



Great Staughton Surgery

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NEWSLETTER: Spring 2025



Staffing: Unfortunately we have recently said goodbye to some of our staff - Lisa Coyne (Practice Manager), Jennifer Price (Practice Nurse) and Joanne Gilbert (Dispenser). However, in their place we have welcomed some new members of staff to our team. Sophie Ladds has joined the Practice Management Team and Emmeline Lyster has joined as a Practice Nurse. We also have two new Salaried GP's - Delena Rudman and Floriana Ellis. Meryl Lewis (Health Care Assistant) will be leaving us shortly, so we are in the process of recruiting a new Health Care Assistant and a Dispenser.

Due to the staff shortages in the Dispensary, we have unfortunately had to reduce the opening hours. Currently the opening hours are:

Monday / Wednesday / Friday – 8.00am to 6.00pm

Tuesday / Thursday – 8.00am – 12.30pm

We are hoping that a new Dispenser will join us soon and we will be able to return to the usual opening times. We would like to take this opportunity to thank all our staff for their continued hard work and dedication and we welcome all new staff who are joining the team.

Surgery Closure Dates for Staff Training

Please note that the Surgery and Dispensary will be closed on the following afternoons for staff training:

- **19 March 2025**
- **9th April 2025**
- **15th May 2025**
- **17th June 2025**

You will not be able to collect any medication during these times

When the surgery is closed If you require urgent medical help, please call 111 or in a medical emergency please call 999

Patients Participation Group: We have a very active Patients Participation Group (PPG) supporting the surgery, with 16 members. The NHS requires every surgery to have a PPG which is essentially a group of people who are patients of the surgery and want to help it work as well as it can for patients, doctors and staff. We are very fortunate in Great Staughton to have a surgery which regularly comes top in the list of best surgeries in the county and our PPG aims to keep it that way.

We have four meetings a year which very often feature a guest speaker.

We have welcomed Dr Barratt, a retired GP, who told us about how Brampton had become a dementia-friendly village and what this means for any sufferers and their carers. With a management team and volunteers, they provide weekly meetings for patients and carers, a dementia choir and a respite provision once a month.

We have welcomed representatives from the charity Hunts Community Cancer Network, (HCCN) and the Woodlands Centre at Hinchingsbrooke Hospital. They gave a very informative talk on the work done by the charity working alongside the NHS nursing service. Together they help people living in Huntingdonshire who have a cancer diagnosis, are going through treatment, who are recovering or are living with cancer. The charity provides home visits by nurses, drop-in centres, fitness classes, workshops and conferences.

We have also had a talk from Walk and Talk 4 Men. Mike Hodge and Glen Bailey came to tell us about the group which gives men a chance to talk with other men in a no pressure environment. The group welcomes walkers from every age group and background, and walks are tailored for those who may need a shorter route if needed. Most walks last about 90 minutes and are followed by a coffee and a chat.

Walk and Talk 4 Men meets every Saturday at the Ambiance Cafe in St Neots. They also meet at Paxton Pits every third Sunday in the month. For full details contact Mike on walkandtalk4menstneots@gmail.com.

Every meeting of the PPG is attended by a member of the surgery team and in this way we are kept informed about any issues that may affect patients. PPG members can also express their views and ask questions of the surgery.

The PPG raises money to help the surgery acquire equipment not necessarily provided by the NHS. An important component of our fundraising is the Christmas raffle. This year the raffle raised over £1000, thank you to everyone who bought tickets and to the members of the PPG for organising this event.

If you think you might like to join the PPG then please contact the surgery, they will be able to give you the date of the next meeting where you can come along and find out more. Or why not join us for our AGM? Details of the AGM will shortly be displayed on our new board in the surgery and on the surgery website.

Anthony Withers, Chairman, (PPG)

Long Term Condition and Medication Reviews: A review is very important for all patients; your medication needs regular review to ensure that they are continuing to provide adequate control of your condition or symptoms and you are not suffering any potential side effect, these are often monitored through regular blood tests, blood pressure or other forms of monitoring.

Some patients may need support to help them make the most effective use of their medicines. This may be in the way of further information and discussion, or involve practical changes to the type of medicine you are taking or the regimen you are on. These types of interventions are best undertaken when we can speak to you in person and take time to review any of your concerns or even discuss improvements in your symptoms because of the medication.

It also allows us to discuss if there is anything we can do to support you in ensuring that all your medication is taken regularly, address any concerns that you have that stop you using your medication regularly and also if there are any medications that you are no longer taking.

Please help us to provide the best care we can, by making an appointment at your earliest convenience when you are contacted.

If we can't review your medication at regular intervals we may have to reduce the quantities that you collect each month or the number of repeats that you can collect before you will need to see the doctor to obtain further supplies.

Cervical Screening: The local NHS is offering outreach clinics to encourage those who have never had a cervical screening test or not had one for a long time. Outreach clinics will take place at various community location and at different times of the day or evenings. To book an appointment call 01733 666670 and select option 1 or visit: <https://www.greaterpeterboroughgps.nhs.uk/book-a-cervical-screening-appointment/>

Do I need to see a clinician? Before making an appointment to see a clinician, maybe visit your local pharmacy. Pharmacists can help with minor illnesses including sore throat, earache, sinusitis, impetigo, shingles, infected insect bites, and uncomplicated urinary tract infections.

Reminder – One Appointment, One Problem: It is tempting to bring a list of unrelated problems to your medical appointment. Please consider what is achievable within your 10 minute appointment and ask for a longer appointment if necessary.

Personalised Care Team (PCT): St Neots Primary Care Network run a Personalised Care Team which our patients can access. The team can help with the following:

Social Prescribers for patients 18+

- Low to moderate mental health
- Loneliness / isolation
- Bereavement
- Housing and employment support
- Substance misuse
- Financial and welfare support
- Signposting to community support services
- Caring responsibilities
- Transport
- Victim of abuse
- Support for daily living activities

Care Coordinators for patients 65+

- Managing a long term condition
- Day to day helping hand
- Poor mobility
- Caring responsibilities
- Frailty
- Care and support needs
- Signposting to retirement / care homes
- Referrals to Adult Social Care / OT / Physio

Health and Wellbeing Coach for patients 18+

- Low level substance misuse
- Sedentary lifestyle
- Weight management
- Managing a long term condition
- At risk of developing a long term health condition
- Low to moderate mental health
- Signposting to community based support services

If you feel you could benefit from any of the help listed above, then either speak to our Reception Team or if you have an upcoming appointment with a clinician then speak to them.

Did not attend

Over the past month our patients have missed 105 hospital appointments and 33 appointments at our surgery.

Over the past year there have been 286 missed appointments at our surgery.

If you are unable to attend your appointment, please let us or the hospital know as soon as possible in order that your appointment can be offered to someone else who may urgently need it.