

Sherbourne Medical Centre NEWSLETTER

NHS



SHERBOURNE
MEDICAL CENTRE

DECEMBER 2024

Keep well this winter

There are some things you can do to help yourself stay well in winter. This includes getting your flu and COVID-19 vaccinations.

Who's most at risk from cold weather?

Some people are more vulnerable to the effects of cold weather. This includes:

- People aged 65 and older
- Babies and children under the age of 5
- People on a low income (so cannot afford heating)
- People who have a long-term health condition
- People with a disability
- Pregnant women
- People who have a mental health condition

Get advice if you feel unwell

If you're 65 or over, or in one of the other at-risk groups, it's important to get medical help as soon as you feel unwell. You can get help and advice from:

- A pharmacy – pharmacists can give treatment advice for a range of minor illnesses and can tell you if you need to see a doctor.
- Your GP – You may be able to speak to a GP.
- NHS 111 – go to 111.nhs.uk or call 111 if you have an urgent medical problem and you are not sure what to do.

The sooner you get advice, the sooner you're likely to get better.

In an emergency, go to A&E immediately or call 999.

Keep warm!

Keeping warm over the winter months can help prevent colds, flu and more serious health problems such as heart attacks, strokes, pneumonia and depression.

Heat your home to a temperature that's comfortable for you. If you can, this should be at least 18 degrees in the rooms that you regularly use, such as your living room and bedroom. This is particularly important if you have a health condition. It's best to keep your bedroom windows closed at night.

Get your flu and COVID-19 vaccinations

It's important to get your winter flu and COVID-19 vaccinations if you're eligible. Getting vaccinated every year will top up your protection and reduce your risk of getting severe symptoms. You may also be eligible for the RSV and Pneumococcal vaccinations. Ask your GP or Pharmacy today.

Look in on vulnerable neighbours and relatives

Remember that other people, such as older neighbours, friends and family members, may need some extra help over the winter. If you're worried about someone, contact your local council or call the Age UK helpline on **0800 678 1602**



**40 Oxford Street
Leamington Spa
CV32 4RA**

**Tel: 01926 333500
www.sherbourne.nhs.uk**

STAFF UPDATES

Sadly, Tracy one of our Patient Coordinators has now retired after 24 years at the practice. We would like to thank Tracy for her dedication, support and friendship over the years and wish her the very best for the future.

Dr Nawaz is also leaving the practice this month as she has completed her ST1 training. We would like to thank Dr Nawaz for her hard work during her short time with us and look forward to welcoming her back for her ST3 placement.

Dr Shah will be leaving to start her maternity leave later this month and we wish her and her family the very best.

We have four new GP Registrars joining our team in December - Dr Syed Hamad Ali Shah, Dr Jihee Youn, Dr Raeesa Shaz Muhammad and Dr Alex Fisher, and we have also welcomed a new Patient Care Coordinator Michelle-Louise. We are looking forward to working with them all.

SURGERY CLOSURES

The surgery will be closed on:

Wednesday 25th

December

Thursday 26th

December

Wednesday 1st January



PATIENT FEEDBACK SINCE SEPTEMBER



97%



1%



2%

Based on 1309 responses

NUMBER OF CALLS ANSWERED IN LAST

30 DAYS

4,321

AVERAGE QUEUE

TIME IN LAST 30

DAYS

**3 minutes
0 seconds**

RESEARCH

Here at Sherbourne, we have been an active research practice for over 20 years.
We rely solely on our patients volunteering, so please consider taking part.

Research Team:

Dr Zdravko Gechev and Tracey Murphy

Virology Study

Are you currently suffering from flu like symptoms that started less than 10 days ago?

If so, as part of a study by Oxford University to predict the prevalence of respiratory viruses across the UK, you may be eligible to take part in our clinical trial.

If interested, please contact our research team on 01926 333 525 or email research@sherbourne.nhs.uk

Serology Study

If attending the surgery for a blood test you are eligible for this study, and you may be asked for an extra blood sample for research purposes.

Dare-2-Think Study

If you are aged 55-73 diagnosed with Atrial Fibrillation and not currently taking blood thinning medication you could be eligible for this study.

This study looks at early introduction of anticoagulation medication to reduce the risk of stroke, premature death and dementia. The screening for this study is automated.

Eligible subjects will be contacted and invited to participate.

Research and Surveillance Centre

We are the Research and surveillance Centre (RSC) based at the University of Oxford.

We are looking for patients and members of the public to take part in 1-1 or group discussions to help us with planning research investigating vaccinations. We would particularly like to hear from:

- Patients who have Asthma or COPD
- Patients with more than one health condition
- Pregnant women
- People with different views about vaccination, including people who may not want to get vaccinated.

If you take part, you will be reimbursed £25 for 1 hour of your time.

If you are interested in taking part, please email: practiceenquiries@phc.ox.ac.uk

A message from our PPG chair...



Patient Survey. I am pleased to report there was an excellent response to the patient survey. Nearly 1500 people completed the survey following a text message being sent to around 7000 patients. There were also paper copy responses from the waiting room. This is currently being analysed and the PPG will help looking at any free text comments that you have made to see if there are any trends. If there are, we can discuss these on your behalf. The survey gives us an overview of the service at a moment in time.

Join the PPG. Responding to a survey is one way of giving feedback about the service. Another is by joining the PPG. We meet 4 or 5 times a year for about an hour and a half. More details are on the website. I am happy to chat on the phone to anyone who is interested. If you are, contact reception@sherbourne.nhs.uk.

Medicines Management and Sustainability. We have raised this topic with the Integrated Care Board who have indicated they may consider a coordinated campaign at some point in the future. In the meantime please consider what you actually need when ordering repeat prescriptions and do tell the doctor if you stop taking any medication for any reason.

I can report that Superdrug stores with pharmacies such as the one in Leamington do take empty blister packs for recycling as does Aldi in Leamington.

If you would like to join the PPG, please contact reception@sherbourne.nhs.uk

Richard Brooks (PPG Chair)



Merry Christmas and Happy New Year from everyone at Sherbourne!

