

Cirencester Health Group - Newsletter October 2023



Christmas Advent Festival

We will be representing the practice and promoting the PPG on Saturday 25th November in the Church of St John the Baptist as Cirencester turns on its Christmas lights – do come along and say hello, we will be pleased to see you!



COVID and FLU VACCINATIONS

Following our successful Covid and Flu vaccination clinic at St Peters Road Surgery on Saturday 7th October 2023, we will be holding further clinics all day on Monday 16th October and Friday 20th October at Cirencester Hospital. If you are eligible and have not already booked an appointment, please contact reception asap to do so.

Are you eligible for an Autumn Covid booster and seasonal flu vaccination?

- Residents in care homes for older adults
- All adults aged 65 years and over
- People aged 6 months to 64 years in a clinical at risk group, as defined in the UKHSA Green Book
- Frontline health and social care workers
- People aged 12 to 64 years who are household contacts of people with immunosuppression
- People aged 16 to 64 years who are carers
- Staff working in care homes for older people

APPOINTMENT SYSTEM CHANGE

We will be using a new online system for patients to submit their queries to the practice - called Patient Triage from late November / early December 2023.

You will be able to submit your medical or administrative request that requires a doctor to our practice online instead of queuing on the phone or making repeated calls.

Total triage is a workflow where every patient contacting the practice is asked to provide some information on the reasons for the contact. This means we can get you to the help you need more efficiently.

You will be encouraged to do this online although the receptionists will be able to assist you by telephone.

By using patient triage all requests will be assessed in the same way and we will ensure that you get the help you need for your query.

You may be contacted by our care navigator to assist and update you.

ENTER AND VIEW VISIT

We will be joined by Healthwatch Gloucestershire on Tuesday 31st October in our waiting rooms at The Avenue 9.30am until midday

The Avenue 2.30pm until 5.00pm

St Peters Road 2.30pm until 5.00pm

They wish to meet and talk to you, our patients about our services being provided, to understand the quality of health and social care services, they wish to involve local people in the design of services for the future.

If you do not have an appointment, you can still contact them on 0800 652 5193 or by email to info@healthwatchgloucestershire.co.uk



Shingles Eligibility

From 1 September 2023, the vaccine programme is being offered to the following:

- Healthy people aged 70 to 79 years who have not yet been vaccinated
- People aged 50 years and over with a severely weakened immune system
- Healthy people aged 60 to 70 years will become eligible for the vaccine over the next 5 years, when they turn 65 or 70 years

You will remain eligible for the shingles vaccine until your 80th birthday. The sooner you have the vaccine, the earlier you will be protected.

Appointments NOT Attended

If you do not need an appointment that you have booked, please remember to contact the practice and cancel it so it may be used by someone else.

There were 80 appointments not attended at the recent Covid and Flu vaccination clinic on Saturday 7th October 2023

In September 2023 there were 172 appointments for doctors and nurses that were not attended. This equates to 43 hours of clinical time that could be used by other patients.

– please remember to cancel any appointments that are not required, even on the same day, as there may be a list of patients waiting to be seen.

Thank you for your consideration.

Further Information

Menopause Fayre – 18th October 2023 4pm – 8pm at the Corinium Museum

All welcome, free entry as part of Menopause Awareness Day

Stoptober 2023

The information bus will be in Cirencester Market Place on Thursday 19th October between 10am – 3pm.

Call the free National Smokefree Helpline on 0300 123 1044 to talk to a trained advisor for advice and support

Adult Leisure courses are available at Cirencester College – find more details on their website

www.cirencester.ac.uk/about-adult/

Patient Self-help care guides

Useful information on a variety of subjects for patients are available on the practice website at

www.cirencester.healthgroup.co.uk

GREEN PRACTICE

Cirencester Health Group is delighted to be signed up to the Green Impact for Health Toolkit. We have received our BRONZE award and actively working towards silver status as part of our journey towards reducing our carbon footprint.

The NHS is committed to reduce its carbon emissions, currently healthcare is responsible for 4-5% of the UK carbon emissions.

The climate emergency is also a health emergency. Rising temperatures, adverse weather events, pollution can have an effect on our physical and mental health. Especially for those with chronic health conditions.

We recognise the need to improve the health of our current population without compromising the health of future generations.

The good news is that many of the solutions for our planet are also good for our health eg eating a more plant based diet, walking more and exercising in nature, avoiding smoking, reducing pollution etc. All these things enhance our health and well-being and can mean we need less medication.

We are keen to promote exercise and lifestyle as ways of improving our health. This includes our staff - we have had staff walks and even took part in the local park run!

We are lucky to have two social prescribers working with us who take a holistic approach to health and wellbeing and can refer to activities, groups, and services in the community to meet the practical, social and emotional needs that affect health and wellbeing.

We are recycling more and looking at ways of reducing single use plastics.

We have been looking at inhaler use. Some inhalers are more environmentally friendly than others. You can talk to our asthma nurses if you want more information about this. It is important that inhalers are returned to the pharmacy once finished with, this also applies to any unused or unwanted medication. Medication thrown away in household bins or down toilets ends up polluting the environment. We are also encouraging people to check their prescriptions are correct before they leave the pharmacy, as if returned after leaving the pharmacy they have to be destroyed.

There is more information on reducing carbon emissions of healthcare at www.greenerpractice.co.uk

