

St Mary's Surgery

Newsletter!

Issue 3. 2019

Opening Hours:

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

Saturday Surgeries

Saturday 3rd & 17th August

Saturday 7th & 21st September

Saturday 12th & 26th October (walk-in flu clinic only)

Saturday 9th & 23rd November (walk-in flu clinic only)

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 26th August 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

Parkrun Fun!



Thank you to everyone that joined us at the Andover Parkrun on Saturday 1st June 2019. It was a fantastic day and the weather co-operated beautifully! We definitely had a great time getting out and having a run with everyone and we hope that it's a sign of lots more fun weekend runs to come.

We look forward to seeing everyone out there again and welcoming any new faces that may wish to join us! All abilities welcome - run, jog, walk, even skip if you feel like it!

Come and try and beat your personal best!

Remember that 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!

Goodbye Fax Machine!

It truly is the end of an era as we say goodbye to our trusty fax machine. From the 1st October, we will no longer be able to receive or send faxes. We'll have to rely on emails, by hand or the postal system! We hope this won't be too much of an inconvenience for anyone - our email is WHCCG.stmaryssurgery@nhs.net and you can always send us a message on our website.



New GP joining the ranks!

In October, a new GP will be joining St Mary's surgery! Dr Rachel McSparron will be taking over the care of Dr Elaine Pritchard's patients. The patient care will transfer automatically, however, if any patient wishes for their registered GP to be one of the other GPs, then please advise reception on your next visit.

We are sure that Dr McSparron will be a great addition to the team and we look forward to welcoming her to the practice.



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??

Walk In Flu Clinic

That time of year is fast approaching!

St Mary's Surgery will be offering a walk-in clinic for flu vaccinations for all eligible patients on:

Saturday 12th & 26th October

Saturday 9th & 23rd November

8:40am—11:20am

No appointment required. Please contact the surgery for more information or to check eligibility.

Patient Participation Group

We had a very successful and productive meeting held in June 2019.

The next meeting will be held on Saturday 7th September.

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



Love talking sport?

We welcome you to our friendly Weekly Sporting Memories Group at the

Andover Leisure Centre

West St, Andover SP10 1QP

Every Friday 1-3pm

Come along, listen and share sporting memories with other older sports fans.

£1.50 WEEKLY SUBS

Sporting Trivia, Memorabilia and Games

TO BOOK A PLACE or for more information, please call Angie on 07563 117116 or email angie@sportingmemoriesnetwork.com

Repeat Prescription Requests

When it is time to reorder your repeat medications, you can:

- A) Clearly tick the items required on your repeat slip and hand it in to the surgery or your pharmacy; or
- B) Fill out a request slip at the reception desk; or
- C) Order your medications online - please ask about online ordering at reception.

We can also send your prescription electronically to the pharmacy of your choosing. Please ask at reception for more details.

Please remember to allow at least 48 hrs for your prescription request to be processed.

DO NOT WAIT UNTIL YOUR MEDICATION HAS RUN OUT BEFORE RE-ORDERING

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!



Whooping Cough Vaccination

NHS

Protect your baby from birth by getting vaccinated while pregnant.

Ask today about the whooping cough vaccine.

<https://www.nhs.uk/conditions/pregnancy-and-baby/whooping-cough-vaccination-pregnant/>



Get to Know Your Nurses

Practice Nurse Bindy Laurent

I have a Dip HE in Adult Nursing, a Nurse Prescriber qualification and a Student Designed Award degree in palliative care.

I spent several years as a community nurse in Berkshire and Hampshire. I worked for Sue Ryder for a few years as a community palliative care nurse specialist (same role as a Macmillan nurse) before coming to this practice.

Most of my career has been spent visiting patients at home. I have also worked bank for the Out of Hours Primary Care Centre in Berkshire.

Since coming to work in this practice, I have specialised in Diabetes, completing the Optimising Glycaemic Control course in January this year.



When did you know you wanted to be a Nurse?

I have always been interested in nursing, but came into it as a mature student, qualifying when I was over 30!

Now to get personal

What attracted you to St Mary's?

I was attracted to St Mary's because of the location - next to the beautiful church. Also the friendly staff and having a 1 hour lunch break!!

Do you have any hobbies?

I love reading and writing, spending time with my 3 beautiful grandchildren. I also attend the gym - but not often enough!

What is your favourite film and why?

One of my favourite films is 'Stir Crazy' - a funny old classic! It always makes me laugh every time and I have seen it loads.

What is your favourite genre of music?

I love Jazz music and can often be found listening to Jazz FM after a busy day at work - it's very relaxing.

What is your favourite food?

I love spinach and vegan chilli with black beans. I am also really into fizzy water at the moment.

Obviously being the diabetic lead nurse, I never eat any chocolate...!!! Especially not M&Ms.....

What is your dream holiday destination?

My dream holiday destination would have to be St Lucia - preferably during the Jazz Festival!

Do you have any guilty pleasures?

Watching 'My 600lb Life'.

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



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

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

Why is a football game a good place to go on a hot day?
Because there are lots of fans.

If you have a joke you think will make people smile let Katie at the Surgery know! k.mulliner@nhs.net

Riddle me this...

I have roads but no pavement, rivers but no water, and cities but no buildings. What am I?

Answer: A map



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GP PATIENT SURVEY



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



WORLD SEPSIS DAY INFOGRAPHICS

SYMPTOMS OF SEPSIS

These Symptoms Might Indicate Sepsis

Experiencing any of these symptoms? Contact your local hospital or physician immediately.



Slurred Speech or Confusion



Extreme Shivering or Muscle Pain / Fever



Passing No Urine All Day



Severe Breathlessness



It Feels Like You're Going to Die



Skin Mottled or Discolored



www.world-sepsis-day.org
www.global-sepsis-alliance.org

September 13
World Sepsis 2018 Day

Missed Appointments

In July we had a total of **124 missed appointments**.

The equivalent of **8 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