



# SONNING COMMON HEALTH CENTRE



## NEWSLETTER

Winter 2019, Issue 106

### Patient Information CLINICAL

**Clinical pharmacist:** Murray Dick is working one day a week at the health centre. You can book an appointment with Murray for medication reviews and advice and simple asthma checks.

**NHS Health checks:** you can make an appointment for a health check at Reception. NHS health checks are free and for patients in the 40–74 year age group without a pre-existing condition. Patients receive an invite for a health check every five years. If you are eligible and have not had a health check you can make an appointment at Reception. For more information please visit: <https://www.nhs.uk/conditions/nhs-health-check/>.

#### Phlebotomy appointments:

- There is very high demand for our phlebotomy (blood) appointments.
- Please call or email our Reception team to cancel an appointment if you cannot attend.
- May we remind patients that these appointments are five minutes only and ask that you remove your coat before your appointment.
- Please note that there is a lead time for blood clinic appointments with us due to the pressure on the service.
- Please advise our Reception team in advance if the blood test is for a hospital request, warfarin or GP request to help our staff.
- Our patients can also go to RBH for blood appointments. Please see this web link for information on opening times at RBH: <https://www.royalberkshire.nhs.uk/wards-and-services/blood-tests.htm>



**Patient assessment machine:** Patients can use the new patient assessment machine in the waiting room to record their blood pressure, height and weight. This information is automatically uploaded to our clinical system.

**Appointments:** Patients can book appointments online via the **Patient Access website** or via the **Patient Access App**, from a smartphone or tablet device. The Patient Access website is <https://www.patientaccess.com/>

Patients can also book appointments online via the **NHS App**. Please visit <https://www.nhs.uk/apps-library/nhs-app/> for more information on the NHS App.



**Please contact our Reception team to cancel an appointment if you are unable to attend.** This enables us to give the appointment to another patient and saves valuable doctor/nurse/HCA time.

**Breast screening unit from RBH:** The RBH breast screening unit will be in the health centre car park for approximately 7 weeks from early February 2020. We appreciate your understanding and co-operation during this time as we lose 4 staff car park spaces while the unit is here.



Non-clinical staff (who do not live nearby) will park considerably on local roads for this time period and we appreciate your understanding at this time.

If you are a local resident who can help us with the provision of a driveway parking space, in the day, in this time period, please contact **Andrea Tsoi** at [schcreception@nhs.net](mailto:schcreception@nhs.net). Thank you.



### Patient Information GENERAL

**Contact details:** Please give our reception team your mobile number and email address so we can communicate with you via text message and/or email.

**Sonning Common bereavement group:** this new group meets at the FISH building on the first and third Tuesday of the month from 2pm until 3.30pm. For further information please contact Rachel on 07827 235420 or [latespring@ageukoxfordshire.org.uk](mailto:latespring@ageukoxfordshire.org.uk).

**Sonning Common Carers Group:** the Sonning Common Carers Group meets on the second Wednesday of the month from 2pm until 3.30pm at Abbeycrest Care Home, Essex Way, Sonning Common. Please contact Sue Devine on 07468 862177 for more information.

**Carers Oxfordshire:** if you are a carer for a relative please ask for a yellow carers information leaflet when you are next at the health centre or alternatively you can call 0345 050 7666 or email: [carersoxfordshire@oxfordshire.gov.uk](mailto:carersoxfordshire@oxfordshire.gov.uk) for free support and advice.

**Healthy activities booklet:** this informative booklet has details of numerous local groups to help you keep active and fit. The booklet is on our website homepage.

**50<sup>th</sup> anniversary:** We are celebrating our 50<sup>th</sup> Anniversary in July 2020! The Health Centre team would like to invite all former staff to a celebration event on Sunday 28<sup>th</sup> June 2020. If you or someone you know worked at the health centre please let us know by emailing **Lesley Chambers** on [lesley.chambers2@nhs.net](mailto:lesley.chambers2@nhs.net). Alternatively call her on 0118 9721615 or leave a message for her at reception. More information will be provided next spring!

**CHRISTMAS AND NEW YEAR OPENING** We will be closed on **Christmas Day** and **Boxing Day** and **New Year's Day**. We will be open as normal on **Monday 23rd December, Tuesday 24th December (Christmas Eve), Friday 27th, Monday 30th and Tuesday 31st December (New Year's Eve)**.

Please ensure you have adequate repeat medication for the festive period - we recommend that you submit any repeat prescriptions by **6.00pm on Friday 13th December** for collection by **Friday 20th December**.

**If you need medical advice whilst the surgery is closed please contact the out of hours service on NHS 111.**



## Patient Information

**PPG events in 2020:** Our Patient Participation Group (PPG) will be running several free events for patients in 2020.

These include:

- ◇ An eye health event on Thursday 30th January at 1.30pm at the health centre with two local opticians, from Frost Borneo opticians in Henley, as speakers

- ◇ A diabetes event in the spring
- ◇ A sepsis talk in late spring

**Eye health event:** to reserve a place email the PPG at schcppg@gmail.com or complete a PPG contact form in reception.

The Eye Health event poster is also available on our website - on our homepage under PPG events.

**Topic table:** Please do take information from the topic table in the foyer of the health centre. The information displayed on the topic table has a different theme every six weeks.

The current information includes material from Age UK and FISH and information on our Christmas opening times.



### PACE-Lift - 2 steps forward! Local walking trial shows reduced heart attacks, strokes and fractures!

Many of you who were aged 60-75 in 2011 took part in the PACE-Lift pedometer walking trial, which was run here at Sonning Common Health Centre and also at Balmore Park and Priory Avenue Surgeries.

We showed that a 12-week walking intervention using a pedometer to measure steps and simple behaviour change techniques to help build long-term habits, could lead not only to more brisk walking at 3 months, but also at 12 months and even 4 years later! We carried out a similar, but larger trial in South London (PACE-UP) which had similar positive results.

Most PACE-Lift and PACE-UP trial participants consented to health record checks to look for important health outcomes.

We found significantly fewer cardiovascular events (heart attacks/strokes etc.) and fractures in those who had worn the pedometers.

Participants also talked about the long-term changes that they had made, with the pedometer 'kick-starting them' and the physical, mental and social health benefits that they felt from getting out and walking more. We have had many research publications from this work and this summer were also featured in the Times and the Daily Mail 'How counting steps can protect heart years later'.

Thanks to all those who took part in the PACE-Lift trial - you were the very important first step!!

**Dr Tess Harris**

(part time GP at Sonning Common and Professor of Primary Care Research at St George's University of London)



## STAFF NEWS

### Doctors

Welcome to our new salaried doctors who joined the health centre team this summer. **Dr Sarah Baker** and **Dr Manjiri Bodhe** have settled in well.

We will be saying goodbye and good luck to **Dr Abi Taylor** in early February. Dr Taylor has been a GP trainee with us for one year and we wish Dr Taylor all the best in the future.



A new GP trainee, **Dr Franciso Montero**, will be joining the health centre in early February on a six month placement. **Dr Montero** joins our current trainee team of **Dr Phanida Fung** and **Dr Cranna Pinto**. Dr Fung and Dr Pinto are with us until August and October 2020 respectively.

### Nursing and HCA team

We have a new healthcare assistant, **Gemma Collins**, joining the health centre in December. Gemma will undertake a range of clinical duties including blood pressure checks, ECGs and dressings.

### Support staff

Welcome to **Teresa Huggins** who joined us a receptionist this summer. **Isabelle Harris** also moved roles internally and became our Finance Officer in October.

