

# St Mary's Surgery

## Newsletter!

## Issue 2. 2019

### Opening Hours:

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

### Saturday Surgeries

Saturday 11th & 18th May  
Saturday 1st & 15th June  
Saturday 6th & 20th July  
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.*

### Bank Holiday Opening

Please note that the Surgery will be closed on:

Monday 6th May 2019

Monday 27th May 2019

The Surgery will reopen on the following Tuesday at 07.30am. If you require medical care while the Surgery is closed then please contact 111 or in the case of an emergency dial 999.

## Surgery News

### Happy 30 year anniversary Dr Stone!



In June our senior partner Dr Stone will be celebrating 30 years of partnership here at St Mary's Surgery! Doesn't time fly when you are having fun?! So after a long 30 years Dr Stone has decided that he will be reducing his working hours to 2 days per week going forward. Although we will miss him terribly we know that you will agree when we say that this is a well deserved rest!!! Enjoy your new found freedom Dr Stone!



### Dr Thompson & Dr Holly Pearce

After what feels like the longest maternity leave ever both Dr Thompson and Dr Pearce will be returning to us in June 2019. We cannot wait to have them both back, appointments with both GP's will be available for booking very soon. We hope that you are as pleased to have them back as we are!



### Midwife Clinic Changes



Unfortunately there will be no midwives available here at the Surgery from May 2019 onwards. If you need to see your midwife then please contact the Birthing Centre on 01264 352517.

### Staff Changes



We have had another locum GP join us, Dr Katie Collins will be doing two sessions per week to assist covering for Dr Pritchard. Unfortunately Rebekah Bate one of our Patient Services Team will be leaving in May 2019, we wish her the best of luck in her move away! In addition, it is with a heavy heart that we advise you that our Deputy Practice Manager Maria Woodley will be leaving us in June. We wish her all the happiness in the world and will miss her terribly!



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 in April 2019.

The next meeting will be held on 1st June 2019.

If you would like further details on the items discussed at the recent meeting you can request a copy of the meeting minutes via 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.stmaryssurgery@nhs.net



HEART UK  
THE CHOLESTEROL CHARITY

*Explore our recipes!*

<https://www.heartuk.org.uk/tasty-recipes/explore-our-recipes>

*Over half of UK adults have raised cholesterol which can lead to heart disease*



*Together we can make things better!*

## PHLEBOTOMY CLINICS

To book a blood test appointment at any of our hospitals:

Call 01256 314751 and choose option 1.

Lines open Monday to Friday 9am-4.30pm.

Please note that if you are able to call in the afternoon, lines are often less busy and you may have a shorter wait.

We also offer a call back facility so you do not have to wait on the line when we have lots of callers.

### When are the busy times?

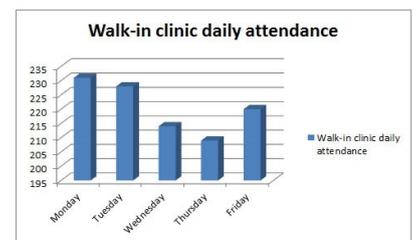
For more information go to <https://www.hampshirehospitals.nhs.uk/our-services/>



Hampshire Hospitals  
NHS Foundation Trust

Andover

Winchester & Basingstoke



# Check your boobs!



Checking your breasts regularly couldn't be more important ..... Life saving in fact! Performing regular checks will ensure that you are aware of any changes that occur no matter how small. Check out coppafeel.org where you can set up text reminders to prompt you checking your breasts and for information on what to expect and what is 'normal'. There is also info on how to check your breasts ... this could save your life!



## 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](http://www.parkrun.org.uk). Keep fit, stay healthy and socialise!



# Get to Know Your GPs

## Dr Dan Vawdry (GP Registrar)

I studied Medicine at Cardiff University before going on to higher training in hospital medicine as a physician in acute care. This has taken me from Wales to England, New Zealand, Australia and back to England again! I have special interests in the medical specialties such as Cardiology, Respiratory and Gastroenterology in addition to all areas of acute care. My wide range in knowledge and experience to date has been of great benefit for practising holistically in primary care.



## *Now to get personal .....*

### **What attracted you to St Mary's?**

I am fortunate to be on attachment from Wessex deanery, having been aware of the great reputation of the practice.

### **Do you have any hobbies?**

Outdoor pursuits; I enjoy the fresh air to get the Endorphins going, whether hiking, cycling, surfing, scuba diving or skiing.



### **What is your favourite film and why?**

Difficult question... If it's arty, has a decent storyline or has good cinematography then it would be a candidate! 2 recent films spring to mind... Fisherman's Friends and The Green Book, but I don't have an overall favourite.

### **What is your favourite musical band/song?**

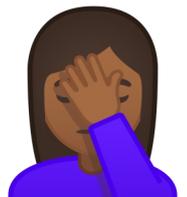
Coldplay, Mumford and Sons, but would listen to most genres for the right occasion.

### **What is your favourite food?**

Big food lover... any fish dish, Indian, a good roast, Japanese

### **Do you have any guilty pleasures, for example funny food cravings?**

Supporting Manchester United as my 'second' football team despite having no geographical link!



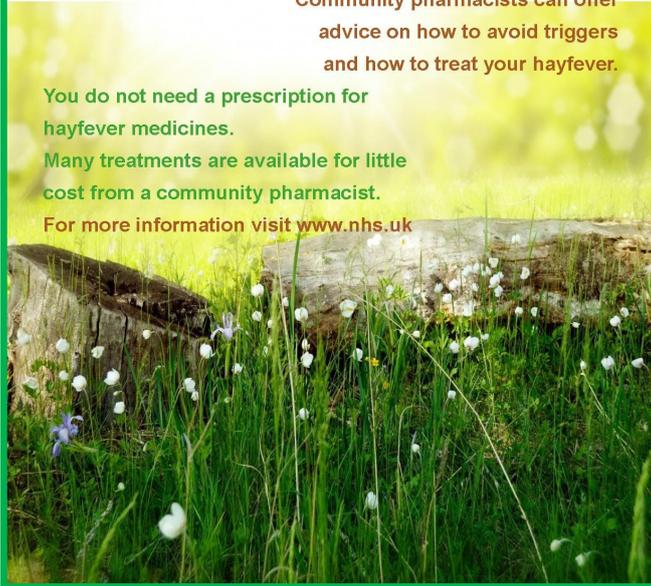
# A huge welcome to Dr Dan!

## Did you know you do not need to see a doctor for **HAY FEVER** symptoms?

**NHS**  
West Hampshire  
Clinical Commissioning Group

Community pharmacists can offer  
advice on how to avoid triggers  
and how to treat your hayfever.

You do not need a prescription for  
hayfever medicines.  
Many treatments are available for little  
cost from a community pharmacist.  
For more information visit [www.nhs.uk](http://www.nhs.uk)



### Patient Confidentiality

Please remember that we are obliged by law to protect patient data. This means that unless we have received explicit, signed consent from our patient to state that we can share their data with you we are unable to divulge any information to you at any time. We appreciate that this can be frustrating at times, however this is not our staff being obstructive, this is staff protecting our patient and abiding by the law.

### FIND US ON FACEBOOK!

@officialstmaryspage

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



### 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](mailto:k.mulliner@nhs.net)

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

What happened to the Easter egg when it heard a funny joke? ..... It cracked up!

What kind of stories do bunnies like best? .....ones with a hoppy ending!

Sent in by Elijah, aged 6



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)

### Riddle Time!

I fly to any foreign parts, assisted by my spreading wings.  
My body holds an hundred hearts,  
Nay, I will tell you stranger things when I am not in haste I ride,  
and then I mend my pace anon.  
I issue fire from my side.  
You witty youths, this riddle con.

What am I??

Answer: A Ship

GP PATIENT SURVEY

**NHS**

We want to hear the views  
patients have about their GP services.

[www.gp-patient.co.uk](http://www.gp-patient.co.uk)

Excellent  
Good

## HOW ARE YOU?



It's easy to overdo it at Easter!  
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/](http://www.nhs.uk/oneyou/how-are-you-quiz/)

### Missed Appointments

In March we had a total of **105 missed appointments**.  
The equivalent of **7 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](http://www.stmaryssurgery.co.uk)