

HAMSTREET SURGERY

SUMMER 2024 NEWSLETTER



*WE ARE A
PROGRESSIVE AND
FORWARD THINKING
PRACTICE IN
PURPOSE BUILT
MODERN PREMISES.
WE AIM TO PROVIDE
AN EFFICIENT
SERVICE IN A
FRIENDLY, CARING
MANNER. OUR RURAL
DISPENSING
PRACTICE COVERS AN
AREA OF 150 SQUARE
MILES.*

Proud to be an #activepractice

We have been awarded the 'RCGP Active Practice Charter'. We recognise the health benefits of regular activity. We have achieved this award by making the following changes:

- Reducing sedentary behaviour in staff and patients.
- Increasing physical activity in staff and patients.
- Being part of an active community

Patient Participation Group

The PPG members and a virtual patient representation group meet every 4 months to have their say. The members will be asked questions from time to time about the surgery.

We need people of all ages to join in this group.

If you are happy for us to contact you occasionally via email, please complete the sign up form:

<https://www.hamstreetsurgery.com/patientparticipationgrouppages/signup>

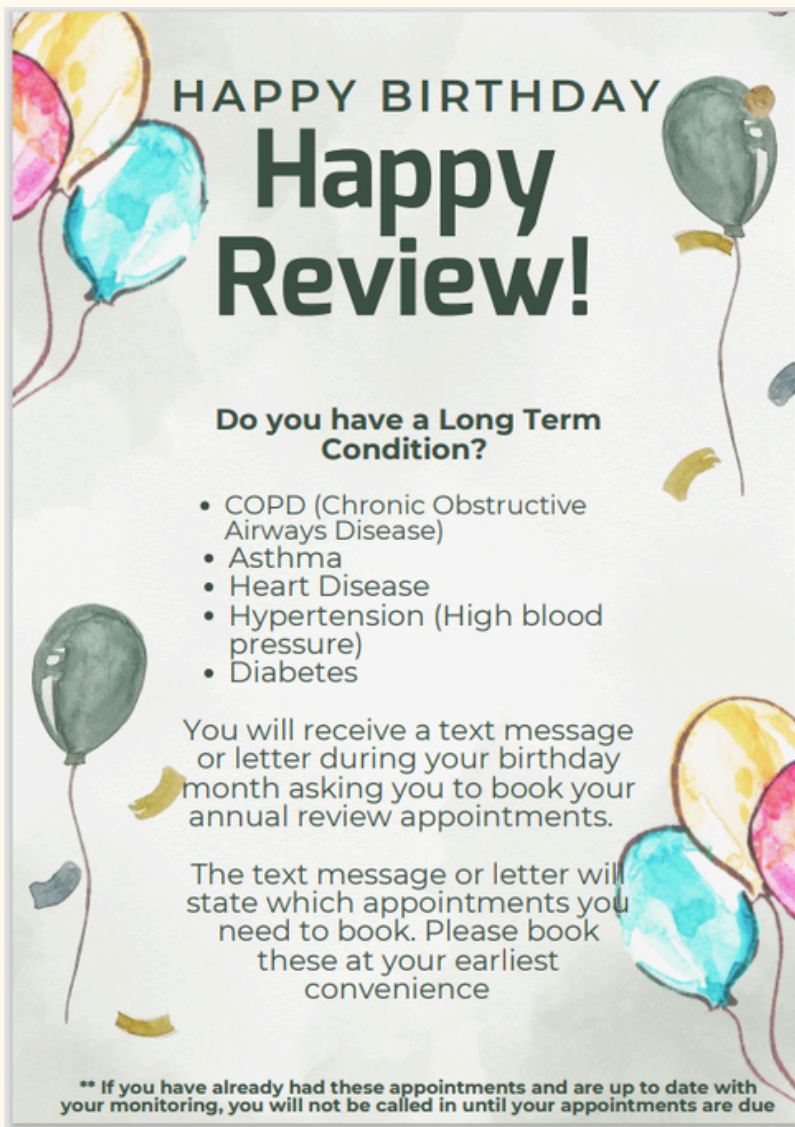


NHS App

The NHS App provides patients the option of ordering their repeat prescriptions. These issues still require 3 working days before collection.

This App allows patients to access your consultation notes, letters and test results. It also allows you to access your surgery & hospital appointment information. You can find your NHS number and gain advice or medical help near you from NHS 111 online





Annual Reviews

Patients with “Long Term Conditions” will be called in for their annual monitoring & review during their birthday month. These patients will be contacted via text message or a letter.

Please book the appointments required at your earliest convenience.

Support for Military Veterans & Ex-Forces national scheme

Please let reception or the clinician know of your veteran status for us to update your record. This allows us to tailor your care as appropriate for your needs.

Protected Learning Time

Once a month the Practice closes to patients, this is to ensure the staff focus on completing their training and the clinicians can provide the team with training sessions on their specialised topics. Our next PLT sessions:

- Wednesday 3rd July
- Tuesday 6th August
- Wednesday 11th September

Pharmacy First

Community pharmacies are already able to offer services, such as:

- Support with healthy eating & exercise,
- Support stopping smoking,
- Monitoring Blood Pressure,
- Contraception,
- Flu and Covid Vaccines.

However, a new service was released in January 2024, where Community Pharmacies are able to provide consultations for the conditions below.

The Pharmacist will follow a robust clinical pathway which may include self care advice. If appropriate, the Pharmacist will be able to supply a restricted set of prescription only medicines without you needing to visit the GP.

The following table shows the 7 conditions pharmacists can manage across various age ranges.

Clinical pathway	Age range
Acute otitis media*	1 to 17 years
Impetigo	1 year and over
Infected insect bites	1 year and over
Shingles	18 years and over
Sinusitis	12 years and over
Sore throat	5 years and over
Uncomplicated urinary tract infections	Women 16-64 years

Community Exercise Group

Want to attend our new FREE Health Coaching service?

- Includes a ten week course for beginners to runners at Hamstreet Surgery
- Starting in October where you will be coached to be able to run 5k
- Receive group health coach sessions to help with your personal goals.

You can find more details and Sign up here:

<https://www.b2rhealthcoachingservices.co.uk/>