The Calverton Surgery Newsletter March 2023 **‘Lots Going On’**

As always at this time of year the surgery is busy. Fortunately the pressure of Winter respiratory illnesses seems to be easing a little, but we are now running some extra clinics weekly to pick up that demand. Many of you will also notice some further building work at the surgery; 2 further consulting rooms are planned which we anticipate will help to provide services to the growing population of Calverton. Needless to say these things are complex and whilst further rooms are welcome, funding for extra staff is also key and for this we remain dependent on what is made available to us. As previously mentioned much now comes through our local primary care network and monies are targeted at specific roles, all need rooms so we anticipate this extra space will be useful going forward.

Other news to report includes the ‘Active for Life’ programme in Gedling, this is aimed at promoting activity in our patients with underlying health conditions with a host of targeted sessions on offer. More information can be accessed on [www.gedling.gov.uk/specialist-sessions](http://www.gedling.gov.uk/specialist-sessions). There are some 3 day passes to get you started at local leisure centres which would be well worth looking into if interested.

Much has also been made of the current NHS and social care crisis but how can you help? A helpful leaflet which was sent to me recently included reminders to become more health aware. Healthier eating, lifestyle change and exercise are all crucial; using NHS services wisely (the average GP appointment costs the NHS £50, an A&E visit is £150); self-care and pharmacist advice in particular should be your first option for more minor and self-limiting ailments; taking medication as prescribed (and regularly for long term health conditions) but also avoiding waste (please let use know if you are receiving prescribed medication on repeat that you no longer need or if you have a stock pile as we can stop until used up and then restart).

We have some new staff to welcome; Amy Jones is a full time Nurse Associate, Punaz White is a pharmacist who will be with us 2 days a week. Welcome to you both.

Finally, a plug for our Patient Participation Group (PPG) led by chair Nick Borrett. They are independent of the surgery but help us to get feedback on our patient’s experience. They are our ‘critical friend’ and offer us practical support and advice with regular meetings with the practice team. If you do have ideas, questions or would like to know more about how to support both patients or the surgery, please feel free to email Nick on nick@careconnecting.co.uk

 Phil Rayner