

## Kingstone January Newsletter

Happy New Year! As there was no newsletter in December newsletter there is lots to pack in this month.

**Did you know you do not need to call the surgery to book a routine GP appointment?** If you have the NHS app, or 'online patient access' you can book slots that way. Currently only 32% patients have online access, and we do not always fill all of the available weekly appointments via online booking. Speak to reception to get online access- you will need to bring in ID to have this set up for you the first time. As this is the target of one of our 'Quality Improvement projects' this spring we are really keen to show greater uptake.

**Need appointments in the evenings or weekend?** These 'extended access' appointments are available. At the moment they are not based in Kingstone, but we are really keen for this to change. The funding for these has been removed from individual surgeries and sits with our sister organization Taurus. We are fighting hard for Kingstone patients to be able to use these appointments more easily!

**Asthma reviews:** we are keen to catch up and provide asthma reviews to all of you who have not had on in the last 12 months. Please contact reception to book yours in. This can be done via 'extended access appointments' too! If you are very confident that your asthma is well controlled, this can also be booked as a short telephone appointment, in place of a longer face to face nurse appointment.

There has been a fair amount of press coverage about **NHS pressures** in the last month or so. We, like others, have had to put routine and non NHS work (such as shotgun license applications) on our 'low priority' action list this winter. During this time many of you have gone out of your way to express your support to the whole team- we really appreciate the kind feedback. Roll on the spring.

**General Practice appointment data:** The national General Practice Appointment data came out last month and we are proud to say that Herefordshire as a county came out in the top quartile. Kingstone Surgery's statistics were excellent, with 728 GP appointments per 1,000 registered patients (this does not include HCA/nurse or physio appointments). For those who are interested, the data is available here <https://digital.nhs.uk/data-and-information/publications/statistical/appointments-in-general-practice/october-2022#>

**Staff changes:** We are sad to announce that Dr Sarah Jones has retired from clinical practice last month. She has been at Kingstone for nine years and got to know many of you during that time. Dr Sophie Whittal is standing in for her in the short term until Dr Bringsty Edwards takes over in March. I am sure many of you will want to pass on your regards to Dr Jones, and we will forward on any messages you have for her.

We are also delighted to announce two new members to our admin team. Nicola Beattie and Kate York have both previously worked in other roles within the NHS and we are delighted to welcome them to the team.

Finally: It is January and many of us have made **New Year's promises** regarding our health. If yours involves stopping smoking or weight loss- do contact our Healthy lifestyles team on 01432 383 567, or [healthylifestyle.trainers@nhs.net](mailto:healthylifestyle.trainers@nhs.net) They provide excellent support in both of these areas. To help me with my achievable goals, I have been listening to 'Just one Thing' on BBC radio 4 with Michael Moseley. I thoroughly recommend it, and perhaps you too will start brushing your teeth on one leg! <https://www.bbc.co.uk/sounds/brand/p09by3yy>

