



<https://shipstonmc.warwickshire.nhs.uk/>

Newsletter No 15: December 2021

COVID update

We are seeing a significant surge locally in positive Covid cases on a daily basis.

It is really important that you take a PCR test if you have symptoms (high temperature (this can be to touch – you don't need to measure your temperature), a new continuous cough, a loss or change to your sense of taste or smell) and self-isolate until you have a negative PCR result.

Many of our patients are inappropriately using a lateral flow as a test when they have symptoms and then being falsely reassured by a negative result - and are therefore not isolating and exposing others. We are seeing many with negative lateral flows who then have a positive PCR.

There is approximately a 40% false negative rate with lateral flow tests and we need to emphasise that they must only be used as a screen in people **without** symptoms.

We are seeing an unprecedented demand on services with a high rate of usual winter viruses, anxiety and depression, which, alongside staff shortages due to illness within the team has led to significant pressures. We do however have a fantastic team who are working hard to continue to deliver high quality care to our patients whilst supporting each other.

We need to balance the demands and needs of the whole community to ensure we prioritise care to those with greatest need and ask patients to consider other sources of care and advice for minor conditions, such as pharmacists and 111, to help us prioritise care to those most in need. We also ask people to be patient with us in these very challenging times.

Following the Prime Minister's announcement on Sunday 12th December we are working hard to increase capacity for Booster jabs. We were

informed of the need to do this at the same time you were, so please bear with us whilst we set up additional clinics. Information about how to book will be coming out in the next few days. Please keep an eye on our social media or ring us on 01608661845 and listen to the message on option 6, which we will update regularly.

Unfortunately we have used our supply of adult flu vaccinations. If you would like a flu vaccination please source from a community pharmacy.

We need everyone to work together to help us all get through this pandemic.

KEEPING WELL OVER CHRISTMAS

Ensure you have enough medication to cover the Christmas period

In the period leading up to Christmas please make sure you have enough regular medication to see you through when the surgery is closed. Do order your medications a few days earlier than normal if you need to. We often receive requests for two or three months' worth of medications over the Christmas period. Unless there is a particular reason why you need to have more than one month's medication at a time, and do tell us if there is, we will routinely issue just one month's worth, in line with NHS policy.

It is also worth making sure your first aid box is stocked with things you might need over the period, such as plasters, paracetamol, indigestion tablets, antiseptic cream and a thermometer.

Over the Christmas & New Year period the practice will be open as follows for appointments:

Wednesday 22nd December 8am until 6.30pm

Thursday 23rd December 8am until 8pm
(Reception is only open until 6.30pm)



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Friday 24th December 8am until 12.30pm

From 12.30pm until 6.30pm on 24th December those needing same day medical care should ring 01926 695947. After 6.30pm call 111.

Dispensary is open 8am – 1pm and 2 – 4pm

Wednesday 29th December 8am until 6.30pm

Thursday 30th December 8am until 8pm
(Reception is only open until 6.30pm)

Friday 31st December 8am until 12.30pm

From 12.30pm until 6.30pm those needing same day medical care should ring 01926 695947. After 6.30pm call 111.

Dispensary is open 8am – 1pm and 2 – 4pm

Saturday/Sunday 1st/2nd January CLOSED

If you find yourself unwell over the Christmas period consider speaking to a local pharmacist who will be able to offer advice on healthy lifestyles and common ailments. Details of the pharmacies open over the Christmas period will be on display in local pharmacies.

Information and advice about managing common ailments can be found on the NHS website at <https://www.nhs.uk/> or you can contact 111 for health advice who will also help you access the Out of Hours GP service if you need to.

Alternatively evening and weekend appointments with the extended access service can be booked via the practice.

Minor Injuries Units are open daily at North Cotswold Hospital in Moreton in Marsh between 8am and 8pm. Please call their triage line prior to attending on 0300 421 7777. Minor injuries can see sprains, simple fractures, minor burns, emergency contraceptives, minor head injuries with no loss of consciousness and minor illness, such as earache, chest infections, skin conditions

and eye conditions such as foreign bodies and conjunctivitis.

If you have urgent medical symptoms, such as crushing chest pain or symptoms of stroke then call 999 for an ambulance or attend A&E.

Message from Dr David Williams

It has been a great privilege to have worked as a GP in Shipston for over 25 years. However, all good things must come to an end and my last working day at the Medical Centre is the 30th December.

With excitement and anticipation I start work on the Isle of Mull, part-time, in early January. I have thoroughly enjoyed, nearly all, my time and had the honour of working with an amazingly dedicated team whose aim has always been to provide the best possible care.

My biggest thanks go to all the patients who have supported and encouraged us through the changing times of General Practice. The past two years have been especially tough for everyone with the pandemic and I thank you all for bearing with us as we've tried our hardest to continue to provide excellent primary care whilst dealing with all that the pandemic has thrown at us whilst at the same time setting up and delivering the vaccine programme, which is ongoing.

I leave the Medical Centre in excellent hands and wish everyone at the Medical Centre all the best for the future and especially hope the new build progresses smoothly and quickly.

My final thanks however go to all my patients - I will miss you and wish you all the best for the future. Happy Christmas to you all.

Dr David Williams

We are compiling a memory book for David. We would like to include patients' thoughts and



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sentiments in that along with photos and any other momentos that seem appropriate. If you wish to send anything for inclusion then please send to:

messagesfordavidsmc@gmail.com

Please note that Dr Williams' patients will automatically be allocated another GP - you don't need to contact the surgery about this.

Staffing update

Dr Helen Shipley has completed her GP training and now is a salaried GP as part of the clinical team. Dr Verity Dunn has also started with us.

Abbi has joined the administration team.

Help with Finances

We have set up a page on our website to provide information about various help that is available - [Shipston Medical Centre \(warwickshire.nhs.uk\)](http://Shipston Medical Centre (warwickshire.nhs.uk))

eConsult changes

16 and 17-year-olds can now use eConsult. They will no longer need a parent or guardian to submit templates on their behalf. This also means that young parents are able to consult on behalf of their child using eConsult.

Sue Pritchard Memorial Challenge

Stour Health & Wellbeing Partnership are adding new activities to their schedule. Keep an eye out on social media for these. Currently advertised activity from 3rd January is:

Activity	Day	Time	Location
Seated Exercise Class	Tuesday	10:00am	Townsend Hall
Working From Home Health Walk	Tuesday	12:00pm	Shipston Town Council
New Age Kurling	Wednesday	2:00pm	Townsend Hall
Board Games Social Afternoon	Friday	2.30pm	The Coach & Horses

For any further information please contact: Juliareeves@everyoneactive.com or call 07514492468. Please don't call the practice.

Shipston Patient Participation Group (PPG)

We (PPG) meet regularly with members of the practice to represent patient views in discussions about the provision of local healthcare services – whether those are delivered in Shipston or further afield.



We really welcome feedback from Shipston Medical Centre patients.

Perhaps you have a question about local healthcare services and don't know who to ask or you have views which you would like to share: **If so, please contact Carole Nossiter, Chair, Shipston PPG on shipstonppg@gmail.com**

Christmas Wishes

The team at Shipston Medical Centre wish our patients and community a very happy and healthy Christmas.