

spring cleaning

The daffodils are out and the fields are full of lambs... so now is the time for a Spring check-up. Every patient between the ages of 40 to 75 is entitled to an NHS health check every five years. The checks take around 20 minutes, and can help prevent illness and promote all-round well-being. You may have noticed a national campaign to promote the Cervical Screening health check – this particular service is available every three or five years, depending on age.

Please don't ignore your reminders for these health checks - they can, and do, save lives.

NEW CONTRACTS FOR GPs

The NHS has announced an overhaul of GP services, designed to fund additional staff to help GP practices work together as part of a primary care network. It is hoped that new recruits – including pharmacists, physios, paramedics, physician associates and social prescribing support workers – will help free up GPs' time for patients who need them most. NHS England's chief executive, Simon Stevens, described the five-year deal as representing the biggest boost to primary care in more than 15 years. It is the first pillar in implementing the NHS's long-term plan.

Getting To Know You... an interview with Dispensary Manager DONNA SIMPSON

Donna Simpson joined the practice 15 years ago, just before its move from Barn Croft. She recalls thinking that the new premises were very large – but has since watched the space fill up.

Donna has overall control of the Dispensary, which employs three staff. She makes certain things are running as they should, checks repeat prescriptions are in order, and



sends out letters to patients regarding their medical reviews. She is also responsible for ensuring for the financial accounting for drugs, making sure the practice is within budget. One morning a week, Donna works alongside a visiting pharmacist from the CCG.

Much of Donna's work is computer based but she relishes the aspects of her job that put her in contact with patients. She also enjoys

tracking down medicines to meet patients' needs, a task which has become increasingly difficult in recent years. Two years ago, three factories producing medicines were destroyed by fire, causing short supply of some drugs, and problems have continued since the Brexit referendum, as some manufacturers now prefer to deal with America rather than the UK. The worst aspect of her work, Donna says, is trying to fill late repeat

prescriptions.

Away from the practice and the task of "hunting down medicines like a detective", Donna enjoys being outdoors, preferably in the company of dogs or horses.

A gentle reminder: for Donna's sake, please allow at least two working days for repeat prescriptions!

DID YOU KNOW...

♣ You can self-refer to a "First Step" counsellor? ♣

First Step offers counselling, cognitive behavioural therapy, and guided self-help, which can help to manage and reduce the symptoms of depression, anxiety or anger. Enquire at Reception for more information.

♣ The practice keeps a note of carers of patients so that they can be contacted as necessary? ♣

If you are a carer for a patient at the practice, please let the reception staff know your contact details.

♣ A 'Living Well Coach' is now present in the practice, 2-3 days each week? ♣

Leanne Ruddick is part of the Wellbeing Service. For more information, please speak to a member of staff or see the Patient Participation Group noticeboard.

Hello, goodbye...

We say a sad farewell to Tina Allen, who has left after 31 years at TS Medical Practice, and to Dawn Hamilton, who has left the Dispensary team to take up an appointment closer to her home. We wish them both well.

We welcome Sharon Tyson to the Dispensary team, and Gail Awde to the Patient Support team. A full list of practice staff is displayed on the notice board at the Practice.

SPRING 2019

The Patient Participation Group is a small group of patients who meet regularly with the Practice Manager (and often a doctor) to discuss issues affecting the Practice. If you are interested in contributing to a happy (and healthy!) practice and improving services to patients, please contact us by e mail: templesowerbyppg@gmail.com. We would welcome new members!