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**PATIENT NEWSLETTER**

**PLEASE TAKE ONE**

Website: www.chewmedicalpractice.co.uk

At the heart of the health in the community



**This Issue**

1. **Help us**
2. **Free Prescriptions**
3. **Every mind matters**
4. **Happy Birthday NHS**
5. **Travel Advice**
6. **Young Carers Event**
7. **Self Help**
8. **New staff Members**
9. **Chew PPG**

**Opening Times**

Monday 08:00-18:00

Tuesday 08:00-18:00

Wednesday 08:00-19:30

Thursday 08:00-18:00

Friday 08:00-18:00

Saturday 09:00-12:00

**The main surgery line 01275 332420** is open and answered.

Mon-Fri 08:00-18:00

**Out of hours ring 111**

**Travel Advice**

If you are planning on travelling, you may need some vaccinations or medication. Patients travelling abroad should take some time to consider any potential risks in the areas being visited and ensure to allow enough time before travelling (A minimum of 8 weeks). Some vaccines may need more than one dose.

Chew Medical Practice does not provide a full travel clinic service.  However, we do provide the agreed NHS vaccinations.

For these free vaccines please complete a Travel Risk Assessment form (obtainable through our website or reception) and check your vaccine history using the NHS App or via patient online services, then make an appointment to see a Practice Nurse.

Please read NHS travel advice [www.nhs.uk/conditions/travel-vaccinations/](http://www.nhs.uk/conditions/travel-vaccinations/)

Please check the recommended vaccinations for your destination on a vaccination website for example National Travel Health Network Centre <https://travelhealthpro.org.uk/>

For further advice or non-NHS vaccines you will need to book an appointment with one of the private travel clinics for a consultation to complete a full risk assessment and private vaccines.

For Covid Passes, Covid vaccines or Covid queries relating to travel please call 119 or refer to the NHS APP.



**Are you entitled to free prescriptions?**

Some patients are entitled to free prescriptions based on several different things. These exemptions can come through age, benefits, tax credits, being pregnant or having a baby in the last 12 months, certain medical conditions, low income, receiving a war pension scheme or armed forces compensation scheme.

For a full list of entitled medical conditions please see the NHS website

[**www.nhsbsa.nhs.uk/check**](http://www.nhsbsa.nhs.uk/check)or our practice website

**Help us to help you!**

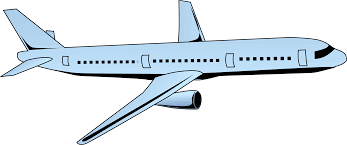
Here at **Chew Medical Practice**, we have a **‘duty doctor’** available between **8am and 6pm** for your **urgent** medical needs.

We are very proud of this service; it provides excellent access for our patients and works brilliantly at delivering urgent support for those who need it most. Please bear in mind that the duty doctor can be very busy and that this service should only be used for urgent problems. Most of our GP appointments are in the morning so the earlier you call the more likely that it is we can arrange an appointment on the same day. We ask that routine problems be booked into our pre-bookable face to face or telephone appointments to allow the ‘duty doctor’ the time they need to deal with those that need urgent, same day, care.

**SUMMER 23**

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**Wonderful Wellness for Young Carers**

Come along to

**The** **Somer Centre in Midsomer Norton, BA3 2UH**

**Thursday 10th August, 11am to 3pm**.

Explore exciting and fun activities to celebrate you!

If you would like further information, please call 01275 404567.

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**New Team members**

We are pleased to welcome:

**Linda Steward**, Linda is our lead nurse and has joined us from a practice in Bristol and has brought lots of new experience to the team.

**Justine De Frates**, Justine is our first contact Practitioner (FCP) she is an experienced physiotherapist who has the advanced skills necessary to assess, diagnose and recommend appropriate treatment or referral for musculoskeletal (MSK) problems on a patient's first contact with healthcare services.

**Kamila Malada**, is our pharmacy technician, supporting our pharmacist to ensure the delivery of safe, effective and efficient systems for repeat prescribing, medicines optimisation, reducing medicines waste and maximising patient outcomes.

**Self Help**

**Our team, like so many other healthcare providers at present, is currently facing significant demand. We are doing our utmost to continue to provide the best service for all our patients with patient and staff safety being our top priority. Our phone lines are extremely busy, and our receptionists are doing the best they can – please be kind.**

**Before calling the surgery, you may want to consider using one of these self-help contacts:**

**Minor injuries unit** Paulton – 8:00 – 20:00 (Last patient entry 19:00)

* Bites – human, animal
* Sprains, strains, cuts and grazes
* Arm, lower leg, and foot injuries
* Minor burns and scalds
* Minor head injuries
* Broken noses and nosebleeds
* Eye problems such as scratches, foreign bodies in the eyes

**NHS Choices -** [www.nhs.uk](http://www.nhs.uk)

**The NHS APP**

* Order repeat prescriptions.
* View results.
* View your GP health record securely.
* Get health advice using the [health A-Z on the NHS website](https://www.nhs.uk/conditions/)
* Find out what to do when in need of help urgently using [NHS 111 online](https://111.nhs.uk/)

**Talking Therapies -** Tel - [01225 675150](tel:01225%20675150) – Support with common mental health problems E.g., Stress, anxiety, and depression.

[www.kooth.com](http://www.kooth.com) - Confidential online support for people aged 11 to 18. Kooth offers **free, safe, and anonymous** wellbeing support and advice. Accessible from any internet enabled device, Kooth is available every day. Their website offers online magazine, discussion boards and many more ways to support young people.

[www.quell.io](http://www.quell.io) – Confidential online support for people age 18+. **Free, safe, and anonymous** wellbeing support and advice.

**The Community Wellbeing Hub** – [www.communitywellbeinghub.co.uk](http://www.communitywellbeinghub.co.uk) 09:00 – 17:00 Monday-Friday Telephone - 0300 247 0050 Committed to providing services that support health and wellbeing needs.

# Would you like to receive this newsletter by email?

If you would like to receive a copy of all our newsletters via email, please go to chewmedicalpractice.co.uk scroll down to the bottom of the home page and click on the ‘Sign up for your newsletter’ button’. Newsletters are also posted on our website.



**Chew Patient Participation Group (PPG)**

We have received an overwhelming response and are so pleased that our patients want to engage with the practice to help us shape the services we deliver. Further information is now being circulated to the interested members and we look forward to working with you over the next coming year. If you would like further information on our PPG, please see our website or ask a member of the team.

For healthcare updates and public meeting information follow ‘Bath and Northeast Somerset CCG’ on Facebook