.2 million inhalers have been recycled and recovered. This has saved the same amount of CO2 emissions equivalent to taking 5,199 cars off of our roads!

Inhaler Recycling Scheme

Although most local authorities provide a recycling service, some inhaler components contain materials that are not able to be recycled through the service provided by local authorities. If inhalers are not disposed of correctly then it is likely that they can end up in landfills or sent for incineration with energy recovery. When disposed of in this way the inhalers pose a huge risk to our environment, in material waste AND greenhouse gas emissions caused by any gas canisters that may become pierced or crushed resulting in the release of the propellant.

Complete the Cycle facilitates a safe and responsible way to recover all inhalers. This scheme ensures that all of the recyclable parts of the inhaler are used in the manufacturing of new products such as plastic bottles, car parts and garden furniture. Any non-recyclable inhaler waste will be converted into electricity or heat using a process called 'waste to energy' whereby energy is created through the incineration of waste.

YOUR PARTICIPATING LOCAL PHARMACIES INCLUDE:

- Day Lewis Plc 17 Adelaide Road, Andover, Hampshire, SP10 1HF
- Superdrug Stores Plc 17 High Street, Andover, Hampshire, SP10 1NF
- Tesco Stores Ltd River Way, Andover, Hampshire, SP10 1UZ
- Asda Stores Ltd Anton Mill Road, Andover, Hampshire, SP10 2RW
- Boots UK Ltd 61 Charlton Road, Andover, Hampshire, SP10 3JY



For more information on the 'Complete the Cycle' scheme please visit www.completethecycle.eu or speak to your local participating Pharmacy.

Your Newsletter!

Is there anything that you would like to see in our newsletter? Or have you any ideas for articles? Please feel free to let Katie at the Surgery know!

01264 361424 or k.mulliner@nhs.net

GP PATIENT SURVEY

NHS

We want to hear the views patients have about their GP services.
www.gp-patient.co.uk



A Smile a Day Keeps the Doctor at Bay ...

Why did the lightbulb go to school?

.... To get brighter! ...Ha ha ha

Why did the cow cross the road?

...to go to the mooooooooooovies!

Alex Aged 7, Andover

If you have a joke you think will make people smile let Katie at the Surgery know! [K.mulliner@nhs.net](mailto:k.mulliner@nhs.net)



It's easy to overdo it at Christmas!
Fight back to a healthier you and take the free #OneYou quiz to get your personalised score, free health tips and advice. Take the quiz now
www.nhs.uk/oneyou/how-are-you-quiz/

Missed Appointments

In January we had a total of **118 missed appointments**.
The equivalent of **7.5 GP surgeries** or the opportunity to see your GP **3 days earlier!**

Please, if you cannot attend your appointment, call the Surgery on **01264 361424** or alternatively go online <http://patient.emisaccess.co.uk> to cancel your appointment or visit the website www.stmaryssurgery.co.uk