



# The Surgery Newsletter

## Ramsbury and Wanborough Surgery - Summer 2019

### Congratulations!

We are thrilled to announce the safe arrival of Baby Ezra to Anna, one of our Practice Nurses. He arrived early on 19<sup>th</sup> May and we are pleased to report mother and baby are doing well.



### Primary Care Network

From 1<sup>st</sup> July 2019, GP Practices will start to work together in “Primary Care Networks” sharing expertise and resources over a wider geographical area. Ramsbury & Wanborough Surgery will become part of the East Kennet Primary Care Network along with Kennet & Avon Medical Partnership, Great Bedwyn Surgery and Burbage Surgery. As a Primary Care Network, we will develop healthcare professionals to provide care for our patients within the wider community. As a patient you will benefit from better access to specialist services and a greater focus on prevention and wellbeing. During the first year, funding will be available for us to recruit a ‘Social Prescriber’ (Care Coordinator) along with a Clinical Pharmacist to work across our Primary Care Network.

### Text Messaging

Recently, we have initiated a new text notification service within the Dispensary. If we hold a mobile telephone number for you, once your requested repeat medication is ready for collection we will send you a text to advise you accordingly. In order for this to operate effectively, it is essential that we hold an up to date mobile telephone number on your medical record. If you wish to add or change a mobile telephone number on your medical record, please speak to Reception at the earliest convenience or complete one of our pink contact slips.

### Online Access

Are you aware that you can order your routine repeat medication online? Ordering online is the most efficient and secure way of ordering medication as it provides us with a fully auditable trail. We require all repeat medication requests to be put in writing and we currently accept these via post, hand delivery, email or via our online service.

It is very easy to set up online access so please ask at Reception for an Online Access Request form. You will need photographic ID to initiate this service but once set up, you can utilise the online access to order your repeat medication, book GP appointments, view blood test results and access your Summary Care Record 24 hours a day.

### Patient Participation Group

We welcome any new members to our group which meets quarterly to discuss Practice related issues and forthcoming changes. This an opportunity for you to feedback any comments or suggestions to the Practice. If you are interested in joining the group and are over 16 we would really like to hear from some youngsters to share your views! please contact the Practice Manager, Alison Harrod at [ramsburyreception@nhs.net](mailto:ramsburyreception@nhs.net)

**Social Media** – Please follow us at Ramsbury and Wanborough Surgery on Facebook. We aim to provide useful information, support health promotions and raise awareness of the NHS Services via this web interface.

### Getting Active!

Walking Football at Marlborough Leisure centre, suitable for the Over 50’s. For more information contact: Chloe Buller on [chloe.buller@wiltshirefa.com](mailto:chloe.buller@wiltshirefa.com)



## **Our Health, Our Future, Campaign!**

What would help you to live a healthier and happier life?

Health and care organisations across Bath and North East Somerset, Swindon and Wiltshire are putting a plan together to make sure you and your loved ones are able to get the support you need to live well. They want to make sure that you can easily find and use local health and care services, and that these services will support you to stay healthy and happy now and in the future.

Help to shape the future of local health and care services by taking part in this short survey. Visit our website for more information <http://www.bswstp.nhs.uk/ourhealthourfuture/> or email [ourhealth.ourfuture@nhs.net](mailto:ourhealth.ourfuture@nhs.net) or call 03333 219464 to request a paper copy of the survey.



### **National Organ Donation – All Change!**

From spring 2020, all adults in England will be considered to have agreed to be an organ and tissue donor when they die unless they record a decision not to donate or are in one of the excluded groups. This is commonly referred to as an ‘opt out’ system. This means that if you have not confirmed whether you want to be an organ donor either by recording a decision on the NHS Organ Donor Register or by speaking to friends or family, it will be considered that you agree to donate your organs when you die.

Organ donation remains an act of great generosity. You still have the right to choose whether or not to be an organ donor. Further information is available via this link: <https://www.organdonation.nhs.uk/register-your-decision/> and the ability to register your decision.

### **Parkrun**

Marlborough now hosts a weekly 5km free Parkrun every Saturday morning at 9am around Marlborough Common. On Saturday 1<sup>st</sup> June they celebrated the anniversary of the Royal College of General Practitioners launch of the Parkrun Practice initiative which encourages GP Practices across the UK to develop close links with their local Parkrun. They set a target aiming to get 1000 GPs and Practice staff to participate across the country. This number was well exceeded. Involvement aims to improve the health and wellbeing of Practice staff, Patients and Carers and to contribute to the development of a local community and an environment which is centred around wellbeing. Dr Katie Tilney and her 7 year old son Charlie were flying the flag for Ramsbury & Wanborough Surgery. Well done to both of them for completing the run. This is a great opportunity to get active and is FREE. Please visit <https://www.parkrun.org.uk/marlboroughcommon/> for further information and registration details.

### **It is that time of year again....HAY FEVER!**

Hay fever affects around one in four people in the UK with the main triggers being grass and pollen. Whilst the warmer than average weather remains, grass pollen count has been lingering in the higher levels, making every-day life miserable for hay fever sufferers. Amongst the list of bothersome symptoms are sneezing, watery eyes, runny nose and an itchy throat.

#### **Try these top tips to help ease symptoms:**

- Don't mow your lawn when the pollen count is high
- Create a barrier by smearing balm on your nostrils or using a nasal spray from a pharmacy.
- Avoid outside activity when the air is warming up and cooling down, as pollen count is highest.
- Open bedroom windows at night, but close them in the morning.
- Dust with a damp or micro-fibre cloth and vacuum regularly to stop pollen from becoming airborne.
- Wash your hair – pollen can stick to your hair and then transfer to your pillow.

