

Wilson Practice News

June / July 2017

Practice staff and friends walk to raise money and remember Amy...



On Sunday 14 May more than 50 GPs, staff, retired staff and friends of The Wilson Practice, put their best feet forward for a five-mile circuit of Chawton and Farringdon in memory of Amy, the daughter of Teresa Alexander, one of our receptionists, who sadly passed away last autumn after a 27-year battle against kidney disease.

The walkers (and their dogs!) were treated to refreshments from Cassandra's Cup tea rooms before the off and enjoyed a very social stroll on what proved to be a gloriously sunny day. Thanks to the generosity of the walkers, their friends and of patients, the walk raised an amazing total of more than £1,000! The money is to be shared between the British Kidney Patient Association (newly renamed Kidney Care UK) and the Wessex Renal Unit at Queen Alexandra Hospital in Portsmouth, where Amy was a patient for many years.

...and raise awareness about organ donation

Before the off, Teresa thanked everyone for supporting the walk and spoke very movingly about the difference the additional funds would make for kidney patients and their families, and about the chronic shortage of kidney donors. She urged everyone to consider organ donation after death and highlighted the importance of ensuring that, if you join the organ donor register, your family is aware of your wishes.

You can find out more about organ donation and the two charities here:

www.organdonation.nhs.uk

www.britishkidney-pa.co.uk

www.porthosp.nhs.uk/get-involved/fundraising/fundraising

SKIN CANCER: How to spot it and how to treat it...



Talk by consultant dermatologist

Steve Keohane

Queen Alexandra Hospital, Portsmouth

Waiting Room
Wednesday 21 June
7:00 for 7:15pm

Please register your interest via
wilsonpractice.ppg@gmail.com or call
01420 81989

Practice Newsletter June/July 2017

THE WILSON PRACTICE, Alton Health Centre. t: 01420 84676 e: nhccg.wilsonpractice@nhs.net www.wilsonpractice.co.uk

Why are we asking **WHY?**

In response to increasing pressure on appointments, we have recently made some changes to our booking procedure, to enable us to offer patients a more responsive service.

We have more nurse practitioners on the team, and our GPs have more flexibility in their surgeries, so **our receptionists have been asked to get a brief reason for every appointment booked.**

The entire team is bound by the same rules of confidentiality as doctors. The information helps reception to ensure you are booked with the most appropriate team member and also helps the clinician to consider your needs in advance.

This means you might receive a phone call before your appointment to discuss your concern and start planning your care with you. As a result, it might be possible to resolve your problem without you needing to come to the surgery.

Home visits: a reminder and changes

Reminder: If you, or someone you live with or care for, require a home visit, please make your request as early as possible – and ideally before 10:30am. This enables us to plan the visit schedule most effectively.

Change 1: We now aim to contact patients before making home visits, to discuss whether a visit is the best way to handle your request and so that the clinician comes prepared.

Change 2: In addition to our GPs, we now have Sister Karen Byng on the visit team. Karen has lots of experience working in the community and is a great addition to our team. Part of the reason for the phone call is to ensure Karen attends the most appropriate visits for her skill mix.

SHINGLES JAB – who's eligible?

- ✓ Anyone aged **70 years**, plus those **in their 70s born after 1 Sept 1942** who haven't yet had the jab.
- ✓ Anyone aged **78 years**, plus anyone aged **79 years** who hasn't yet had the jab.

To receive this newsletter and other practice updates by e-mail, simply send an e-mail request to nhccg.wilsonpractice@nhs.net

Men! Why it is important to attend NHS Abdominal Aortic Aneurysm (AAA) screening

A ruptured aneurysm results in a massive internal bleed. The statistics are quite scary...
...in men aged 65 and over:

- ~ 1 in 70 has an AAA
- ~ 3,000 deaths a year result from a ruptured AAA.

But the good news is that you can be screened quickly, painlessly and locally and, if you are found to have an AAA, the NHS will take good care of you.

Men are automatically invited for screening in the year they turn 65. Those older than 65 who have not previously been screened can refer themselves direct for screening by telephoning **01784 884859**.

Our **local clinic locations** are:

Chawton Park Surgery, Alton

Chase Hospital, Bordon

but there are other options too

Hook Surgery

Aldershot Centre for Health

Wilson Practice GPs urge eligible men to get screened. It is quick, non-invasive and **could save your life.**

Text service – puts you in control

Our new text service will automatically send a reminder to your phone a couple of days before your appointment and, if you no longer need it, you can cancel it there and then. Patients are telling us how useful they find this, and we have seen the number of wasted slots drop by a third.

Of course, we need your mobile number to be able to text 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
- calling 01420 84676 or asking at reception

Men's Weight Loss Group

The Men's Weight Loss and Wellbeing Group meets on **Wednesday** evenings at Alton Health Centre.

For more information, please phone **Ken Jones on 01420 542784.**



HELP YOURSELF TO HEALTH

June: Skin cancer

July: Men's Health - Prostate

