Kingstone newsletter June 2024

Firstly a **HUGE thank you** to the Kingstone surgery charitable trust who have bought the staff two picnic benches so that we can have our lunch in the sunshine. They have been used a lot already and are a massive resilience booster. We are so grateful.

**More surgery news**: You are aware of Dee Price being our new Practice Manager, but we have also recruited internally to two new practice roles. Nicola Beattie is our Deputy Practice Manager, and Tilly Lawrence is our new GP Assistant. This latter is an exciting new NHS role to help support GPs.

**Online NHS weight loss program**: New research published in an international journal confirms the [NHS Digital Weight Management Programme](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fprimarycarebulletin.cmail20.com%2Ft%2Fd-l-etjdydk-jujjutkyhu-n%2F&data=05%7C02%7Crosie.wellesley%40nhs.net%7C9d6e5b3404ac4b3edf9a08dc7a495126%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638519702514071500%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=xfM0O3xbalmagrLrR%2B%2BaQP4stL5kC8vRMfWsNYlmxEU%3D&reserved=0) is helping patients referred to the service, lose over 8 pounds. A paper in the [Obesity Journal](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fprimarycarebulletin.cmail20.com%2Ft%2Fd-l-etjdydk-jujjutkyhu-p%2F&data=05%7C02%7Crosie.wellesley%40nhs.net%7C9d6e5b3404ac4b3edf9a08dc7a495126%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638519702514084079%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=dlWCAh0RayH0V7Er1Bti1LDBpHeHrnsSiyefOi8EQqQ%3D&reserved=0), showed that people who adhered to and finished the 12 week programme, lost over half a stone in weight.

Launched in July 2021, over 360,000 people have been referred by their GPs, with over 29,000 NHS colleagues using the [staff offer](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fprimarycarebulletin.cmail20.com%2Ft%2Fd-l-etjdydk-jujjutkyhu-x%2F&data=05%7C02%7Crosie.wellesley%40nhs.net%7C9d6e5b3404ac4b3edf9a08dc7a495126%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638519702514092743%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=4S9ckh7oZWvcVf7umzAdclYNTSG05irP5JUkPg0z9J8%3D&reserved=0)and meeting the criteria of living with obesity **and** having diabetes, hypertension or both. If you would like to have a referral and fit the criteria please let our secretaries know.

**FREE COVID TESTS**- It is important to remember COVID is still circulating. Those who are more at risk of developing complications of COVID are eligible for free tests, available form pharmacies. Sadly, as a dispensary, we are not able to access this NHS initiative. However we would urge all of you who are more at risk to make sure you have a box of COVID tests at home. You do NOT need to have symptoms to be able to pick them up. At risk includes people with Downs Syndrome, active cancer, on chemotherapy, biologic therapy or high dose prednisolone (>10mg) for over 1 month. A full list is in Box 1 here <https://www.nice.org.uk/guidance/ta878/chapter/5-Supporting-information-on-risk-factors-for-progression-to-severe-COVID19>. And because a QR code is probably more useful:



**Alarming NHS trend.** You are all familiar with the NHS tendency for three letter acronyms. It is now with trepidation we have noticed a creeping trend for FOUR letter ones. I present you with an extract for a recent (typically unreadable) NHS diktat:

The Summary Care Record application (SCR) has been replaced by the [National Care Record Service (NCRS)](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fprimarycarebulletin.cmail20.com%2Ft%2Fd-l-etjdydk-jujjutkyhu-t%2F&data=05%7C02%7Crosie.wellesley%40nhs.net%7C24c9fe01dcf74a077f4308dc7a4902ad%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638519701185249116%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=R7cEzplhUtdgKAQAFx4JGURN7dcg2oTxudW%2BwCmtP6Y%3D&reserved=0). Users will no longer be able to access SCR and will instead be redirected to NCRS.

Finally, **more things that bring us joy** in the surgery: I am sure you have all noticed our rotating monthly exhibition thanks to the Clehonger Art club, led by patient and artist Sandra Reynolds. They have completely taken ownership of this for us and we are thrilled with our walls. We have also been touched by the fruits of your baking (and a fruit delivery). Lastly, thanks to one of you we also have an exciting NEW PLANT. We hope you like it as much as we do.