SEPTEMBER 2024 | ISSUE 5

FORDINGBRIDGE SURGERY NEWS

The Fordingbridge Surgery Newsletter - Autumn 2024

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



AUTUMN GREETINGS FROM FORDINGBRIDGE SURGERY

Once again, we are in the midst of our annual vaccination programme, offering flu and COVID vaccinations to eligible patients. If you haven't yet booked your appointment and would like to receive the vaccine, please check your eligibility on our website and contact the surgery to schedule your slot.

We recently conducted a patient survey and were thrilled to receive 1,500 responses. Thank you to everyone who took the time to share your feedback! A key theme that emerged was the need to improve access to the surgery, particularly our telephone system. In response, we are excited to announce that we will be investing in a new phone system with enhanced features, including a call-back option, which we plan to trial. We aim to introduce this new telephone system this winter. We will continue to work through the survey results and will publish more detailed feedback in the coming weeks.

We're pleased to see so many of our patients using Anima to manage their medical needs. To support you further, we've been hosting sessions at the surgery to help patients access and navigate Anima, which have been well-attended with positive feedback. If you'd like to join one of these sessions, please visit our Facebook page for upcoming dates.

In September, we were thrilled to receive the Healthier Together Friendly Practice Accreditation, which recognises our commitment to promoting this important service. Even better, we are proud to be the first practice in Hampshire to receive this award!

Many of you stay updated on our news and announcements via our Website and Facebook posts. We encourage you to continue to view our website and follow our posts and don't forget to 'like' and 'share' our updates so your friends, family, and neighbours can stay informed about surgery news and information.

Our Friends of Fordingbridge Surgery and Patient Participation Group have had an active year, with various events and fundraising activities. For details on upcoming events, please see page 13.

from Practice Manager, Michelle Raymond

IN THIS ISSUE

AVON VALLEY PCN
MEDICAL NEWS
STAFF AUTUMN NEWS
ONLINE SERVICES
FRIENDS OF FORDINGBRIDGE SURGERY
COMMUNITY NEWS AND DATES FOR YOUR DIARY

YOUR WIDER GENERAL PRACTICE TEAM - HERE TO HELP YOU

WHAT IS A PRIMARY CARE NETWORK (PCN) ?

Since the NHS was created in 1948, our population has grown and people are living longer, many with long term conditions such as diabetes and heart disease or suffering with mental health issues. Since starting as a GP in 2004 patients need access to their local health services more often than ever before.

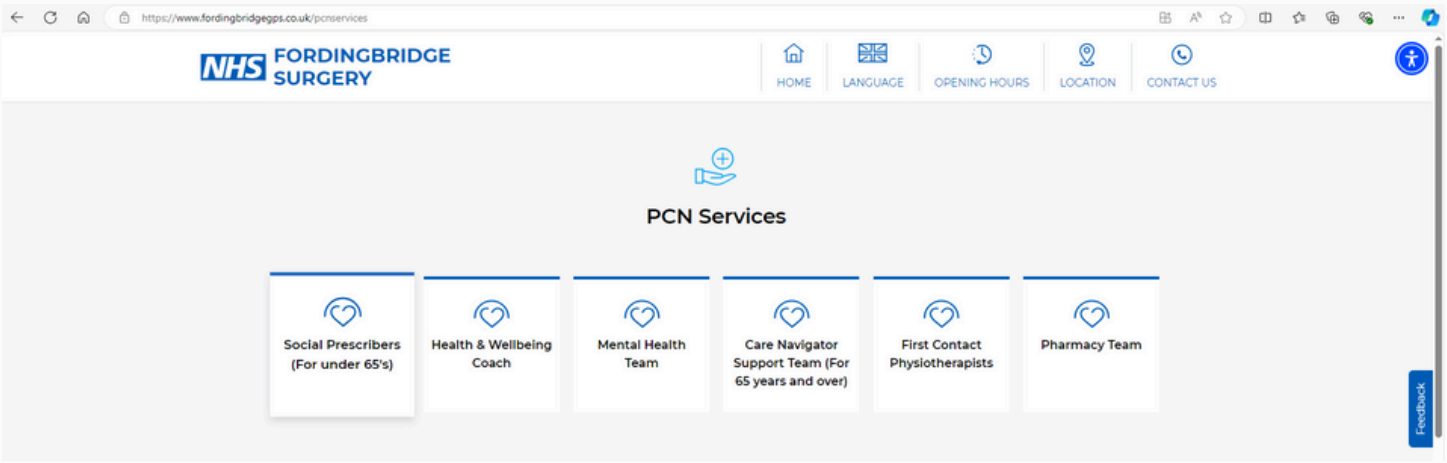
To meet these needs, Primary Care Networks were created in April 2019, just before the Pandemic. Ours is called Avon Valley PCN, and covers Fordingbridge Surgery, Cornerways Medical Centre (Poulner), Ringwood Medical Centre and Twin Oaks Medical Centre (Bransgore). The PCN has approximately 42,000 patients.

The principal aim is to group local GP practices together to deliver more proactive, personalised, and integrated health and social care for people, close to their homes. We also work hard to ensure your needs, as our patients, get prioritised within the regional healthcare system (Hampshire and the Isle of Wight).

As best laid plans often are, the development of the PCN was put on hold by the Covid Pandemic in March 2020. When the first covid vaccine became available in December 2020, it was decided by NHS England, that PCNs were best placed to deliver this campaign most effectively to all our eligible patients.

Many thousands of covid vaccines later, the PCN still plays a large part in delivering the Flu and Covid seasonal vaccination campaigns. The unexpected bonus was that the PCN, having worked together effectively for the first time during the pandemic, now started the real journey to deliver better services for you, our patients.

There is a wealth of information regarding PCN services on our website, so please do visit and familiarise yourself with the services we offer
https://www.fordingbridgegps.co.uk/pcnservices





MEDICAL NEWS

ANNUAL HAND HYGIENE AUDIT: A VITAL STEP IN INFECTION CONTROL

As part of our commitment to infection control, all staff are required to participate in our annual hand hygiene audit. While handwashing is a fundamental skill, it's easy to become complacent and not follow proper technique.

The audit process is simple but effective. We apply a UV-sensitive gel to our hands, mimicking the use of alcohol gel, then wash our hands as we normally would. A UV lamp is then used to check for any areas where the gel remains, indicating spots that haven't been properly cleaned.

It's always surprising to find that even seasoned professionals can occasionally miss a spot or two. That's exactly why this audit is so important—it ensures we maintain high standards every year.
Proper handwashing is one of the most effective ways to prevent healthcare-associated infections like MRSA and C. difficile, which can be dangerous or even fatal. By honing our hand hygiene skills, we help protect both ourselves and those we care for.

DEFIBRILLATOR UPDATE

We recently decided that our defibrillator needed updating. Although we are pleased to report that this piece of equipment is not frequently used at the surgery, it had been some time since our last update.

Given the advancements in defibrillator technology, we conducted research and opted to purchase a fully automated external defibrillator.
This new unit is small, lightweight, and highly portable, making it easy to use anywhere on the surgery grounds. It is battery-powered and designed to accommodate both adults and children with the same unit and pads, ensuring that treatment can begin with minimal delay, giving patients the best chance of recovery.

All staff members have had the opportunity to familiarise themselves with the new machine, ensuring that any emergency care required can proceed quickly and effectively.

We are very grateful to the Friends of Fordingbridge Surgery for funding this essential piece of equipment.

RESUSCITATION TRAINING

All the staff at Fordingbridge Surgery recently underwent their annual resuscitation refresher training.

The non clinical staff cover all aspects of cardio pulmonary resuscitation, the use of AEDs (Automated External Defibrillator), treatment for choking, and placing a patient into the recovery position.

For clinical staff, this annual training also includes advanced resuscitation techniques and treatment of adult and child anaphylaxis.





MEDICAL NEWS

WHAT TO EXPECT FROM YOUR SPECIALIST

This article provides guidance on what to expect when you are referred by your GP to see a Specialist (or therapist). This is National Guidance which has been implemented in Hampshire in a Philosophy called "The Hampshire and IOW Way"
Please read this information carefully – it may save you an unnecessary trip to the surgery by talking this process through with your specialist.



You have been referred to see a specialist – what to expect

Tests & Investigations
All tests and investigations required by your specialists must be ordered by them and the appointments sent to you.
If your specialist requires blood tests he/she should give you a request form which you can take to whoever normally provides blood tests in your area. This varies and may be your surgery, hospital or community clinic.
Your specialist is responsible for acting upon the results of any test he/she requests and for informing you of the results.
If you haven't heard from your specialist about a test result please ring his or her secretary at the hospital. Unfortunately your surgery may not know the result and will not know what the specialist intended to do with the information.

Prescriptions
If your specialist prescribes a new medication or changes one that you are on please ask them to provide you with the first prescription. This may be on a white prescription that can be used in the hospital pharmacy or on a green one that you can take to your normal pharmacy.
Upon notification from the specialist your surgery may automatically add the medication change to your repeat list on the computer. You will then be able to order re-supply without an appointment. You may need to telephone your surgery to confirm this or use on-line services if you have registered for them.
If you are uncertain what changes the specialist is making please ask them to explain it to you at the appointment. It saves you having to see your GP to discuss something he or she may only know of from a short letter of explanation.

Sick or Fit Note (Med3)
If you need to be certified as unfit for work as a result of the treatment provided by your specialist (or therapist) he or she should issue a sick note when you are discharged from hospital or seen in the clinic. Please ask for one if you need it.

Follow Up Appointments
If you need to be seen again the hospital will provide you with another appointment. Please ask the specialists' secretary if it does not arrive in a timely way.

In summary, the Specialists are responsible for:

- Looking after all your tests
- Providing prescriptions when needed
- Issuing a sick note if required
- Providing you with a follow up appointment if necessary



Not heard yet about your hospital appointment? Once we have sent your referral, if you have not heard from the hospital please contact them directly, we are unable to assist as we do not have access to their systems, thank you.

MEDICAL NEWS

THE ROLE OF MEDICAL EXAMINER SERVICES IN OUR COMMUNITY BY DR PHIL DOWNES

In April 2024, I had the privilege of joining the local Medical Examiner Service (MES) at Southampton General Hospital. My interest in this role grew when I learned that the hospital-based service was expanding and looking for experienced clinicians to join its team.

The UK Medical Examiner Service, officially introduced in 2019, was established following the recommendations of the Shipman Inquiry and other reviews calling for more rigorous scrutiny of death certification. The service plays a crucial role in ensuring that all deaths are thoroughly examined, particularly those occurring under complex or uncertain circumstances. Senior doctors, trained in the legal and clinical aspects of death certification, serve as medical examiners. They independently assess the cause of death using medical records and conversations with both the clinicians involved and the families of the deceased.

The medical examiner service has several key responsibilities:

1. **Supporting Families**: One of the most important roles of a Medical Examiner is to engage with the family of the deceased. We discuss the cause of death, address any concerns, and explain the process to help families understand what has happened. This ensures transparency and reassurance during a difficult time.
2. **Enhancing Accuracy**: Medical Examiners carefully review the cause of death provided by the attending doctor, ensuring it aligns with the patient's medical history and circumstances. If there are any concerns, such as a sudden or unexplained death, we refer the case to the coroner for further investigation.
3. Improving Clinical Practice: If the review uncovers areas for improvement in care, these are fed back to the clinical teams involved. This continuous learning process helps improve care for future patients and families.
4. **Strengthening Public Health Data**: By verifying the cause of death, we contribute to more accurate mortality data. This data is essential for tracking health trends, such as the effects of pandemics, and supports informed health policy decisions.

Since 2019, this service has been operating in hospitals, but as of September 2024, it will become mandatory for all deaths outside hospitals to go through the MES if they are not referred to a coroner. This means that deaths occurring at home or in care homes will need to be referred by the patient's attending practitioner, usually their GP.

For families, this change means that the MES will now contact them directly to discuss the process and gather any concerns they may have about the care their loved one received. Importantly, families will no longer need to collect the Medical Certificate of Cause of Death (MCCD) from the GP's office, as it will be sent directly to the Registrar's Office for them to register the death. While these changes may slightly extend the timeline for registering a death, the process is designed to be as smooth and efficient as possible to avoid unnecessary delays.

For doctors and surgeries, this introduces a new layer of administrative responsibility. However, improvements have been made to streamline the process. For instance, now any doctor who has been involved in a patient's care can sign the MCCD, rather than the doctor who attended the patient within the last 28 days. At Fordingbridge Surgery, we've worked hard to ensure this process is as efficient as possible for all involved.

Continued on next page

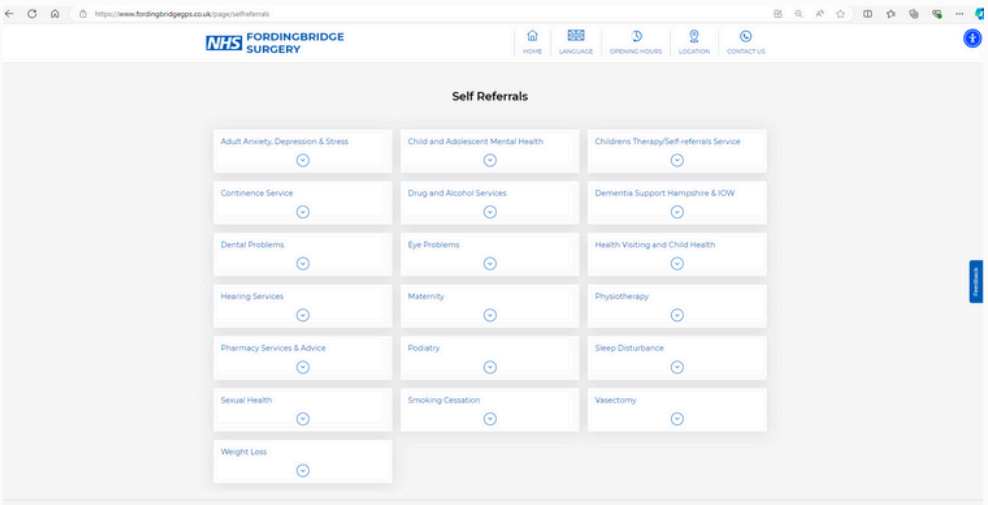
MEDICAL NEWS

THE ROLE OF MEDICAL EXAMINER SERVICES IN OUR COMMUNITY - CONTINUED

On a personal note, I thoroughly enjoy my work as a Medical Examiner. Each Monday, I travel to Southampton General Hospital, where I spend the day reviewing clinical records, speaking with doctors, and when needed, talking with the families of deceased patients. While the work can be a little morbid, it's also deeply fascinating and rewarding, offering a wide range of clinical experiences.
Sadly, most of us will encounter the Medical Examiner Service at some point in our lives. When that time comes, I hope that everyone experiences a service that is compassionate, efficient, and supportive. At Fordingbridge Surgery, we are committed to ensuring these qualities are central to the process and welcome any feedback to help improve the service as it evolves in the coming months.

SELF REFERRAL

There are many services available to our patients where you can get in touch with the services directly, without a doctor having to refer you. Visit our Self Referral page on our website to find out more about these services, including **smoking cessation**, **mental health services**, **weight loss**, and many more!



HAS YOUR USUAL GP CHANGED?

You may be advised by a receptionist that your usual GP has changed, and you were not aware of this.

All patients are registered patients of Fordingbridge Surgery, and we allocate all patients a usual GP for continuity of care, and to ensure our doctors have a fair share of the workload.

When a doctor leaves us for a new challenge, or changes the number of sessions they work, it is necessary for us to redistribute patients to other usual doctors in the practice. We advise you of this when you contact reception.

You are able to request a change of usual doctor by completing the form available form reception, however, please note that a request may not be successful.

SELF CHECK IN SCREENS

Please use our easy self service check in screens!

There is one available at each reception area. By using the check in screens you may reduce your waiting time at Reception, and also allows our receptionists to deal with matters that can only be communicated face to face.



MEDICAL NEWS

HAMPSHIRE AND ISLE OF WIGHT HEALTHCARE



A new NHS trust, bringing together community, mental health and learning disability services across Hampshire and the Isle of Wight, has launched this week.

The creation of 'Hampshire and Isle of Wight Healthcare NHS Foundation Trust' brings together Southern Health NHS Foundation Trust and Solent NHS Trust, as well as the community, mental health and learning disability services previously provided by Isle of Wight NHS Trust, and the Child and Adolescent Mental Health Services previously provided in Hampshire by Sussex Partnership NHS Foundation Trust.

Bringing these services together into one organisation enables the trust to deliver benefits to patients including improving access to care, reducing duplication and resolving unnecessary differences in practice and outcomes in order to provide the best care for people living in Hampshire and the Isle of Wight.

To find out more, visit the trust's website https://hiowhealthcare.nhs.uk/

HEALTHIER TOGETHER ACCREDITATION

The team at Fordingbridge Surgery were thrilled to receive our Healthier Together Friendly Practice Award from Holly Benton, Project Officer for Healthier Together. Holly confirmed we are the first practice in NHS Hampshire and IOW to receive our award, which acknowledges that we have met the standard for the promotion of the whole health of children, young people and pregnant women. We will now work towards their Healthier Together Plus accreditation over the coming months https://www.whato-18.nhs.uk/





THE FORDINGBRIDGE SURGERY



MEDICAL NEWS

HOW TO FIGHT FLU



Flu will often get better on its own, but it can make some people seriously ill. It's important to get the flu vaccine if you're advised to.

Flu symptoms come on very quickly and can include:

- a sudden high temperature
- an aching body
- feeling tired or exhausted
- a dry cough
- a sore throat
- a headache
- difficulty sleeping
- loss of appetite
- diarrhoea or tummy pain
- feeling sick and being sick

The symptoms are similar for children, but they can also get pain in their ear and appear less active.

How to treat flu yourself

If you have flu, there are some things you can do to help get better more quickly.

- rest and sleep
- keep warm
- take paracetamol or ibuprofen to lower your temperature and treat aches and pains
- drink plenty of water to avoid dehydration (your pee should be light yellow or clear)

A pharmacist can help with flu

A pharmacist can give treatment advice and recommend flu remedies. Please do not take paracetamol and flu remedies that contain paracetamol at the same time as it's easy to take more than the recommended dose.

https://www.nhs.uk/conditions/flu

STOPTOBER

'STOP SMOKING FOR STOPTOBER AND YOU'RE FIVE TIMES MORE LIKELY TO QUIT FOR GOOD'

Stoptober is back, calling on smokers in England to join the 2.5 million others who have made a quit attempt with the campaign previously.

Over 5 million adults in England still smoke. Smoking causes 64,000 deaths a year, making it the biggest cause of preventable illness and death. Quitting smoking is one of the best things you can do for your health. That's why this year's Stoptober campaign is encouraging smokers to join the thousands of others who are committing to quitting for the month of October – quit smoking for 28 days and you're five times more likely to quit for good.

When you stop smoking good things start to happen – quitting will allow you to start moving better, breathe more easily and give you more money to spend.

Stoptober offers a range of free quitting tools including the NHS Quit Smoking app, daily email support, Facebook support group, information about quitting smoking with a vape and expert support from local stop smoking services. Simply search 'Stoptober' for more information or visit the Better Health Quit Smoking Website.



STAFF NEWS

ISLA - YEAR IN REVIEW: MY JOURNEY AS A REGISTERED NURSING ASSOCIATE APPRENTICE

As many of you know, I have been pursuing the Registered Nursing Associate qualification through an apprenticeship, with the invaluable support of Fordingbridge Surgery. This two-year course has been both challenging and rewarding, and I've just completed the first year.

I won't lie—balancing full-time work with the demands of studying, especially as a mature student, has not been easy. But I've thoroughly enjoyed the journey and the experiences it has brought. The course is an even mix of 50% practical and 50% theory, which means I've been constantly learning on both fronts. Over the past year, I've completed several assignments, presentations, exams, and two placements.

My first placement was in primary care, which may seem familiar, but primary care is much broader than the small part I work in. While we often associate it with our GPs, there's a vast network of services that come together to provide comprehensive care. During my placement, I gained valuable experience with midwives, health visitors, practice nurses, podiatrists, district nurses, tissue viability nurses, mental health practitioners, community dermatology, physiotherapists, and many more. I was able to see how all these teams work collaboratively to ensure patients receive the best care possible. Despite the challenges primary care faces—such as funding issues and staff shortages—it was inspiring to witness the passion and dedication everyone has for patient care. I feel incredibly proud to be part of this community.

My second placement was in secondary care, on a stroke and general medicine ward. Here, too, I saw the daily frustrations that healthcare professionals face, but the focus on patient care was always the top priority. I encountered a wide range of experiences, from handling emergencies and mental health crises to end-of-life care, rehabilitation, and working with speech and language therapists on nutrition. These experiences have only deepened my pride in the nursing profession.

As I look ahead to the final year, I will continue to study throughout the summer, preparing for more assignments, exams, and two additional placements. I don't yet know where those placements will be, but I'm excited for the challenge and the new learning opportunities they will bring.

I'd like to extend my heartfelt thanks to Fordingbridge Surgery for their unwavering support, and to our patients for their understanding, interest, and encouragement throughout this past year.

Thank you,
Isla



GP COLLECTIVE ACTION FOLLOWING BRITISH MEDICAL ASSOCIATION BALLOT

GP partners in England have voted overwhelmingly in favour of collective action indicating that they are willing to take action to save general practice. This action is in response to the damage that is being done to general practice as a result of many years of underfunding. This lack of funding is impacting our ability to offer care to our patients.

The GP partners of Fordingbridge Surgery support this collective action. We will make sure that our clinicians are working within safe limits. We will ensure that we only provide services that are properly funded and that we make referrals in patient's best interests rather than the best interests of the NHS. We will make sure our clinicians focus their time on clinical work that benefits patients not bureaucratic processes.

Please support our work to encourage the Government and NHS England to increase funding for general practice so that we can provide the level of service all our patient's deserve.

ONLINE SERVICE: WEBSITE

Our website is constantly updated and we hope you visit fordingbridgegps.co.uk regularly for up to date 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

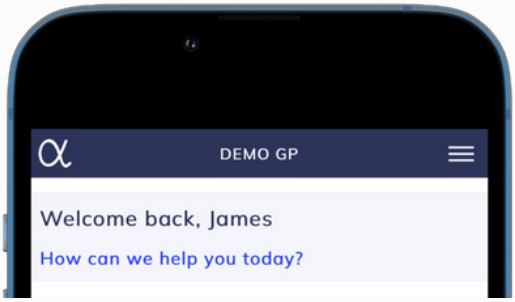
ONLINE SERVICE: NHS APP

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 opening hours. Anima has some great benefits for patients:

- Beat the phone queue
- You can request a consultation or message the surgery from 6am
- All Animas are reviewed by a senior doctor by the end of the next working day
- Rapid and safe response to your query
- May be managed without the need for an appointment
- Signposted to the most appropriate service
- Make sure you see the right professional at the right time

Follow the link from our website home page www.fordingbridgegps.co.uk/

Patient feedback is very positive:
"Very straightforward submission and a prompt response."
"Quick response and the Pharmacist I saw was very helpful"
"Fast feedback. Positive outcome."
"So quick!"

ONLINE SERVICE: HEALTHIER TOGETHER

Download the Healthier Together app or visit the website https://www.whato-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

THE FORDINGBRIDGE SURGERY

ONLINE ONE TO ONE ASSISTANCE -RECEPTION, MENS SHED AND FORDINGBRIDGE LIBRARY



We've been running sessions at Fordingbridge Surgery where our team has been available to help you get set up, and to help you to navigate the NHS app, The NHS App allows you to view your health record and test results. We have also been able to demonstrate Anima, to enable you to confidently use it to submit a medical problem for an appointment, or an admin request such as a medical report or to cancel an appointment.



MENS SHED

Last Christmas we joined the Mens Shed for a coffee and to introduce ourselves. They invited us back to talk to the group about online access, Anima, and for some general questions and answers.

We joined them recently and enjoyed a coffee and delicious bacon buttie, after which Dani , one of our Online Ambassadors, demonstrated Anima - how to register and log in, and how to complete a consultation. We finished our session with some challenging Q&As, answered by Practice Manager Michelle. Concerns were addressed around the rising local population, communication between the surgery doctors and hospital doctors, and why Anima is not available out of hours - we provide an 'in hours' service.

Do you belong to a group who would like a demonstration? Please let us know, by leaving your details including your contact details, your group and days you meet for the attention of the Practice Manager





FORDINGBRIDGE LIBRARY

We had a productive hour-and-a-half session at the library recently. The staff there provided us with a dedicated space for our banner, conveniently located near a seating area. The library team was incredibly welcoming and helpful throughout our visit.

During the session, we were joined by a sing-along group and a group of ladies engaged in knitting, stitching, or simply enjoying each other's company. Dani interacted with four individuals, demonstrating how easy it is to navigate Anima. She also showed them how they could log in to Anima using the same credentials they use for the NHS app. The participants were pleased with how simple the process seemed and appreciated Dani's assistance. One person expressed confusion about the various communication methods available, but we were able to guide them effectively.

We will visit the library again, please watch out for the dates on our social media, or posters in the waiting room.



COMMUNITY NEWS

FORDINGBRIDGE CUBS

In June, we welcomed the 1st Fordingbridge Cub Scout Group . The cubs completed litter picking and sign cleaning tasks at the surgery and also around the hospital and Arch Clinic sites.These activities went towards achieving their “Community Impact” badge. Thank you to all the cubs involved - they all did a great job!



PARK RUN

As a Parkrun practice affiliated with Moors Valley, the surgery encourages staff and patients to take part in parkrun.

What is Parkrun?
“Parkrun is a free, community event where you can walk, jog, run, volunteer or spectate. parkrun is 5k and takes place every Saturday morning. junior parkrun is 2k, dedicated to 4-14 year olds and their families, every Sunday morning. Parkrun is positive, welcoming and inclusive, there is no time limit and no one finishes last. Everyone is welcome to come along.” Improve your health and wellbeing through increased physical activity, skill development, friendships and socialising, mutual support and personal empowerment.

https://www.parkrun.org.uk/



MACMILLAN COFFEE MORNING

The team at Fordingbridge Surgery participated in the annual Macmillan coffee morning on 27th September. We enjoyed a variety of cakes, bakes and treats and raised £113.80 for this very worthwhile cause.
https://www.justgiving.com/CM24062267









NEWS FROM THE FRIENDS OF FORDINGBRIDGE SURGERY

Friends of Fordingbridge Surgery

Supporting with care, compassion and consideration

Since the Spring Newsletter, FoFS has had a hugely successful time. Our fundraising events began with the first ever FoFS Car Boot Sale, held in the surgery car park. It was a glorious sunny April day when around twenty or so sellers arrived and set up ready for the public. Inside the surgery were books, plants, a tombola and most importantly, coffee and cakes. We raised a magnificent £506.63. Several people asked if this was to be a regular event, sadly not, but don't despair the Car Boot will be back in 2025.

In June Michelle and I were invited to the Sandy Balls Residents Association for afternoon tea, where we were presented with a cheque for £600.00. Whilst there we noted their speaker and microphone and thought we should investigate buying for FoFS. However, we received a phone call from Ray Gibbons, Chairman of the Sandy Balls Residents Association, who personally donated, to FoFS, a brand-new speaker and microphone, in recognition of the care that his wife, Pauline, had received during her illness.

Our next event, in July, was a tombola stall at the Fordingbridge Summer Festival. Sadly, not the best day for the weather and we dismantled our gazebo early before the heavy rain set in. We met lots of lovely people though and took the opportunity to distribute our new leaflets. FoFS was delighted to raise £212.05

An amazing donation of £600.00 was received from Anthony Swift, who is the quizmaster for the Horse and Groom quiz team. Other welcome donations have come from the Inner Wheel, Sandleheath Allotment Society and The Quadrant. We do receive regular donations too.

It was decided to hold a coffee morning in August at Hyde Memorial Hall, in memory of Rev'd Kate Wilson, who preached at Hyde Church. It was an amazing sunny day and we were able to throw open the patio doors to let the sunshine in. It was a wonderfully relaxed and enjoyable morning, with visitors staying to enjoy coffee and cakes, whilst meeting up with friends. We were pleased to raise £410.00

We are now preparing for our next event – a Quiz Night, with Ploughmans Supper at St Mary's Hall Fordingbridge. The ticket price is £10 and can be booked via the FoFS email: fofs.ppg@gmail.com

SAVE THE DATES

- Friday 29th November 2024 – Christmas Light Switch On Find us next to Tina's in the High Street

- Friday 7th February 2025 – 'Murder Mystery Evening', with meal and an auction. Look out for further information

As a group we also maintain an active dialogue with the Patient Participation Group and try to understand more clearly the areas of the surgery that may require improvement.

You may well ask as to why we fundraise. It is to benefit the patients at Fordingbridge Surgery with equipment and services not provided by the NHS. This year alone FoFS has funded a Defibrillator, a Spirometer, ECG Machine, new media screens for the reception areas, which display useful health information, and funding towards the Bereavement Counselling Service. Leaflets are available for the bereavement service – contact is: 07557 755141 or via email: AVCMbereavement@gmail.com

Finally, a massive thank you to all of those people who have so kindly supported us at our events and to those who have so generously donated to our fundraising.

Jane Marlow, Chairperson, FoFS

WORLD MENTAL HEALTH DAY

World Mental Health Day is on 10th October.

Here are some top tips from Every Mind Matters to help with stress, anxiety, and improving your mood and sleep. You can find out more from https://www.nhs.uk/every-mind-matters/









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

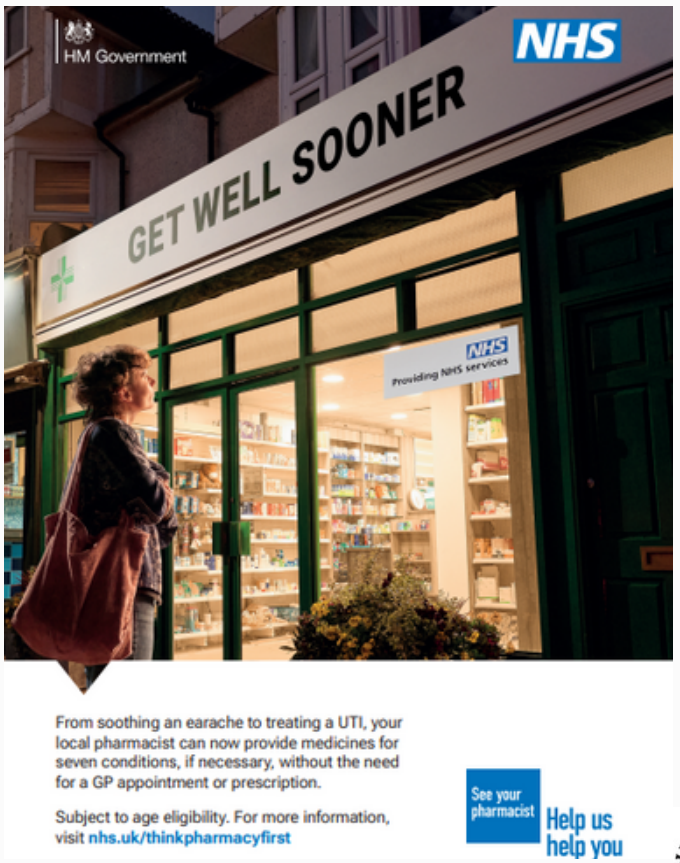
999 – for a life-threatening problem

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

HELP US TO HELP YOU - THINK PHARMACY FIRST!



Community pharmacies can offer treatment for seven common conditions without patients needing to see a GP, as part of a major transformation in the way the NHS delivers care. Highly trained pharmacists at more than nine in ten pharmacies can now assess, treat and prescribe antiobiotics for patients for common conditions including earache, impetigo, infected insect bites, shingles, sinusitis, sore throat, urinary tract infections (UTIs) for women, without the need for a GP appointment. Available on the high-street, community pharmacy teams have the right clinical training to give people the health advice they need, with no appointment necessary and private consultations available. Community pharmacists will signpost patients to other local services where necessary. By expanding the services community pharmacies offer, the NHS is aiming to help free up GP appointments and give people more choice in how and where they access care. Don't wait for minor health concerns to get worse – think pharmacy first and get seen by your local pharmacy team.