

# Wilson Practice News

April/May/June 2019

## Farewell, Dr Peckham, after 24 years



**Partner Dr Jane Peckham retired from the practice at the end of March after more than 24 years.** She joined the partnership before it was called 'The Wilson Practice', with a sharp clinical brain and a very modern outlook. "Jane has been our Quality champion and prescribing lead within the practice for many years and has also co-ordinated our responsibilities around safeguarding children and vulnerable adults. She has done this efficiently and effectively, in addition to caring for her patient list and supporting and mentoring our nursing team. Jane also was a key player in the practice's medical role at Alton Community Hospital and has been a wonderful colleague and friend. We will all miss her," reflected Dr Andy Fellows at the practice send-off.

Dr Peckham may be leaving but she has no plans to put her feet up; she will continue her work with varicose veins and leg ulcers and will be an active locum GP both on the Isle of Wight and 'the mainland'.



In fact, Dr Peckham will be back with us in a locum role in both April and June.

At the practice farewell, our nurse manager, Sister Claire Muir, presented Jane with gifts from the staff and thanked her for all her advice and support.

Dr Peckham thanked all her

colleagues for being such a wonderful team and urged them to continue offering great service to patients. She concluded with some advice for everyone in the practice. "Look after yourselves," she said, "because only if you do that can you properly care for others."

### Easter and May Bank Holidays

The spring holiday season is fast approaching. We are closed on:

**Good Friday ~ 19 April**

**Easter Monday ~ 22 April**

and the two May Bank Holidays:

**Monday ~ 6 May**

**Monday ~ 27 May**

If you are on a **repeat prescription**:

- ✓ please **plan ahead** to make sure we have time to process it
- ✓ if you are **going away** and you **need extra medication**, please make sure you make that clear on your request.

### The NHS App is coming soon ...

The NHS App is being rolled out across England now. You can use it to:

- Check symptoms
- Find out what to do if you need help urgently
- Book and manage appointments here at the practice
- Order repeat prescriptions
- Securely view your GP medical record
- Register as an organ donor
- Choose how the NHS uses your data



### ... download it today!

The practice is waiting for its 'go live' date. It will be sometime before the end of June

You can get the App from the App Store or Google Play now and start using it to check symptoms and find out what to do if you need NHS help urgently. You can also register so that the NHS Digital team will let you know when we 'go live' with the other services.

## Help with HAY FEVER

- ✓ vaseline around your nostrils can trap pollen
- ✓ wraparound sunglasses stop pollen getting into your eyes
- ✓ stay indoors and keep windows and doors shut where possible
- ✓ shower and change after you've been outside to wash pollen off
- ✓ vacuum regularly and dust with a damp cloth
- ✓ buy a pollen filter for car air vents and a vacuum cleaner with a special HEPA filter



*Hay fever sadly has no cure but a pharmacist can advise on products to manage symptoms along with the practical suggestions on the left. more advice from: [allergyuk.org](http://allergyuk.org)*

## We are a RESEARCH-ACTIVE practice What does this mean for YOU?

Health care only continues to advance as a result of medical research. This includes intense laboratory- and hospital-based studies and community trials involving greater numbers of people.

The practice has been involved with the National Institute for Health Research since 2016 and has contacted patients about a small number of NHS-accredited studies since that time. Most of these have been co-ordinated by the University of Southampton.

The practice sees a number of benefits of being involved with research. As well as supporting the development of new treatments, patients taking part in studies sometimes have access to tests or information which may help them understand or manage their health better. Currently there are a number of on-line support tools being assessed by national research teams.

We never pass patient information to anyone else. Any communication to patients about research comes from the practice and it is up to each patient to choose whether they wish to express interest in a study. Once the research team knows someone is interested they go through a thorough consent process which is very tightly regulated. Anyone who 'signs up' for a study can change their mind at any time.

Dr Kemp is our practice research lead. During the coming months we may be writing to groups of patients about studies concerning acne, urinary tract infections and back problems. We hope that if we write to you, you will at least consider what the research team is looking for. There is always an option to ask more questions before any commitment is made.

## Feedback for the practice

If you have questions or concerns about your care or the practice operation, please contact us direct – using e-Consult (see our website) for clinical queries or via e-mail ([nhccg.wilsonpractice.co.uk](mailto:nhccg.wilsonpractice.co.uk)) or phone (01420 84676).

We welcome your comments about the practice on the Wilson Practice area of the [nhs.uk](http://nhs.uk) website but we cannot respond to patient-specific issues on that platform.

## HELP YOURSELF TO HEALTH

**April/May: Watch that Weight!**  
Weight management and getting more active



We publish our newsletter to update you on practice issues. It is available in Reception and on our website. It is also e-mailed to patients. If you would prefer not to receive it by e-mail, please send an email with UNSUBSCRIBE in the Subject line to [news.wilsonpractice@nhs.net](mailto:news.wilsonpractice@nhs.net)

## Great healthy weight event



### The Wilson Practice Patient Participation Group is committed to health promotion and prevention.

It manages the very useful Help Yourself to Health stand in Reception, organised Alton Health Fest for many years and arranges the very popular Health Awareness talks in the practice too.

Its latest venture, in early April, was a Saturday drop-in **Healthy Weight Event** open to all-comers in the style of the focussed 'A31 Hub' events that have been taking place at Chawton Park Surgery. It showcased professionals and voluntary groups involved with weight management and activity to offer visitors a 'one-stop advice shop'.

Everyone was very positive about being able to have a relaxed chat and find out more. **WeightWatchers, Walking for Health, Cardiac Rehab's** preventative programme **Staywell, Alton Men's Shed** and **Zumba** and **yoga** leaders all reported interest from visitors. "It was great to be able to 'debunk the myth' about yoga being all about lean bodies and lycra – it is a fantastic, accessible form of exercise for everyone", said local instructor Sue Tupper. Her message was endorsed by Zumba teacher Kate Sadler.

"Getting moving and having fun changes how you think about yourself and the rest of your well-being," added PPG organisers Vernon Burford and Ken Jones. "Different things work for different people. We were keen to highlight that."

**We have put a list of exhibitors, some Top Tips on weight management from the NHS and a link to the NHS 12-week Weight Loss Plan on our Website under 'Latest News.'**

## Text messages do more

As part of the NHS push to make better use of communication technology, we have recently acquired new software to enable the practice to send secure text messages to patients. This enables us to communicate more quickly and avoid playing 'telephone tag' all day.

We obviously need current contact details for this to be effective. Please tell us if you change your mobile number or if you rarely use your mobile and messages like this would not be appropriate for you.

You can check and update numbers we hold for you:

- on-line if you have access to your medical records
- by emailing [nhccg.wilsonpractice@nhs.net](mailto:nhccg.wilsonpractice@nhs.net)
- calling 01420 84676 or asking at reception