



# HEALTHWATCH

A Newsletter from the Patient Participation Group

Issue 1 March 2024

Studfall Medical Centre Partnership is now part of the Aspiro Healthcare group. You can find plenty of information on the website at the following address:

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

## WELCOME

Welcome to the 1<sup>st</sup> issue of Aspiro Healthcare Patients Newsletter. This newsletter has been compiled by your Patient Participation Group. In this issue, we hope that you will get a bit more of an understanding of what is happening in our surgery and any events that you may be interested in.

## FUTURE EVENTS

The surgery runs a range of free Webinars and events during the year that focus on the health and well-being of the Surgery's patients.

Future event:

**General Chronic Disease – 2<sup>nd</sup> April 2024 (6pm to 7pm)**

If you are interested in joining this event please sign-in at:

<https://www.studfallmedicalcentre.co.uk/2024/01/02/general-chronic-disease-webinar/>

## IMPORTANT INFORMATION

### 1.CONTACT THE PRACTICE:

If you are a patient, you can contact the Practice about a medical, administrative or prescription issue by clicking the link:

<https://florey accurx.com/p/K83614>

### 2.NHS 111:

The NHS 111 online service can assess and direct people to the most appropriate local service, including urgent treatment centres, GP Practices, and consultations with a pharmacist. And, if needed, it can arrange a call back from a nurse, doctor or paramedic. NHS 111 online is an easy and convenient way to get urgent help for a wide range of health problems. It could even save you a trip to A&E, as it is estimated that up to two-fifths of A&E attendances are avoidable or could be better treated elsewhere. Use the link below to access NHS 111 online if you need medical help fast, to get assessed and directed to the right NHS service:

<https://111.nhs.uk/>

### MEET THE TEAM:

To view the GPs and Healthcare team at the Practice you can use the link below:

<https://www.studfallmedicalcentre.co.uk/practice-information/meet-the-team/>

## CARERS AWARENESS MONTH

**CARERS WEEK – 10<sup>TH</sup> JUNE – 16<sup>TH</sup> JUNE 2024**



Millions of people across the UK, care, unpaid, for a friend or family member who due to illness, disability, a mental health condition or addiction cannot cope without their support. It is estimated that they save the economy £162 million a year – the equivalent of a second NHS. Yet, many carers feel their role is forgotten and invisible.

Carers Week is an annual campaign to raise the awareness of caring, highlighting the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK

It also helps people who don't think of themselves as having caring responsibilities, to identify as carers and access much-needed support. This year the theme is **"Putting Carers on the Map"**, highlighting the invaluable contributions of carers across the UK and ensuring their voices are heard. This includes raising awareness about the challenges carers face which impact on their finances, employment, health, and well-being.

Please keep an eye on the surgery website and on the PPG notice board for further information regarding this event.

## CARE NAVIGATION

Did you know that there are a range of services that you can access through the Surgery? Below are two of those that you may find useful and an explanation of their role and support for the patients of the Practice.

### **SOCIAL PRESCRIBING**

Social Prescribing is a key component of Universal Personalised Care. It is an approach that connects people to activities, groups, and services in their community to meet the practical, social and emotional needs that affect their health and well-being. Social prescribing is an all-age, whole population approach that works particularly well for people who:

- Have one or more long term conditions.
- Need support with low level mental health issues
- Are lonely or isolated
- Have complex social needs which affect their well-being.

### **FIRST CONTACT PHYSIOTHERAPY**

First Contact Physiotherapy is a model of care whereby a specialist physiotherapist located within the general practice undertakes the first patient assessment, diagnosis and management without a prior GP consultation.

Appointments can be booked directly at the surgery by receptionists.

## HIGHLIGHT ON: THE CLINICAL PHARMACIST

Clinical Pharmacists work as part of the General Practice team to improve the value and outcomes from medicines and consult with and treat patients directly. This includes providing extra help to manage long-term conditions, advice for those on multiple medicines and better access to health checks. They are highly qualified experts in medicines and can help people in a range of ways. This includes carrying out structured medication reviews for patients with ongoing health problems and improving patient safety, outcomes and value through a person-centred approach. Having a Clinical Pharmacist in our Practice means our GPs can focus their skills where they are most needed, for example on diagnosing and treating patients with more complex conditions. This helps GPs to manage the demands on their time.

If you are interested in joining our Patient Participation Group please contact reception for more details on 01536 401372. Alternatively you can sign up via our website

[Patient Participation Group Form - Studfall Medical Centre](#)