

# Newsletter

## Green Valleys Health

Autumn 2023



### Over 40's Blood Pressure – simple and worthwhile

We are trying to encourage those patients over 40 years old who have not submitted a blood pressure reading in the last 5 years to do so, to help us, help you.

More than 1 in 4 adults in the UK have high blood pressure. But many will not know they have, since they have no symptoms. So, it is important to regularly monitor your blood pressure.

If uncontrolled, high blood pressure could lead to Heart Attacks, Strokes, Diabetes, and other illnesses.

Get your blood pressure checked now, either at home or by using our monitor in Reception. Then pass your reading to the Receptionist.

Then what? We will only contact you if your reading is of any concern.

### HELP US IMPROVE SERVICES

We are currently looking to add members to our Patient Participation Group (PPG).

Our PPG is run by volunteer patients and our Practice Manager to help strengthen the relationship between the practice and you.

Your PPG contributes ideas, feedback, and suggestions to improve patient experience.

If interested, please speak to a Receptionist.

### SOMETHING NEW, TO BENEFIT YOU

A new tool has been designed to help us to help patients find the most appropriate source of assistance, which could be one of the following:

- An appointment with a clinician at the surgery (face to face or on the phone).
- Pharmacist
- Social Prescriber
- Minor Injuries Unit or A&E

As a result, you may get asked different questions than you are used to. However, this is purely to ensure you get the best care possible the first time around.

### ESCAPE THE WAIT!

We know our telephone lines can be busy at times, have you considered contacting us online instead via our eConsult service?

Just search for eConsult on our practice website [www.greenvalleyshealth.nhs.uk](http://www.greenvalleyshealth.nhs.uk)

answer a few questions and we will get back to you within 2 working days with the appropriate assistance for you.

eConsult can be used for advice, self-help or admin requests.

Please note, eConsult is only available during surgery opening hours; not on weekends or between 6.30pm-7am Mon-Fri.



Website: [www.greenvalleyshealth.nhs.uk](http://www.greenvalleyshealth.nhs.uk)

Tel no: 0117 9576470

Facebook: Green Valleys Health

A smear test lasts **5** minutes.

The impact of cervical cancer lasts a lifetime.

Attend your smear test. Reduce your risk.

Jo's cervical cancer trust

Contact us: **0808 802 8000** [jostrust.org.uk](http://jostrust.org.uk)

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### NHS TALKING THERAPIES

Are you supported by VitaMinds? Did you know they have been rebranded as NHS Talking Therapies?

NHS Talking Therapies offer a counselling service for over 18-year-olds. Patients can self-refer; a GP referral is not necessary.

NHS Talking Therapies can treat depression, phobias, irritable bowel syndrome (IBS) and social anxiety, to name just a few.

Visit [www.nhs.uk](http://www.nhs.uk) and search NHS Talking Therapies

### WHILE YOU'RE WAITING

Here are some tips if you're waiting for a hospital outpatient appointment.

**If your symptoms have not changed:** -

We cannot request that an appointment is brought forward unless there is a clear clinical reason for doing so.

**If your symptoms worsen or you develop new ones:** -

Contact the surgery to make an appointment or call 999 if your condition becomes life threatening.

**If you have not received a follow-up appointment:** -

Please contact your hospital who should be able to help you. Contact details should be on the last letter sent to you after your most recent appointment.

**If your condition gets better and no longer need an appointment:** -

Let your hospital know, so the appointment can be offered to someone else.

**Keeping well while you wait:** -

There are things you may be able to do to help yourself and improve your health. For further advice visit [www.nhs.uk/live-well](http://www.nhs.uk/live-well).



### MEET THE TEAM

Meet our GP Dr Jennie Cox, who is based at our Emersons Green surgery. Jennie joined the surgery back in July 2021. She works Wednesday, Thursday and Friday's.

She specialises in Women's health but is always happy to see patients about any problem, especially relating to anything musculoskeletal.

She studied initially at St. Andrews in Scotland for Pre-clinical studies, moving on to study at Manchester.

Jennie first decided she wanted to be a Doctor at the age of just 15 and then worked in Orthopaedics, training as a GP at the age of 32.

She likes to stay healthy (when the kids are back at school!) following a diet of minimal processed foods. She stays active by being a member of a tennis club and has recently joined a tap-dancing class.

If you want something knitted, then Jennie is the person to turn to! - Her hobbies include knitting, going to the gym and swimming.

Her favourite band is Bellowhead and anything Folk.

Her favourite beach is Weymouth Beach, where the kids spend hours building enormous sandcastles!



Watch this space..... flu vaccines are coming soon. If eligible you will receive either a text or letter to invite you to book an appointment.



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