DECEMBER 2024 | ISSUE 6

FORDINGBRIDGE SURGERY NEWS

The Fordingbridge Surgery Newsletter - Christmas 2024

Working in partnership with all our patients, providing high quality care in a professional, safe and friendly manner



SEASONS GREETINGS FROM FORDINGBRIDGE SURGERY

We are delighted to share our Christmas edition of Fordingbridge Surgery News with you! This festive season, we are filled with gratitude for the incredible support we've received throughout the year.

As highlighted on page 3, we recently held a festive get together with the Friends of Fordingbridge Surgery committee, our wonderful volunteers, and the Patient Participation Group. It was a fantastic opportunity to thank them for their tireless efforts in supporting both our patients and our surgery team. Their contributions, alongside our dedicated practice team, have been instrumental in achieving an excellent uptake of 'flu and COVID vaccinations earlier this year.

For eligible patients, a limited number of 'flu vaccines are still available. If you haven't had yours yet, we encourage you to contact the surgery as soon as possible to book an appointment. As winter takes hold, we're seeing an increased number of hospital admissions due to respiratory infections circulating in the community. To help manage your health during this time:

- Stock up on cold and 'flu remedies
- Make use of local pharmacies and NHS 111
- Install the NHS App on your phone to access the NHS Symptom Checker
- For advice tailored to children, visit the 'Healthier Together' website (details on page 4)

The Fordingbridge Surgery team is extremely touched by the kind words, chocolates, biscuits, cakes, and other treats we've received from our wonderful patients. Your generosity and thoughtfulness is much appreciated, thank you!

We hope you enjoy this edition of our newsletter. If you have any comments or suggestions, we'd love to hear from you. Please contact our Patient Participation Group; the details are available on our surgery website.

Finally, we would like to wish all our patients and volunteers a very Merry Christmas and a New Year filled with good health and happiness.

from Practice Manager, Michelle Raymond

IN THIS ISSUE

AVON VALLEY PCN
STAFF WINTER NEWS
ONLINE SERVICES
MEDICAL NEWS
BLOOD PRESSURE
MEDICATION SHORTAGES
FRIENDS OF FORDINGBRIDGE SURGERY
REDUCE, REUSE, RECYCLE
PLANNING AHEAD
COMMUNITY NEWS AND DATES FOR YOUR DIARY

YOUR WIDER GENERAL PRACTICE TEAM - HERE TO HELP YOU



BY EMMA MALYON,
MENTAL HEALTH PRACTITIONER

AVON VALLEY PRIMARY CARE MENTAL HEALTH TEAM

About the service

The Avon Valley Primary Care Mental Health Team (PCMHT) provides a range of services to individuals aged 18+ who are registered at one of the following GP Practices:

- The Fordingbridge Surgery
- Cornerways Medical Centre
- Ringwood Medical Centre
- Twin Oaks Medical Centre

Our aim is:

To improve access to prompt advice and support

- To enable you to receive help in a familiar setting.
- To help deliver a more joined-up approach to your care.
- To provide holistic care with appropriate evidence-based interventions
- To ensure the right treatment in the right place at the right time from the right person, based on your needs

Accessing the service

All requests for our service come via your GP practice.

Once the request has been made, we will contact you and either provide telephone advice or offer an assessment.

Your consent to our input with your care is paramount and should be obtained by your GP before they make any request for our service involvement.

We may also ask for your consent to refer you to other services. Similarly, consent to share information with these services will be requested.

We will only share information with those involved in your care. You may withdraw your consent at any time.

What we do

We support those who are struggling with their emotional wellbeing or experiencing mild to moderate mental health difficulties.

We are unable to support those who are already supported by secondary mental health services or where the primary issue is substance use, learning disability or neurodiversity.

How do we support you?

We aim to promote a person-centred approach to physical and mental health. Initially, we will contact you and either provide telephone advice or offer an assessment. You will then be greeted by one of our practitioners for an assessment - which should last approximately an hour. This can be offered either face to face, via telephone or online in order to help you feel most comfortable. Together, we will come up with a plan for your care and consider the next steps to take, which could include:

- Signposting to other services or organisations e.g. counselling
- Advice on treatment
- Brief interventions of up to 6 sessions to help you manage mental health challenges
- Onward referrals to other services or organisations

We will support you to focus on your goals and to access your local community resources.

Who might help with my care?

- Lead Mental Health Practitioners and Mental Health Practitioners, who are experienced professionals from social work, occupational therapy, or nursing backgrounds.
- Wellbeing Assessors are employed by Solent Mind to support you on a one-to-one basis to help you understand your situation and needs, and to devise a plan of how to reach the right support. They can support you to develop tools and techniques to manage your wellbeing.
- Peer Support Workers are employed by Solent Mind to use their lived experience of mental health challenges to help you in your recovery, based on your goals.

STAFF WINTER NEWS

CHRISTMAS JUMPER DAY 18TH DECEMBER

The staff at the surgery enjoy the occasional days when we dress down (or up!) and raise awareness of a medical cause or problem, and funds for charity. This year, we have chosen to support the Salvation Army appeal for gifts and edible Christmas treats for local children and families in need. We have chosen the 18th December to wear our Christmas Jumpers, and to take our donations to the Salvation Army for them to share with local families.









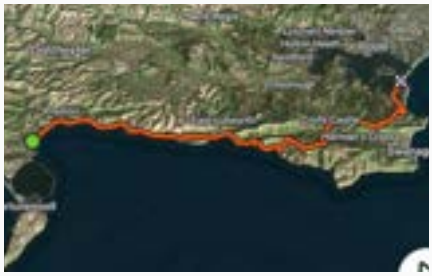
Later in the day, members of the Friends of Fordingbridge Surgery committee and some of our volunteers from our Patient Participations group joined us for mulled wine and mince pies, also joining in our Christmas jumper theme. This is an opportunity for us to thank them for all they do, and share our best wishes for a Merry Christmas with them all.

DR TOBY WALLIS - ULTRAMARATHON

On the 14th of December, Dr Wallis successfully completed an overnight ultramarathon. This was his first ultramarathon and involved running (and climbing) from Weymouth town centre to Sandbanks Ferry, up and down the Jurassic coast in the dark, running approximately 35 miles and climbing around 2000 meters. The ultramarathon started at 10.30pm and he reached the finish line at the morning ferry at Studland in record time.

Dr Wallis was running to raise money for the charity LOOK (www.look-uk.org), who are supporting family friends whose young son has recently been diagnosed with progressive sight impairment which will result in blindness by the time he leaves school.

To donate to this worthy cause please scan the QR code, thank you.





ONLINE SERVICE: WEBSITE

Our website is constantly updated and we hope you will visit fordingbridgegps.co.uk for current information on our services.

New patients can join the practice, existing patients can request medication and sick notes, cancel appointments and view the variety of self referrals that are available, which include eye problems, audiology, physiotherapy, insomnia support, weight loss and lots more - keep checking as the options are growing!

ONLINE INFORMATION: FACEBOOK



Want to keep up to date?
Follow us on facebook
www.facebook.com/FordingbridgeS6

ONLINE SERVICE: NHS APP

Patients can view and manage medication, view and cancel appointments, book blood tests and view your GP health record.

The NHS App also links to NHS111 allowing you to check your symptoms, and find other NHS services near you including dentists, pharmacies, urgent care services, hospitals, mental health services and much more. A recent addition within the NHS app service is the ability to register as a new patient with the practice, using the find services option.



ONLINE CONSULTATION: ANIMA



As part of our NHS contract, we are required to offer an online consultation service during our opening hours. Ambassadors are available to assist you with Anima.
Anima has some great benefits for patients:

- All Animas are reviewed by a senior doctor
- Able to send messages to the triaging doctor
- You can message about multiple issues
- Rapid and safe response to your query
- No long telephone queue
- You can send a request during your lunch break and before the surgery opens from 6am
- You can send a photo without having to wait to be asked to send one
- Signposting to the appropriate service for your issue which could be: pharmacist, Muskuloskeletal physio, nurse, eye service
- Over eight thousand patients are already signed up at the surgery
- **Reception will soon start to use Anima for telephone and in person triage requests**

Follow the link to Anima from our website:
www.fordingbridgegps.co.uk/

ONLINE SERVICE: HEALTHIER TOGETHER

Download the Healthier Together app or visit the website https://www.what0-18.nhs.uk/

- For 0-18
- Young people
- Pregnant women
- Clear information on common illnesses
- Parents are clearly signposted to appropriate healthcare services when required

Healthier Together
Improving the health of children and young people in Dorset, Hampshire and the Isle of Wight

MEDICAL NEWS

RSV VACCINATIONS

From 1 September 2024, those who turn 75 and those age 75 to 79 will be eligible for a free vaccine to protect them from respiratory syncytial virus (RSV).

RSV is an infectious disease of the airways and lungs. RSV infection often causes symptoms similar to a cold, including:

- cough
- sore throat
- sneezing
- a runny or blocked nose

It can also make you become wheezy or short of breath and lead to pneumonia and other life-threatening conditions. There is no specific treatment, and most infections will get better by themselves. Every year thousands of older adults need hospital care for RSV, and some of them will die. RSV can be more severe in people with medical conditions such as heart or lung disease or a weakened immune system.

RSV infection is common in young children but is most serious for small babies and for older people.

Eligibility for the RSV vaccination

Everyone turning 75 years old on or after the 1 September 2024 will be offered a single dose of RSV vaccine. This is because older adults are more at risk of serious complications from RSV. You can still get the vaccine up to the day before you turn 80.

For the first year of the programme, the vaccine will also be offered to those who are already aged 75 to 79 years on 1 September 2024 as part of a catch up programme.

If you are not yet 75 we will invite you for vaccination once you turn 75.



FLU AND COVID CLINICS

Our annual 'flu clinics were again highly successful, and we were able to offer eligible patients a covid vaccination at the same time. Our amazing volunteers ably assisted our patients throughout the clinics, and collected an astounding £2966 towards equipment and services not provided by the NHS. A big THANK YOU to everyone who donated, your help is invaluable to enhance our services.

SMOKING ADVICE TRAINING



Recently, all the staff at Fordingbridge Surgery completed 'very brief smoking advice' training. We are delighted that 100% of our staff completed this and can all signpost patients who need some help quitting to the right resources.

MENTAL HEALTH SUPPORT AT CHRISTMAS

We know that Christmas can be a tricky time. Help and support can be accessed from the following resources:

Call

111 for non-emergency medical concerns

Safe Haven: **0344 2645310**

Samaritans: **116 123**

Text

'SHOUT' to **85258**

CANCER MATTERS WESSEX



BLOOD PRESSURE - KNOW YOUR NUMBERS

High blood pressure is not usually something that you can feel or notice, but if you have it you're more likely to develop coronary heart disease or have a stroke. Everyone over the age of 40 should know their blood pressure.

What is blood pressure?
Put simply, blood pressure is the pressure of blood in your arteries - the vessels that carry your blood from your heart to your brain and the rest of your body. You need a certain amount of pressure to get the blood round your body. The pressure of the blood flowing through your arteries changes as your heart beats. The pressure in your arteries will be at its highest when your heart is contracting and pumping blood around your body and lowest as it relaxes while it fills with blood before pumping again. These highest and lowest numbers are recorded as your blood pressure.

What is high blood pressure?
High blood pressure – or hypertension – means that your blood pressure is consistently higher than the recommended level. High blood pressure is not usually something that you can feel or notice, but over time if it is not treated, your heart may become enlarged making your heart pump less effectively. This can lead to heart failure. Having high blood pressure increases your chance of having a heart attack or stroke.
There isn't always an explanation for the cause of high blood pressure, but these can play a part:
· not doing enough physical activity
· being overweight or obese
· having too much salt in your diet
· regularly drinking too much alcohol or
· having a family history of high blood pressure.



Even if you don't have high blood pressure, making some simple lifestyle changes may help prevent you developing it in the future.

How does my GP know I have high blood pressure?
Ideally blood pressure is kept below 140/90 (135/85 on home readings) however if you have a long term condition such as diabetes or kidney disease, then the recommendation is to have even lower blood pressure than this. Some people have a condition known as 'white coat hypertension'. This is a condition where your blood pressure rises only because someone is taking your blood pressure, and not because you have an underlying medical problem. If you have white coat hypertension, your blood pressure will return to normal when your doctor or nurse stops taking it. It can be very difficult to diagnose and this is why you may need to have your blood pressure rechecked several times, or you may be loaned a blood pressure monitor to take home.

What can I do to reduce my blood pressure?
If your doctor or nurse says you have high blood pressure, they are likely to encourage you to make some lifestyle changes to help reduce it. This may include increasing your physical activity, losing weight, reducing the salt in your diet, cutting down on alcohol and eating a balanced, healthy diet. If your blood pressure is very high or these lifestyle changes do not reduce it enough, your doctor is likely to prescribe you medication to control it and to reduce your risk of having a heart attack or stroke.

If you are already taking medication for high blood pressure then it is important that your blood pressure is monitored to ensure it is maintained at the target level. Please use the POD situated in the Surgery waiting room. Alternatively, if you have your own blood pressure monitor at home, please send in some of your blood pressure readings so that your GP can keep an eye on your blood pressure. You can submit via Anima (from our website, click the Managing my condition button, then Blood Pressure Review), visit the local chemist who can check your blood pressure and send in to us, or respond to the text message we may send to you. **Please respond quickly to your text messages as they are time sensitive!** If your readings are too high or too low then your GP will make contact with you directly to advise about further management.

If you are already being treated for high blood pressure and have any concerns about it, you should speak to your GP. Do not stop taking your medication unless your GP tells you to.

MEDICATION SHORTAGES EXPLAINED

As you may have seen or read in the news, medicines supply issues have become an increasingly common problem. In England, the Department of Health and Social Care (DHSC) is responsible for the continuity of supply of medicines. They work closely with NHS England, the Medicines and Healthcare products Regulatory Agency (MHRA), the wider NHS, pharmaceutical companies, wholesalers and others in the supply chain to ensure consistency in supply of medicines.

Supply issues for pharmacies and Dispensaries, like ours here at Fordingbridge Surgery, sometimes result in being unable to get stock of certain medicines. Supply can be intermittent, unpredictable, or unavailable. Government bodies are working to address disruptions in the supply of medicines and to put measures in place to manage these issues.

Where's my medicine?
We understand how important it is for you to have your medicines, so please be patient if we're having trouble getting your medicine. Our team is always ready to talk to you about your medicines, and we'll explain what any supply issues mean for your treatment.

Why didn't I get my medicine today?
Unfortunately, we do not always have all the medicines you need in stock. We might have some of it but not all. We could be waiting for more medicine to arrive, or we might need to get it from somewhere else. Occasionally, we might need your doctor to prescribe you a different medicine so you can start treatment sooner. We'll always let you know what is happening and the options available for you.

Why is my medicine not available?
Sometimes, we can't get certain medicines because of supply problems. This can happen when raw ingredients aren't available, there may be technical issues in the factories where the medicines are made, or some difficulty getting the medicines from one place to another. Because of this, sometimes pharmacies and dispensaries like ours have a shortage of specific medicines. At times when a lot of people suddenly need a medicine, we might run out until more is made. Supply issues have been getting worse and Dispensary teams like ours spend many hours each day trying to get medicines for our patients.

What are you doing to get my medicine?
If we don't have your usual medicine, we'll do our best to get it for you in the following ways:
· We can check with the people who make the medicine.
· We will contact different supply places, to try to find the medicine. We work hard to make sure you can get the medicines you need, when you need them. But sometimes we – like many other pharmacies and dispensaries – experience difficulties in getting some medicines. These issues have been getting worse due to range of factors which we cannot control.
·We can give you some of the medicine we have in stock now and the rest when we have it later.
· We can also talk to your doctor to find another treatment option.
Sometimes it will take some time for us to work through these options - or you may be asked to talk to your GP yourself. Please be assured, we will always try to work together with you and your GP to get the best outcome for you.

Why do my new tablets look different?
If we can't find your usual medicine because of a shortage, we might give you the same one from a different maker. It could look different, but it still has what you need. Sometimes, we need your doctor to change how they write your prescription to do this. In very serious shortages, the Government might let us give you a different amount, strength, or type of medicine (for example an oral liquid instead of tablets) to help you. We'll always guide you on how to take this medicine.

Why does another pharmacy have my medicine?
Other pharmacies may have different medicines because they get them from different medicine suppliers. Sometimes, we can't order more medicines until the next month because of rules set by pharmacy wholesalers. This means there may be a limit (quota) on the number of medicines we can order each month, but this issue is usually sorted.

What do I need to do? Or how can I help?
Please speak with our Dispensary team about any concerns you have. Also please consider:

- Only getting the medicine you really need and if you have some at home, use it first (check the expiry date). Requesting extra medicine can sometimes make it harder for others to get the medicine they also need.
- Please remember, only order what you need. If you do not tick a medication on your repeat slip, it will not be removed. Repeat medication is only adjusted for clinical reasons by a GP

Please remember that medicine shortages are a big issue across the country, and it is largely outside the control of our Dispensary team. We continue to work hard to source medicines on your behalf.
The Dispensary team are always here to help and support with your queries and can be contacted in the following ways:
Email us: Fordingbridgesurgery.dispensary@nhs.net
Call us: Dispensary phone line open between 9-11:30 call 01425 653430 option 2
Visit us: Opening hours Mon-Fri 08:00-18:00 (Closed 13:00-14:00)

NEWS FROM THE FRIENDS OF FORDINGBRIDGE SURGERY

December 2024 FoFS Update: Reflecting on a Year of Connection and Community

Dear Friends,

It's hard to believe that a full year has passed since I became Chairman of Friends of Fordingbridge Surgery (FoFS). Reflecting on the past year, I'm filled with gratitude for the support and enthusiasm that has surrounded every event we've hosted. Here's a look back at what we've accomplished together.

A Year of Engaging Events

- **January** kicked off with a coffee morning at Martin Hall, where we had a chance to meet new friends and reconnect with long-time supporters.
- **April** brought our first Car Boot Sale, held in the surgery car park—a wonderful way to start the spring season.
- In **July**, we set up a tombola stall at the Fordingbridge Festival, adding our touch to this local tradition.
- **August** saw another warm coffee morning in Hyde, bringing our community together once again.
- **October** wrapped up the season with a lively Quiz Night, complete with a delicious ploughman's supper.

The quiz night was particularly memorable, as 15 enthusiastic teams gathered to test their trivia skills. Thanks to the marvellous Evelyn, our quizmaster extraordinaire, the event was a resounding success. Team "The Bean Sprouts" triumphed after a nail-biting tie-breaker with Team "Alfred," taking home the winner's title, while "Over the Hill Gang" and "The Flu Fighters" earned second and third places. The creatively named "Quizzerables" claimed the prize for the most unusual team name! Our heartfelt thanks to everyone who attended, including the WIs, the Green Gram, the surgery team, Augustus Park, and so many friends from the community.

CHRISTMAS MESSAGE FROM FOFS CHAIR JANE MARLOW

Upcoming Events to Look Forward To

As I write, we're preparing for our next tombola stall at the Fordingbridge Light Switch-On event on November 29, 2024. We are deeply grateful to Tina and Chris Ward for offering us a prime spot in front of their shop. We hope you'll stop by and say hello!

Looking ahead to February 7, 2025, we're thrilled to announce a Murder Mystery Night at the Old Beams in Ibsley—a fun, immersive evening not to be missed! Check the back page of this newsletter for all the details.

For our younger friends, we're also planning a painting competition in the summer, with winning artwork displayed at the Salvation Hall . Stay tuned for more information!

A Note of Thanks

Throughout this year, the generous support from our community has been truly inspiring. Together, our events raised £2,147—a fantastic achievement! In addition, thanks to donations during the vaccination clinics, we raised an impressive £4,920.76. Special appreciation goes to Mel and Sheila, who volunteered their time so selflessly.

I'd also like to extend a heartfelt thank you to the wonderful Trustees of FoFS. Their dedication to raising funds has allowed us to provide essential equipment for Fordingbridge Surgery that the NHS does not cover. Your support makes a real difference in the lives of our patients.

From all of us at FoFS, we wish you a warm and joyous Christmas and a Happy New Year. Here's to a wonderful 2025 together!



REDUCE, REUSE, RECYCLE

REDUCE



Please only order the medication that you need. If you do not tick a medication on your repeat slip, it just means that you don't need any this time - it will not be removed from your list of available medications and will be available to order the following month. Repeat medication is only adjusted for clinical reasons by a doctor or on their behalf by a clinical pharmacist.

Requesting extra medicine can sometimes make it harder for others to get the medicine they need. Ordering too much can mean when changes are made to your medication, you may have a stockpile like the example shown to return to us or a chemist. We cannot reuse this and it must be destroyed. Please help us to help the NHS save money that can then be redirected to provide other services!

REUSE





A recent audit found some dressings that could be passed on to other users. Local charities were unable to accept them, but they directed us to the Jacob's Well Appeal (JWA).

Jacobs Well Appeal was started by Dr Beryl Beynon in 1982 and became a charity in 1984.

Dr Beynon was a GP in Beverley. She was moved by the struggles of the Polish people who at that time were in the Eastern Bloc and were unable to get some medical supplies including colostomy.

She started sending medical and colostomy aid to Poland. Gradually the work expanded into Eastern Europe and JWA was able to build a rehabilitation centre and housing for the handicapped children in Romania who were abandoned to state care during the Ceausescu regime.

Beryl's vision expanded as the supply of aid grew and the charity has worked in Afghanistan, Western Africa, Pakistan, Moldova, Syria, Somaliland and Kenya as well as sending aid during humanitarian crises and disasters to many parts of the world.

As well as sending medical aid, JWA now sends educational and agricultural aid to help support schools and communities abroad.

For more information, please visit https://jacobswellappeal.org/

RECYCLE

We use Wiseworksafe to recycle our old uniforms.

The process of uniform recycling is an environmentally friendly way of destroying & repurposing old, end-of-life uniform in a safe and secure manner. The items are shredded to 15mm pellets, and the fibre is used in many applications depending on the grade of the material shredded. These applications include a needled punch, bonded and woven recycled textile materials. End uses include industrial insulation, sewer linings, sound insulation, packaging, relief blankets, mattress insulator pads and more. Wiseworksafe have a zero to landfill policy and all garments are processed by an upper tier licensed waste carrier.



PLANNING AHEAD

Decision Planning

Making decision plans can be reassuring. This is because if you are unable to make decisions in the future about your health and welfare, you will know your wishes will be followed from your Advance Decision, or your Attorney will make decisions that you trust will be in your best interests.

Mental Capacity

The Mental Capacity Act 2005 states that every adult has the right to be assumed that they have capacity to make their own decisions. They must also be able to make decisions for themselves, even if they may appear to be unwise or strange to others. They must also be supported to make their own decisions and to communicate these decisions.

An adult can also make advance decisions about treatments they do or do not want, or can appoint a Lasting Power of Attorney to make decisions on their behalf. This is in case they lack capacity in the future when they cannot make these decisions. This may be due to dementia or another significant injury or illness.

If an adult lacks capacity, has no applicable advanced decisions and has no lasting power of attorney, then their family, friends and other professionals can make decisions made on their behalf. Any decision made must be made in the adult's best interest

Advance Decision

These are decisions about your care that you make in advance, in case there comes a time in the future when you cannot make these decision. This may include wishes to refuse certain treatments, or to receive care in a specific location and environment. Typical decisions include receiving or refusing cardio-pulmonary resuscitation, intravenous antibiotics and artificial feeding.

These advance decisions are legally binding and can be made due to cultural, religious, faith or personal reasons. Everyone must follow your advance decisions and they cannot be overturned by anyone, including your family, friends or LPA (unless you have given them authority to do so).

For your advance decision to be valid, you must have capacity at the time you make it, and it must be applicable with specific wording relevant to the medical circumstances. It must also be clear and unambiguous, must not have been made under the influence of other people, and must be written down, signed and witnessed.

An advance decision cannot be used to make a decision when you still have capacity to make the decision yourself. It cannot refuse basic care essential to keeping you comfortable and cannot demand specific treatment or ask for anything that is against the law (for example euthanasia or assisting you in taking your own life).

Your advance decision is valid from the date you sign it. It is advisable to review it regularly and revise any changes, just remember to always signs and date the revised copy and to get it witnessed. Below is a template for an advance decision template, you can then make it as simple or as complex as you wish.

Advance statements are different from advance decisions as they can be made verbally, as well as being written down. Advance statements should be taken into account if you are unable to make decisions about your care, note they are not legally binding like an advance decision is.

Lasting Power of Attorney (LPA)

If you are over the age of 18, you can appoint someone to be your LPA. If you become unable to make certain decisions, your LPA will have the legal power to act and make certain decisions on your behalf. There are two different types, a Health and Welfare LPA who could make decisions about where you live and the care you receive, and a Property and Affairs LPA who could make decision on your finances and property.

If you have made an advance decision, you can choose to ensure that your LPA follows the choices that your have made. It is important to think carefully about who you will appointment. You can choose more than one LPA but think about who you trust to make these decisions for you, and if they are reliable and have the skills. Most people appoint a relative or friend to be their LPA, but you can also appoint a professional, such as a solicitor or accountant. When making a decision for you, your LPA must firstly follow your advance decision if this has been specified. They must then act in your best interest and must consider your past and present wishes, they cannot take advantage of you to benefit themselves and must keep all of your money separate from their own.

To make an LPA, you and your attorney must be over the age of 18, please contact: 0300 456 0300 www.gov.uk/power-of-attorney

Home and Care Planning

Planning ahead also includes dealing with home and care matters, from using personal alarms, reducing the risk of falls, preventing bogus callers, protecting yourself against crime, dealing with anti-social behaviour, preparing for cold weather, protecting yourself from carbon monoxide poisoning and fire, and arranging appropriate housing and care choices. For further information, please see the resources below.

Financial and Legal Planning

You may also wish to think about putting your finances in order and making or updating a will too. For further information on benefits and entitlements, debt and savings, pensions, income and tax, legal issues, insurance, wills and consumer advice, please see the resources below.

Resources

Age UK Leading support and research charity for people with dementia, their families and carers, 0800 169 6565 www.ageuk.org.uk

Alzheimer's Society Leading support and research charity for people with dementia, their families and carers, 0300 222 11 22 www.alzheimers.org.uk

Citizens Advice Offer free, independent, confidential & impartial advice to help people resolve numerous health care and legal issues, including benefits, work, finance, relationships, housing, discrimination, tax, education, 03444 111 444 www.adviceguide.org.uk

Swan Advocacy A charity that provides free independent and confidential advocacy services, 03333 447928 www.swanadvocacy.org.uk

COMMUNITY NEWS

AVON VALLEY COMMUNITY MATTERS

Bereavement support in the Avon Valley

-The bereavement care service offers either one-one support, a face-to-face meeting, telephone contact or an online option
-Referrals can be made by your GP, District Nurse, friend or relative
-The service is completely confidential and anyone who approaches us has a pathway of care which is individually planned in partnership with one of our counsellors
-The service is free of charge for the clients but is supported financially by the Friends of Fordingbridge Surgery
For further information leaflets are available at the Fordingbridge Surgery

Friendship group

-The group meets at 10am every 1st and 3rd Tuesday of the month at the Ship Inn in Fordingbridge
-The group offers companionship and is aimed towards those who may have been recently bereaved who are lonely and in need of some social connection
-We provide coffee and biscuits, chat and have a weekly raffle with fabulous prizes
-We also have occasional day trips and an annual Christmas lunch

For further information please contact:-
Ros 07880817729
Pam 07841391910
Mary 07710288361
Helen 07979046768



TWO BRIDGES MILESTONE

It was a big day for Two Bridges recently, when the group took its 10,000th client to hospital. It is so ironic that the busier the group gets, the more it requires help from the public in the guise of volunteer drivers and coordinators. Driver shortage is always an issue!

Two Bridges is a voluntary group offering a service to those with health problems and without access to transport to and from medical and dental appointments. It covers the Fordingbridge area, including Alderholt, Godshill, Sandleheath, Rockbourne and Martin. The operation relies on donations from its clients.

The photo depicts the 10,000th Two Bridges client, Christine Sanford-Jones, accompanied by one of the Two Bridges drivers, Judy Cochand, who joined Two Bridges shortly after retiring. She wanted to lend a hand in the community, and says that she was totally unprepared for how truly worthwhile, rewarding and personally satisfying the job is. Judy insists that each trip is so much more than just a car journey and describes how she has learned so much about people in the area. Every single client says how much they appreciate the work that Two Bridges does as there is little alternative with the lack of public transport. Another Two Bridges driver, Julian Kent, explains that the amount of time spent on Two Bridges work is entirely down to each individual volunteer.

Two Bridges is always seeking volunteers. If you believe this could suit you and would like to know more, please contact Derek Ayling, Vice Chair, on 07391 804222, or email hippotrain@btinternet.com





FORDINGBRIDGE SURGERY

CHRISTMAS HOURS 2024/2025

Tuesday 24th December 2024	Normal Hours
Wednesday 25th December 2024 (CHRISTMAS DAY)	CLOSED
Thursday 26th December 2024 (BOXING DAY)	CLOSED
Friday 27th December 2024	Normal Hours
Saturday 28th December 2024	CLOSED
Sunday 29th December 2024	CLOSED
Monday 30th December 2024	Normal Hours
Tuesday 31st December 2024	Normal Hours
Wednesday 1st January 2025 (NEW YEAR'S DAY)	CLOSED
Thursday 2nd January 2025 and onwards	Normal Hours

When the surgery is closed and you need urgent medical advice, please call

111 - Out of Hours Service

or

999 – for a life-threatening problem

When dropping off or collecting prescriptions please check the collection dates carefully

PLEASE GIVE THE DISPENSARY AT LEAST FIVE WORKING DAYS WHEN RE-ORDERING MEDICATION

PLEASE DO NOT RUN OUT JUST BEFORE CHRISTMAS or THE NEW YEAR



