

Practice Newsletter

July 2021



Our extended hours have restarted this week and we are now open at 7.30am on Mondays and Tuesdays, 8am Wednesday to Fridays.

Staffing changes in the practice

Dr Ross will be leaving us to go on maternity leave from 16th July and will return in 2022.

Good news....our GP Partner, Dr Zamoyski, who is currently on maternity leave has welcomed a beautiful baby boy recently.

Would you like to meet new people and enjoy a nice walk in the local area? Why not join our walking group. It's a perfect time to join us now that the nicer weather is here.

It is held every Thursday at 10am meeting out of the front of the practice. No need to book just turn up.

We are now recalling patients again for their annual review. The majority of these are face to face appointments unless we state otherwise when we arrange the appointment for you.

If you receive a reminder letter for your review of long term conditions please contact the practice to arrange this. These appointments are booked with a member of our nursing staff depending on which conditions you have. These appointments can take from 20 - 40 minutes, again depending on what conditions you have.

Please remember due to social distancing we are only allowed limited numbers in our waiting area.

Please try and attend appointments alone where possible.

Try not to attend too early as you may be asked to wait outside until nearer your appointment time.

Please remember to bring a mask / face covering with you, unless you are exempt for medical reasons.

Practice Closures - Please note the practice is closed between 1pm-2pm every Monday and closed all afternoon from 12.30pm on the following dates for staff training: - 15th July and 7th September 2021

Every year in July the Samaritans run a campaign to raise awareness that they are there to listen to anyone who's struggling to cope, at any time of the day or night.

Call free any time, from any phone, on 116 123.

Maybe you can't quite put your finger on it, but you're not feeling okay. Struggling to cope with everyday life doesn't look or feel the same in everyone.

Samaritans are there to listen. You can call on 116 123 or email jo@samaritans.org

You don't have to feel suicidal to get in touch. Only 1 person in 5 who calls Samaritans says that they feel suicidal.

Signs to look out for

- Lacking energy or feeling tired
- Feeling exhausted all the time
- Experiencing 'brain fog', find it hard to think clearly
- Finding it hard to concentrate
- Feeling restless and agitated
- Feeling tearful, wanting to cry all the time
- Not wanting to talk to or be with people
- Not wanting to do things you usually enjoy
- Using alcohol or drugs to cope with feelings
- Finding it hard to cope with everyday things and tasks
- Experiencing 'burn out'

If you don't see what you're feeling on this list, please still get in touch.

If you're worried about someone else, they can help too.

Lung cancer is one of the most common and serious types of cancer. Around 47,000 people are diagnosed with the condition every year in the UK.

There are usually no signs or symptoms in the early stages of lung cancer, but many people with the condition eventually develop symptoms including:

- a persistent cough that doesn't go away after 2-3 weeks
- coughing up blood
- persistent breathlessness
- unexplained tiredness and weight loss
- an ache or pain when breathing or coughing

Please contact the practice for a telephone appointment if you are worried about any of the symptoms.

The practice is still here for you we are just having to work a little differently during covid.