

# The Grange Newsletter

## Introducing...

We're excited to introduce Dr Marc Stoessel, our newest GP trainee, who will be with us for the next two years! Originally from Switzerland, Marc has been living in the UK for the past few years, fully embracing British culture (although he is not a fan of tea yet).



He's now joining our practice to dive deeper into general practice under the supervision of Dr Bannell and is excited to gain new knowledge and skills on his journey to becoming a fully qualified GP. Marc is eager to work with the team and meet our lovely patients as he navigates this important stage of his training.

And don't worry, while he's bringing some Swiss precision to the job, he promises to leave the cheese and chocolate at home... unless we ask for a special treat!

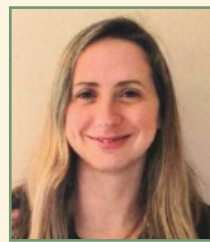
**Let's give Marc a warm welcome as he starts this exciting new chapter!**

**Learn about the NHS App from our NHS Digital Champion, Zoe** – We are now able to offer the services of a Digital Champion here at the surgery. If you would like to have access to the NHS App, have had issues or wish to have training, you can book a 1-2-1 appointment at the surgery, bring your own device, and get fully set up.



There are **two dates on offer** at The Grange Surgery, **Thursday 14th November** and **Thursday 21st November**. The appointments are on a first-come first-served basis and **the deadline for requesting an appointment is Thursday 7th November**. If you would like to book in, please **email your request to: z.hepper@nhs.net** Thank you.

## Coughs and Colds



*It's that time of year again, when coughs and colds become more prevalent, and will persist throughout Autumn and Winter. Your local pharmacist has a great deal of experience, to help with*

*these common illnesses. The Healthier Together website; [what0-18.nhs.uk](https://www.what0-18.nhs.uk) is a fantastic resource, designed by the Royal College of Paediatrics and Child Health, to guide you through the common illnesses that babies, children, and teenagers suffer from. It addresses the all-important warning signs to look out for, which would prompt you to seek medical attention.*

*With the rise in measles cases, now couldn't be a more crucial time, to ensure your child is fully vaccinated. For those of you who are eligible for the flu vaccination and the COVID-19 booster, please do consider getting vaccinated, to protect yourself from the coming flu season and rise in COVID-19 cases.*

*This time of year, can see a decline in people's mental health. This year might again prove to be challenging due to the repeated rise in energy prices and the removal of the Winter fuel allowance. To help protect your mental health, you can exercise regularly, try to eat healthily and see friends and family. If you feel that your mental health is deteriorating, please come and see one of us, for advice and support.*

**Dr Adele Bevan, GP Partner**

## Flu, COVID & RSV vaccinations



Its that time of year again when we run our winter vaccination clinics. For those patients eligible, you would have already been invited to self-book your appointment via text message. If you do not have the facility to receive text messages, please call the surgery on: 01730 267722 to book your appointment now.

**Here are some useful NHS web pages;**

**Go to: <https://www.nhs.uk>**

**Search for:**

- COVID 19 vaccine
- FLU vaccine
- RSV vaccine

## A 'Wee' infection?



**If you think you have a 'wee' infection, please consider the following.**

- If yes, then please telephone the surgery who will advise on the best course of action.
- Please do NOT come in with a sample unless asked to do so by the Reception Team or your GP.

## The Grange Surgery Patient Participation Group (PPG)

The Grange Surgery Patient Participation Group (PPG) are looking for new members of all ages. The PPG meet monthly at the surgery and is joined by the Deputy Practice Manager and colleagues.

Representing the Practice population, we meet to discuss, canvas, gather information and feedback on issues that have been highlighted by patients.

If you are interested in becoming a member, please email Traci Buxton at The Grange Surgery at: [hiowicb-hsi.thegrangesurgery@nhs.net](mailto:hiowicb-hsi.thegrangesurgery@nhs.net) and she will pass your details on to the PPG group.

Alternatively, fill in the online form *PPG Expression of Interest* to register your interest at: <https://www.thegrangesurgery.org.uk/practice-information/patient-participation-group/>

or, collect a Form from the reception.





## Are you waiting for a hospital appointment?

If your GP has made a referral to Queen Alexandra Hospital, you will be contacted directly from the department you have been referred to.

If you are still waiting for an appointment or need to speak to the hospital department directly, please call the QA Outpatient Booking Department on 023 9268 1700 – who should be able to advise more.



## Meet Fraser Rowbotham, Our New PCN Paramedic

**We are excited to introduce Fraser Rowbotham, who joined us in July as our new PCN Paramedic.**

Fraser brings an impressive 24 years of experience as a paramedic, having worked globally as a Paramedic on Borneo in Asia and with the South-Central Ambulance Service NHS Foundation Trust.

Fraser has held numerous leadership roles, including Team Leader for the Hampshire and Isle of Wight Air Ambulance, and has served as a winchman paramedic with HM Coastguard. His vast experience in emergency settings makes him a valuable addition to our team.

Now, Fraser is expanding his expertise into primary care and education, further enhancing the level of service we provide to our community. We are delighted to have him on board and look forward to the positive impact he will bring to our practice.

## DID YOU KNOW?

**Here at The Grange, we now have a team of Paramedics that work alongside the Duty Doctor on a daily basis.**

Paramedics are highly-skilled professionals that can deal with acute “On the day” conditions.

They can carry out thorough examinations, diagnose acute condition, and in some cases, prescribe necessary drugs, such as antibiotics and other acute medicines. This in turn, frees up our GP’s so they can see and deal with the more complex, chronic cases, and allow more face-to-face appointments for both chronic and acute conditions.

Next time you call with an “On the day, acute problem” you may be invited into Practice to see one of our Paramedics for a consultation.

## Patient Annual Review for Long Term Conditions



### What is a long-term condition?

By long-term, we mean a chronic illness, disease or other condition for which there is no cure. Medication and other treatments are used to control the condition and help people live as normal a life as possible. Therefore, you must attend your annual review appointment to ensure your medication regime is not interrupted.

Some common examples include diabetes, hypertension, depression and chronic obstructive pulmonary disorder (COPD).

### What causes long term conditions?

Each condition has a number of different risk factors. Some of them are things we can control and manage, and some are not. Age is a significant factor. Fifty-eight per cent of people aged over 60 have a long-term condition, whereas in people under 40, the figure is around 14%.

This is why things like NHS Health Checks have been put in place. After you turn 40, you'll be invited by your GP to have a health check. The purpose is to spot any early warning signs of potential conditions that might develop. Early detection, alongside lifestyle adjustments or treatment, can have a big impact on reducing the chance of conditions developing. **Call the surgery to arrange an appointment if you haven't already been contacted.**

## Pumpkin Beef Stew Recipe

### Ingredients

- 2 pounds beef stew meat, cut into 1-inch cubes
- 3 tablespoons canola oil, divided
- 1 cup water
- 3 large potatoes, peeled and cut into 1-inch cubes
- 4 medium carrots, sliced
- 1 large green pepper, cut into 1/2-inch pieces
- 4 garlic cloves, minced
- 1 medium onion, chopped
- 2 teaspoons salt
- 1/2 teaspoon ground pepper
- 2 tablespoons beef bouillon granules
- 1 can (14-1/2 ounces) diced tomatoes, undrained
- 1 pumpkin (10 to 12 pounds)

### Method

**1.** In a heavy-duty pot/slow cooker, brown meat in 2 tablespoons oil. Add water, potatoes, carrots, green pepper, garlic, onion, salt and pepper. Cover and simmer for 2 hours. Stir in bouillon and tomatoes. Wash pumpkin; cut a 6 to 8 in. circle around top stem. Remove top and set aside; discard seeds and loosen fibres from inside.

**2.** Place pumpkin in a shallow, sturdy baking pan. Spoon the stew into the pumpkin and replace the pumpkin top. Brush outside of pumpkin with remaining oil. Bake at 325° for 2 hours or just until the pumpkin is tender (**do not overbake**). Serve stew from the pumpkin, scooping out a little of the pumpkin with each serving. Enjoy!



Are you looking for a counsellor? Try...

[www.bluelotuscounselling.co.uk](http://www.bluelotuscounselling.co.uk)



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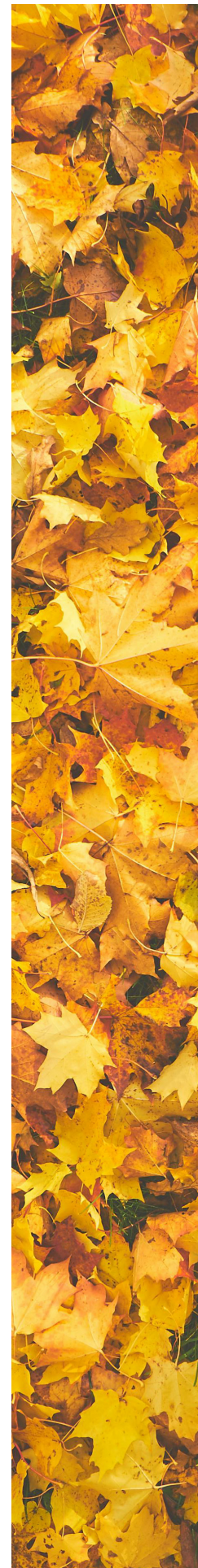
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**Clinic** (if you're running late) 01730 267722

WEB [www.dermissential.com](http://www.dermissential.com)





Jaine Walker, Waxaxe Ltd. is our inhouse ear wax removal specialist. She is a fully qualified Hearing Aid Audiology with 12 years' experience in this field and has been professionally removing ear wax at The Grange Surgery for 6 years.

By consulting a qualified practitioner for ear wax removal, you ensure that the process is done safely, effectively, and with the least risk of complications, promoting better overall ear health.

Jaine has a clinic at The Grange Surgery every Thursday and Friday.

To find out more or book an appointment please call **07598 303877**

[www.waxaxe.com/locations/petersfield](http://www.waxaxe.com/locations/petersfield)

## Keep water beads away from young children



Children love water beads. But it's really dangerous if a young child swallows them.



They expand in the belly and can block the bowel. Some grow as big as golf balls.

A child may need major surgery to remove them. So please keep them away from young children.



If you suspect a child has swallowed a water bead, get medical help straight away.

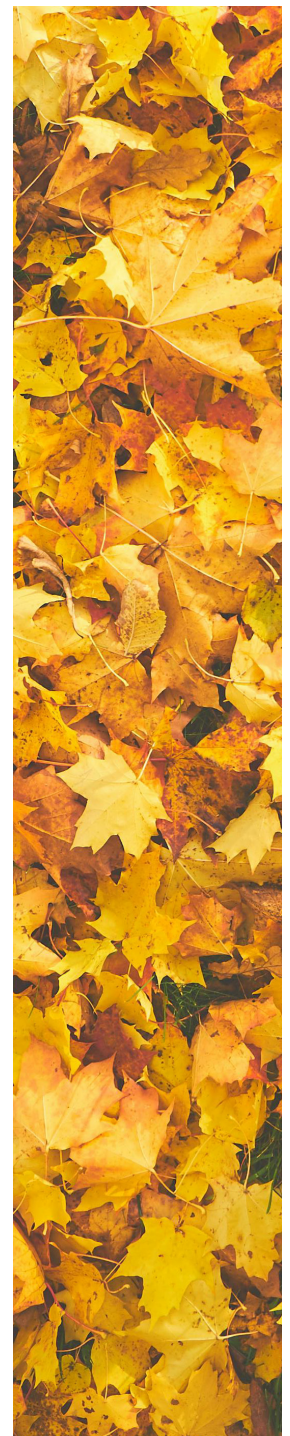
Scan to learn more



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# The ABCs of Safer Sleep



**Always** sleep  
your baby...



...on their  
**back**...



...in a **clear** cot or  
sleep space.

(free of bumpers, toys, pillows and loose bedding)

## Safer sleep for baby, sounder sleep for you

Following the ABCs for every sleep day and night will help to protect your baby from Sudden Infant Death Syndrome (SIDS) giving you the peace of mind to enjoy this special time.



For support and advice on sleeping your baby safely The Lullaby Trust can help

Visit: [www.lullabytrust.org.uk](http://www.lullabytrust.org.uk)

Contact us on: 0808 802 6869

Email: [info@lullabytrust.org.uk](mailto:info@lullabytrust.org.uk)

