

Staunton & Corse Surgery Patient Group Newsletter



No 45 Spring (www.stauntonsurgery.co.uk)

Surgery News

Nurses - The surgery will soon be losing two valued members of the nursing team. As such we are in the process of recruiting experienced and skilled practice nurses. We all wish Tracy Connolly, Nurse Practitioner and Jo Robinson, Practice Nurse the very best for the future and thank them both for all the hard work they have done over the past couple of years.

Driver - The surgery is in the process of appointing a dispensary delivery driver. This new role will enable us to deliver medication to registered housebound patients. We are aiming to have the service rolled out from April 2018 subject to the relevant reference and security checks.

Dr Emily Boait - "Dear patients, Hello! I am a new GP at Staunton and Corse surgery. I have returned to my roots as I grew up in Tibberton, Gloucestershire and attended Newent school. After some months teaching in Udaipur, India I went to the University of Leicester. I qualified in 2006 and I remained in Leicester to complete 2 years of foundation training as a junior doctor. For the first part of my general practice training I was based in Bradford, West Yorkshire and I completed my training in Courtside Surgery, Yate, South Gloucestershire in 2011. I have recently moved with my family from Bath, and I am enjoying being back in the area. I have particular interests in women's health, contraception and sexual health. "

Sexual Health Clinic - As of 1st April 2018 Staunton and Corse Surgery will be introducing a new Sexual Health Clinic. The clinic will offer contraception advice (including fitting and removing contraceptive coils and implants), testing for sexually transmitted diseases (in patients with or without symptoms) and advice on sexual health and relationships. Appointments are bookable via reception – there will be a small number of walk-in appointments available on the day.

Dementia Friendly Community Enabler

Hello, my name is "FORGET ME NOT", I am a soft in the middle, but sometimes spiky and a kind of cute Hedgehog, and I am helping raise the profile of SARAH DAVIES and her colleagues, Ruth, Nina, Catherine and Roger within the Forest of Dean District Council. Their roles are to go out and speak to people to raise awareness surrounding Dementia, dispelling myths and stigma and its effects on people.



We are letting people know by way of knowledge and communication that people can live well and much longer in their own homes, especially with the support of their local communities.

Sarah works in the Forest North area of the District, and "FORGET ME NOT" was born out of her own personal experiences and journey with dementia and passion to raise awareness to help make life easier for those living with the condition, and for their friends, families and carers. It's as simple as that!

On **23rd May 2018**, Sarah has arranged for the NHS Health Bus to visit the Staunton and Corse area with the team of Dementia Enablers and Community Dementia Links offering support and advice to people with dementia and their families and carers. ****Look out for further information which will be posted locally****

Sarah and her colleagues offer **FREE** awareness sessions to individuals, groups, charities, businesses, anyone who wants it really, and if you would like more information regarding this, please do not hesitate to contact Sarah Davies on 07914 538616 or email sarah.davies@fdean.gov.uk

Community Wellbeing

Our Winter Newsletter explained what Social Prescribing (now called Community Wellbeing) is:

“Working closely with individuals we aim to help signpost people to the most appropriate and beneficial services or organisations for their needs, offering regular reviews and taking a holistic approach to a person's concerns. We also provide feedback to the referring GP/health professional at regular intervals”



Please note that you do not need your GP to refer you to this service. You can contact Community Wellbeing direct on 01594 812447 or email community.wellbeing@fdean.gcsx.gov.uk

Patient Transport

Most of our patients are able to get to the surgery and hospitals for non-emergency hospital appointments and admissions, either by driving themselves, or by a lift from a kind relation, friend or neighbour.

There are occasions when the above is not available and patients need to arrange alternative transport.

In an emergency

In a medical emergency, call 999 and ask for an ambulance.



A medical emergency is when someone is in a critical condition or life-threatening situation. You will not have to pay to be taken to hospital in an emergency.

Non-emergency patient transport services

Taxi - In the first instance book your trip with a reliable local taxi service.

PTS - Alternatively, you may be eligible for free non-emergency patient transport services (PTS) to and from hospital by **Arriva** if your medical need justifies. If you think you might be eligible to receive non-emergency patient transport, call **Arriva** direct on 0845 600 6068.

Community Transport - If you are ineligible for patient transport services and are unable to access other travel options, community transport may be able to help you but you will be charged for the journey. We are aware of the following Community transport services for our patients:

- Newent Community Transport and Volunteer Car Service: 01531 821227
- Community Connexions: 0345 680 5029
- Tirley Minibus 01452 781055

Managing Ear Wax – To Syringe or Not to Syringe?

Having ear wax is quite a common problem; well in fact we all produce ear wax from little glands in the ear canal. It cleverly protects our ears from outside invaders, such as dust, bacteria and other micro-organisms that can get in and inflame, irritate or cause infection.

Sometimes the ears can become blocked with wax, causing problems such as loss of hearing, ear ache and tinnitus. When this happens we obviously want to clear the blocked wax and get our hearing back to normal.

Apart from being a nuisance, recent studies have shown that in older adults hearing loss increases the risk of Alzheimer's disease and dementia. So having good hearing is really important and wax could more than an inconvenience.

GP surgeries in Gloucestershire have recently been advised to change the way we treat ear wax. Instead of olive oil drops, we now suggest you try Sodium Bicarbonate ear drops, which can be purchased from a chemist, or from the GP, with a prescription. The drops should be used daily for two to three weeks and if this has not cleared the wax from the ear, you can purchase a small 'bulb ear syringe' (also available from a chemist) to try and remove the wax. If the wax remains firmly in the ear canal then you should make an appointment at the surgery, with a nurse who will check your ear and syringe if necessary.

Leaflets with all the information regarding using drops and bulb syringing are available from the surgery or our website www.stauntonsurgery.co.uk

While ear wax is completely normal and using drops and syringing are usually safe, it is advisable to see the doctor if you have increasing pain, dizziness or discharge from the ear.



Maggie Etheridge
Practice Nurse

Useful Information

Visit the Patient Group pages at www.stauntonsurgery.co.uk to read our mission statement, our achievements in 2017 and access the meetings Minutes.

PPG Aims 2018

Help tackle loneliness by signposting carers and patients to local supportive networks

Continue to promote self-help and wellness by improving patient's knowledge of where to access health advice outside of the surgery

If you feel you could contribute to the PPG as a patient or carer we are keen to accept new members – please email sandc.ppg@nhs.net or contact Sue Knox on 01452 700882

Your Patient Group Representatives

Sue Knox (Chair) Hartpury
Norman Davis Corse
John Leask Tirley
Malcolm Harley (Vice-Chair) Corse
Jane Evans Staunton
Ann Watkins Redmarley
Donald Peach Corse
David Bubb Editor

Contact Us:

If you have any suggestions about how our practice might improve patient services, you can pass these to the PPG for consideration. Either drop a note in our Suggestion Box which is situated in the foyer at the surgery or send an email to us at sandc.ppg@nhs.net

E-Newsletter: If you would like to receive our newsletter by email, please let us know at sandc.ppg@nhs.net