



EMSWORTH MEDICAL PRACTICE
SPRING QUACK NEWSLETTER 2023



EMSWORTH MEDICAL PRACTICE UPDATE



We have recently welcomed **Lisa and Leanne** to our phlebotomy team, which will now reduce the wait times for blood tests. We also have a new F2 doctor, **Dr Hannah Lyons** from Portsmouth Hospitals, to work with us for 4 months.

You may be aware that we have had a new phone system installed which seems to have made a big difference to both patients and receptionists. The queuing time to get through to the Practice has lessened significantly and you also now have the option of a call back service when the lines are very busy. The reception team have found that it has transformed their working day enabling them to work much more efficiently.

You may have noticed that we have made some alterations at the front desk, putting up two privacy screens to aid with confidentiality plus an additional window. We would still ask though to please respect other patients' privacy at the front desk wherever possible. We've also added a **prescription post box** at the entrance beside the specimen collection box for your convenience, no need to queue up to hand it in anymore.

The refurbishment of the Westbourne Surgery is now just about complete. The upstairs rooms are now occupied by the Primary Care Network (PCN) staff, the pharmacy team, the social prescribers and the care co-ordinators, they are all using it as a base due to the shortage of rooms at the Hayling Practices and, believe it or not, at Emsworth too! They will all be working some days in the Practices but they now have a permanent home.

We are pleased to have artwork on display at the Practice for the enjoyment of our patients, as well as promoting a healing and relaxing environment. All artwork is by local artists. We do hope you enjoy the artwork on display which is available for purchase. We are always looking for new artists to showcase their work too.

Patients interested in purchasing or exhibiting an artwork can contact Dbee Robinson for more information at: dbeerobinsonartist@gmail.com or visit <http://emsart.uk> Thank you to all of our artists for supporting our commitment to the arts and the well-being of our patients. Dbee Robinson

SPRING 2023 COVID BOOSTERS

The eligibility criteria for this Spring Covid boosters is all those who are 75 years old on the 30th June 2023, those living in care homes and those who are immunosuppressed.

The surgery ran a large all day vaccination clinic on Saturday 22nd April and vaccinated 1137 people. Our amazing nursing staff have been vaccinating those patients who are housebound and living in care homes.

If you have not yet booked your appointment and are eligible, you can still book while we have availability by phone, online, or in-person.



PATIENT PARTICIPATION GROUP (PPG) UPDATE

Dr Hannah Morgan has taken over from Dr Denby on the PPG Committee. Dr Morgan is also Clinical Director of the Primary Care Network (PCN) for Hayling Island and Emsworth which allows the employment of vital shared additional staff.

Following the departure of Mike Evans, Vice Chair, to live in the Midlands, we have appointed leading local artist and author Dbee Robinson as curator of the wonderful pictures on display throughout the Practice building, many of which are for sale. Jane Pickering has agreed to take on Mike Evans' role as second Vice-Chair. Karen Hewitt, committee member, has agreed to undertake the checking of the town's defibrillators.

The PPG's next Health Talk will be given by Dr Hannah Morgan whose special interest is in heart diseases and cardiac rehabilitation after a heart problem has been diagnosed and treated. Join us at **Emsworth Slipper Sailing Club on Tuesday 13th June, refreshments at 6.30 pm, talk at 7 pm.**

Our PPG members, along with members from the Practice, participated in the second Health Fair hosted by Alan Mak, MP, on Friday, April 28th. Their table focused on promoting heart health where they provided blood pressure checks and discussed the results and concerns of the attendees. The event saw a significant turnout of individuals who engaged in discussions with our PPG members and volunteer nurses.

Once a month we hold a lunch event for patients locally who may be feeling lonely and isolated and those present really enjoy a good meal and a couple of hours chat. Referral is through the Practice.

Jim Strudwick, Chair.

PATIENT ONLINE FORUM

All virtual Patient Participation Group (PPG) members are invited to join our upcoming Patient Forum Meeting, taking place via **MS Teams on Wednesday, July 5th at 7pm.** Our PPG committee meets throughout the year and we're excited to extend this opportunity to our virtual members to broaden our patient involvement.

We value your feedback and suggestions, which are integral to our ongoing efforts to enhance our patients' care. Don't miss out on the opportunity to have your voice heard and gain a deeper understanding of our Practice and the range of patient services we offer. Patients who are already members of our virtual PPG will receive an invite via email or text in late June. If you would like to become a member and join this meeting please go to the following page of our website www.emsworthsurgery.co.uk/patient-participation-group/ and click the link to register.

HEALTH PREVENTION

We are delighted with the uptake of screening in our PCN, with above average for breast, cervical and bowel screening.

Bowel screening rates in Emsworth though, while being higher than national average, are some of the lowest in Southeast Hampshire, which is a little surprising.

We would encourage all of our population to take up the offer of screening when you get invites from the programmes so that we can pick up cancer as early as possible.

Dr Hannah Morgan, Clinical Director, Hayling and Emsworth Primary Care Network

NATIONAL BREAST SCREENING SERVICE

Every year women are diagnosed with early-stage breast cancer as a direct result of attending breast cancer screening. We can't encourage you enough to attend.

Any females registered with a GP will be invited for NHS breast screening every 3 years between the ages of 50 and 71. You'll get a letter in the post inviting you.

If you missed your appointment or want to have it after the age of 71, just call the local breast screening team on 023 9228 3613.

Regular breast screening is one of the best ways to spot a cancer that is too small to feel or see. Breast screening saves around 1,300 lives each year in the UK.



Finding cancer early can make it:

- more likely that treatment will be successful
- less likely you'll need to have a breast removed (mastectomy)
- more likely you'll be cured

THE RIGHT HELP MAY NOT BE A GP

At our Practice we have a fantastic team of healthcare professionals ready to support you when you need help. You may not need to see a GP right away and our team is here to offer you the best care possible:

- **Social Prescribers:** Helping you find the right social and community resources to support your wellbeing.
- **Care Coordinators:** Working with you and your GP to create a personalized care plan.
- **Physiotherapists:** Providing expert advice and treatment for a range of musculoskeletal issues.
- **Pharmacists:** Offering medication reviews and advice regarding your prescriptions.
- **Advanced Nurse Practitioners:** Providing expert medical advice and treatment for a range of conditions.
- **Nurses:** Providing vaccinations, wound care, diabetes and respiratory care and general health check-ups.
- **Healthcare Assistants:** Assisting with routine health checks, injections, diabetes checks, blood tests, and more.

So next time you need medical attention, remember that our Practice has a whole team of experts ready to help. Let us make sure you receive the best possible care.

FACEBOOK PAGE

Don't forget to visit, like or follow us on our Facebook page. We have all the latest information to help you manage your health and lifestyle.



<https://www.facebook.com/emsworthmedicalpractice/>

Like and follow us today!

GROUP CONSULTATIONS

Discover the latest approach to General Practice.

At Emsworth, we've been experimenting with group consultations involving both Practice and PCN staff for 8 patients on a Saturday morning and the results were fantastic.

Our goal was to educate and involve patients in a best interest's decision to modify one of their medications. During the session, patients received guidance from a senior member of our pharmacy team and a GP.

Not only was the session warmly received, but we're also excited to announce that we'll be offering more group consultations in the future. Don't miss out on the many benefits of these sessions.

If you receive an invitation, be sure to attend!

SUPPORT FOR PARENTS AND YOUNG PEOPLE

Looking for support and advice for your family's health and wellbeing?

Hampshire Healthy Families provide a wide range of resources to help parents and young people navigate:

- .. Physical and emotional health
- .. Support during transition through school
- .. Relationships, sexual health, and substance misuse
- .. Parenting advice: accident prevention, sleep, behaviour, and continence support
- .. Support for children and young people not in school, in accessing the Healthy Child Programme

For more information, visit: [https://
www.hampshirehealthyfamilies.org.uk/](https://www.hampshirehealthyfamilies.org.uk/)

For quick advice, text "**ChatHealth**" to the appropriate number:

- * 07520615720 - for children 0-5 years
- * 07507332417 for children 5-19 years
- * 07507332160 for young people aged 11-19

YOUNG PERSONS SOCIAL PRESCRIBER—NEW SERVICE

We now have Adam Krum, Social Prescriber, who works mainly with younger people between the ages of 11 to 25 offering support with a wide range of social, emotional, or practical needs whilst improving mental health and physical wellbeing.

This is a non-medical approach to support health and wellbeing. Social Prescribers/Link Workers give you time to focus on 'what matters to me', taking a holistic approach connecting people to community groups and statutory services to meet their emotional and social aspirations.

You can self refer to this service via the PCN website www.haylingemsworthpcn.co.uk. Ask any Practice surgery staff for a referral to our social prescribing service.

Open Water Swimming – New Course



Our PCN has been successful in securing funding from 'Energise Me' for a free 8 week open water swimming course for patients of the PCN, starting on 22nd June till 10th August in Hayling Island, in a friendly and supportive group. There is a morning and an evening session on Thursdays.

Bekki Kingshott and Sarah Patrick will be delivering the course and they are both fully qualified and insured to deliver the course.

If you are interested, please enquire with the Practice Social Prescribing team or email: socialprescribing@theyoustrust.org.uk

