The Calverton Surgery newsletter – May 2023 **A Missed Opportunity?**

At the time of writing this article we are in the midst of a junior doctor’s strike. Fortunately, the impact on the surgery is relatively low but we are very aware of the effect this is having for some of our patients and sadly with both sites entrenched, it seems likely this will be an ongoing saga. Late in March we had hoped to host current Secretary of State for Health Steve Barclay for a visit to the surgery (arranged by local MP Mark Spencer). Unfortunately, Mr Barclay was at the last minute unable to attend, a great shame as we had hoped to discuss with him our many concerns about the current situation in General Practice and the wider NHS. We could have proudly shown him our refurbishment and building extension and introduced him to some of our amazing team, but would have pointed out that with no extra funding for GPs (currently new funds come through primary care networks and specifically exclude GPs), our scope to improve patient care is reduced. We would have liked to ask him why, when hospital NHS staff seem likely to get an improved pay offer, GP surgeries are only to get a 2.1% uplift for staff and other expenses. Additionally at a time when GP morale nationally is reported at an all-time low and with a recent Commonwealth Fund survey finding that UK GPs are the most stressed and have the lowest job satisfaction (compared to 9 other higher income countries), why once again a contract has been imposed on us. Finally, a recent British Medical Journal (18/3/23) article has starkly illustrated the difference in increased consultants (163% over 25 years) vs qualified GPs (7% down over the same period) and at a time where care has become more complex and often moved from a hospital to GP setting, we would have welcomed hearing his plan to remedy this inequity. It seems it will all have to await another day.

Other news includes a change to our local Talking Therapy services which from April 1st have changed to Vita Health and Everyturn Mental Health. Contact remains free and confidential and can be a self-referral for all patients 17 ½ and over. The service is for those experiencing mild or moderate symptoms of common mental health problems including low mood or depression, worry or anxiety, stress, panic, trauma, phobias and the psychological impact of long-term health conditions. Services offered include CBT, counselling for depression, Dynamic interpersonal therapy (DIT), Eye movement desensitisation, interpersonal therapy and couples therapy for depression.

Their website is [www.notts-talk.co.uk](http://www.notts-talk.co.uk) or phone 03333 188 1060