



Pencester surgery newsletter

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We're delighted to present you with this edition of our practice newsletter.

Inside, you will find information on additional services we offer, our quarterly stats and more. We will produce a newsletter every 3 months to bring you all the latest information.

Pharmacy First Initiative

Pharmacy First is a scheme to treat common minor ailments that operates in participating pharmacies across the country. The scheme enables patients to access medicine services without having to visit their GP, A&E or urgent treatment centres. If you're entitled to free prescriptions this will be part of your entitlement.

These conditions include the following -

- Shingles (suitable for over 18s)
- Impetigo (Suitable for 1 year+)
- Acute ear infections (suitable for 1-17 year olds)
- Acute Sinusitis (suitable for 12 years+)
- Infected insects bites (suitable for 1 year+)
- Acute sore throat symptoms (suitable for 5 years+)
- Acute urine infection (suitable for women between 16-64)

AS A PRACTICE, WE HAVE:

7 DOCTORS

3 NURSE PRESCRIBERS

3 PRACTICE NURSES

2 HEALTHCARE ASSISTANTS

1 DIABETIC SPECIALIST NURSE

1 PHYSIOTHERAPIST

1 AUDIOLOGIST

Car parking/road works in Pencester -

Please note that our car park has now been shut to the public, and this is now a staff only car park, in exception to our disabled spot, this will still be open to those with a valid blue badge.

We are unsure what disruption will be caused by the roadworks in Pencester road, so please ensure you're leaving enough time to ensure you're not late for appointments at the surgery, we will be unable to see you if you're late.



What's happening in the coming months.

In house Physiotherapist

We have an in-house Physio that attends the surgery every Friday.

To book this please contact reception who will happily book you a face to face appointment or a telephone call to discuss symptoms first.

We will be closed for training on the following dates:

Good Friday 18th April

Easter Monday Monday 21st April

Early May bank holiday 5th May

Training day (Half Day) 22nd May

Spring bank holiday 26th May

Training day (Half Day) 16th June

Spring Covid Booster

We are holding a spring walk-in Covid clinic at the surgery on the 12th of April for one week. Please note that the cohort is smaller this year, and if you're eligible you should have received a letter/text message

Over 40s health-check

If you're over 40 and have been invited for an 'over 40 health check' you can call the surgery and one of the reception staff will book this for you.

Part of this check involves assessing your individual cardiovascular disease risk and advising you how to reduce it if necessary.

Bowel Cancer Awareness month (April)

April is Bowel Cancer Awareness month and irritable bowel syndrome awareness month. IBV is one of the most common reasons to visit the GP. 1 in 8 people have symptoms of IBS at any one time. Once Diagnosed and given help, most people can find effective ways of living with IBS. The earlier bowel cancer is spotted, the more treatable it is likely to be. In fact more than 9 in 10 people survive bowel cancer when it's diagnosed at the earliest stage.

Bowel cancer screening saves lives. The test can detect invisible early signs of bowel cancer.



Are you a carer?

You may not think of yourself as a carer, but our services are available to you if you look after a relative or friend who, due to physical or mental illness, cannot manage without your support.

If this sounds like you, we can provide additional support for you and the person you care for.

We liaise with the Carers Service which is a national organization providing relevant information, support and contact numbers. We can also refer to Adult Care Services for a carers assessment which will look at ways additional support can be provided to both carer and patient.

NHS app

Download the NHS App to your smart phone to request prescriptions and book certain nurse appointments. It also contains a wide range of interesting articles on various health conditions. Please speak to a member of reception for the codes you will need, once you have signed up, to link your account to the GP surgery.

NHS 111

If you need medical help fast but it's not a life-threatening situation, you can call NHS 111 for free.

You should call 111 when you:

Think you might need to go to hospital

Don't know who to call for medical help or just need advice/reassurance.

You can call 111 any time of day and, locally, they have the ability to book at Buckland Urgent Treatment Centre.

Feedback

We always welcome feedback on how you feel we can improve the service we offer. We have feedback forms in reception or you can email kmicb.pencester@nhs.net.

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