

acornsurgery



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Newsletter



Newsletter Highlights

Team News

Patient Event

Social Prescribers

Pharmacy First

Measles

SURGERY STATISTICS

Busiest Times of Day:
08:30 - 09:30 & 14:00 - 16:00

We now have 11,241 patients registered with us and have welcomed 322 new patients between January—February 2023.

Feedback from Patients — 95% Positive rating

In **February** we had:

- ◆ 2727 Face to Face appointments.
- ◆ 2044 Telephone appointments.
- ◆ 318 Online Medical Advice requests.
- ◆ 965 Online Admin requests.
- ◆ 2388 Telephone Calls Answered.
- ◆ 330 Referrals sent to Secondary Care
- ◆ 244 Missed Appointments



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Team News

You might see some special characters at the Acorn on the 7th March!

As part of World Book Day, staff donned their costumes in celebration of authors, illustrators, books and the joy of reading, as well as supporting children's autonomy in book reading that embeds a reading habit leading to a wide range of benefits.

Did you know that you can source recycled books for both children and adults in our main waiting area, for a small voluntary donation towards much needed equipment at the Practice? Take a look at your next visit.



We are very happy to welcome:

Dr Bennett and Dr Ramzuna working Monday, Tuesday, Wednesday and Fridays until August 2024.

Patient Participation Group — We Need You!

We would like to encourage our patients to join our Patient Participation Group. We have a very active and dedicated Group (PPG). They are all registered patients who help us to improve our communication with patients and to meet the needs of different patient groups. We need representatives from all ages, ethnic groups and walks of life to build on the good work and services we already offer to develop the Practice. The members act as our 'critical friend' and also organise fund-raising and education events. Their monthly meetings are open to any registered patient to attend and are held on the last Monday of each month from 12.00—1pm or why not join our virtual group and engage via email. If you would like to join either group please email acorn.enquiries@nhs.net for more information.



April is Bowel Screening Awareness Month

The earlier bowel cancer is spotted, the more treatable it's likely to be. In fact, more than 9 in 10 people survive bowel cancer when it is diagnosed at the earliest stage. However, this drops significantly when diagnosed at a later stage.

Everyone aged 60 to 74 years who is registered with a GP and lives in England is automatically sent an NHS Bowel cancer screening kit every 2 years. By 2025 the programme will have extended to include patients from the age of 50 years, so you might receive one earlier.

Make sure we have your up to date contact details, so the cancer screening team can post your kit to the right place. If you're 75 or over, you can ask for a kit every 2 years by phoning the free bowel cancer screening helpline on 0800 707 60 60.

If you notice any symptoms of bowel cancer, contact us at the surgery, don't wait for your screening test.

The type of changes to look out for are changes in your usual bowel habits for 3 weeks or more:

- tummy discomfort
- blood in poo
- diarrhoea or constipation for no obvious reason
- a feeling of not having emptied your bowels after going to the toilet
- pain in your stomach or bottom
- your poo is loose, pale or looks greasy

Practice Closures








The surgery will be closed in the afternoon for staff training and development on the following dates

Wednesday 27th March 2024
Wednesday 24th April 2024
Wednesday 22nd May 2023

If you require urgent medical assistance during this time which cannot wait until we re-open please call NHS 111 for advice or in an emergency 999

Did you know your pharmacist can help you with the following problems without needing to book an appointment?



-  Sore throat 5 years +
-  Otitis (earache) 1-17 years
-  Infected insect bite 1 year +
-  Impetigo (a bacterial skin infection) 1 year +
-  Shingles 18year +
-  Urine infections in women 16-64 years.
-  Sinusitis 12 years +



Measles

Get vaccinated against measles. Measles is an infection that spreads very easily and can cause serious problems in some people. Having the MMR vaccine is the best way to prevent it. It also protects you from mumps and rubella.

If you have not had the MMR vaccine NHS England guidance suggests having one

The vaccine is offered to all children and adults in the UK. 2 doses can give lifelong protection against measles, mumps, and rubella. We are hold regular MMR vaccination clinics and inviting patients via text message but if you haven't heard received an invite and you're not sure if you have had a MMR vaccine please get in touch.

Spring 2024 COVID-19 vaccination campaign

Preparations are underway for the Spring 2024 COVID-19 vaccination campaign. Eligible people include adults aged 75 and over, care home residents, and immunosuppressed individuals.

Acorn surgery will not be commissioned to deliver the service but we are in the process of arranging vaccines for the eligible housebound and care home patients and will keep you updated with information on how to book a vaccination once we have received the guidance from NHS England. Keep a look out on our website and posters in the surgery.

Loneliness and Connection

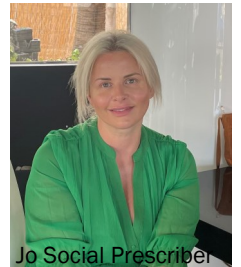
Here at Acorn GP surgery, we are dedicated not only to addressing physical ailments but also to supporting the emotional and social health of our patients. Loneliness, a common yet often overlooked concern, can have far-reaching effects on both our mental wellness and our quality of life.

With this in mind, we are committed to creating a warm and welcoming environment where patients feel not only heard and supported but also connected to a network of care and compassion.

Today, we would like to shed light on the concept of **Social Prescribing—a holistic approach to health care** that recognizes the profound impact of human connection, community engagement, and meaningful activities on our well-being. Social prescribing goes beyond traditional medical interventions to encompass a wide range of non-clinical support options that can **empower individuals to improve their health** through social and lifestyle changes.

Through social prescribing, patients have the opportunity to access a diverse array of community resources, including:

- support groups,
- arts and culture programs,
- physical activities,
- volunteering opportunities, and more.



By connecting patients with these enriching experiences and supportive networks, social prescribing aims to address not only the symptoms of loneliness but also the underlying causes, fostering resilience, empowerment, and a sense of belonging.

Research has shown that social prescribing can offer a host of benefits, including

- reduced feelings of isolation,
- improved mental health outcomes,
- enhanced self-esteem, and
- increased engagement with one's own health and well-being.

By embracing social prescribing as a supplemental tool in our approach to patient care, we seek to provide a more comprehensive and personalized framework for promoting holistic health and healing.

We encourage all patients who may be experiencing feelings of loneliness, isolation, or disconnection to explore the possibilities of social prescribing and discover the transformative power of community engagement and social connection.

Please ask the Surgery for further information or for a referral into this service.



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PATIENT EDUCATION EVENT

22 MAY 2024

**DOORS 5.30PM
EVENT STARTS 6PM**



CPR training delivered by Dr Mary Simpson

THERE WILL BE REFRESHMENTS ON OFFER AND TIME TO
COME AND MEET OUR PATIENT PARTICIPATION GROUP

ALL PATIENTS WELCOME
NO NEED TO BOOK

Hay fever

Hay fever is usually worse between late March and September, especially when it's warm, humid and windy. This is when the pollen count is at its highest and will last for weeks or months, unlike a cold, which usually goes away after 1 to 2 weeks.

Symptoms include:

- sneezing and coughing
- a runny or blocked nose
- itchy, red or watery eyes
- itchy throat, mouth, nose and ears
- loss of smell
- pain around your temples and forehead
- headache
- earache
- feeling tired

If you have asthma, you might also: have a tight feeling in your chest, be short of breath, wheeze and cough.

There's currently no cure for hay fever and you cannot prevent it. But you can do things to ease your symptoms when the pollen count is high.

Do

- put Vaseline around your nostrils to trap pollen
- wear wraparound sunglasses to stop pollen getting into your eyes
- shower and change your clothes after you have been outside to wash pollen off
- stay indoors whenever possible and keeping windows and doors shut as much as possible
- vacuum regularly and dust with a damp cloth

Do Not

- do not cut grass or walk on grass
- do not spend too much time outside
- do not keep fresh flowers in the house
- do not smoke or be around smoke – it makes your symptoms worse

A pharmacist can help with hay fever

They can give advice and suggest the best treatments, like antihistamine drops, tablets or nasal sprays to help with itchy and watery eyes, sneezing and a blocked nose.

