Shipston Medical Centre
Patient Participation Group (PPG)

Website: https://shipstonmc.warwickshire.nhs.uk/
Twitter: https://twitter.com/ShipstonGP
Facebook: https://www.facebook.com/ShipstonMC
Instagram: shipstonmedicalcentrenhs

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SPRING EDITION



STAFFING UPDATE

Abi Coombs (Advanced Clinical Practitioner) has made the difficult decision to leave us and her last working day is expected to be the 2nd June.

Abbi, an administrator has left to start a new job as a SEN teaching assistant.

We wish them both the very best for what comes next.

Dr Richard Levison will be on sabbatical between the 12th May and the 21st July.

KATE'S MIGHTY HIKE FOR MACMILLAN CANCER SUPPORT

A message from Kate in our reception team:
"On the 19th July I will be walking the Cotswold Mighty Hike for Macmillan Cancer Support to raise as much as I can for this amazing charity. Every pound helps. I have set myself a fundraising target of £250 – the amount it costs to fund a nurse for one day. I have started training and am working hard to make sure I complete this challenge. I would really appreciate your support to raise as much as I can for this important charity. Please visit my just giving page to donate. Thank you in advance."
https://www.justgiving.com/fundraising/Kates-mighty-hike-2025

COVID VACCINATIONS – SPRING BOOSTER 2025

Our COVID vaccination clinics for the spring booster are underway! From April the practice began vaccinating those eligible for the COVID spring booster. Patients aged 75 years and older and patients who are immunosuppressed or immunocompromised are eligible for the vaccine this time. More information regarding eligibility and the vaccine can be found here https://www.nhs.uk/vaccinations/COVID-19-vaccine/.

We have sent all eligible patients an invitation either by email, text or letter. We have appointments available including evening and weekend appointments. If you have received an invitation and would like a vaccine, please contact reception on 01608 661845 between 2pm and 5pm and select option 7.

If you think you are eligible and have not been invited please visit our website and submit a 'contact us online' form explaining why you think you are eligible. We will then get the nurses to review your records and advise whether you can have a vaccine or not.





This month the focus for this series turns to…
Sarah Coles – First Contact Practitioner

Another unfamiliar job title! But Sarah quickly explained to me that for patients over 16 with musculoskeletal (MSK) symptoms affecting their neck, back, bones, joints or muscles, her background in physiotherapy and subsequent specialist qualifications allow her to offer expert assessment, advice - and treatment where needed.

Sarah graduated from Coventry University in 2016, with her current working week including two days at Rugby Hospital outpatients department, one day each at Shipston and Meon Medical Centres, and the remaining day at university where she is studying to further develop her skills.

I learned that MSK problems such as neck or lower

back pain, arthritis, strains, ankle sprains and sports injuries are very common, accounting for 30% of all General Practice appointments.

The addition of Sarah to the Shipston Medical Centre (SMC) multidisciplinary team means that people with relevant symptoms can see a MSK specialist straight away without a GP referral – one of the reasons for the 'first contact' in Sarah's job title. The other reason is that within a 30 minute appointment, Sarah has sufficient time to diagnose the problem, what might be causing it, request investigations if necessary, provide advice and agree a management plan all in one consultation.

Investigations may include referral for an X-ray, ultrasound or MRI scan, advice might include education and exercise recommendations, a management plan might, dependent on the diagnosis, include referral for physiotherapy, for orthopaedic, rheumatology, neurosurgery or neurology advice, to a pain clinic, or for specialist podiatry and/or a prescription for painkillers to name but a few.

Expert assessment also has benefits in its own right, helping patients to understand their condition, what they can do to improve it, and feel confident about how far they can safely go with exercise. Patience is also needed! I heard that MSK problems tend to take a while to resolve – for example, a fracture takes four – eight weeks to heal, lower back pain can take a few weeks to a few months, severe ankle sprains, three months or more.

Sarah also mentioned that an important part of the consultation is to help the patient avoid suffering a repeat of the same problem – perhaps through a recommendation to stop smoking, lose some weight or by increasing physical activity levels.

As usual when you are wanting to make an appointment, fill in the on-line triage form (via the NHS App or medical centre website) providing details of the problem. Or, the reception team can also help with this process. The duty doctor, via the triage process, can then invite appropriate patients to make an appointment direct with Sarah.

Just one thing to note: most back pains are not serious – but Sarah advised that if an individual is suffering symptoms such as numbness or tingling in both legs-and/or the genitalia, loss of bladder or bowel control, major weakness in the legs or feet, this requires immediate medical attention. For those living in this area, the advice is to urgently get to A&E at Coventry Hospital – by ambulance if necessary, where neurosurgery specialists are available.

Having spent this time with Sarah, I was struck by how little I understood of her job beforehand. Perhaps not surprising as I have since realised that the First Contact Practitioner role was only introduced to General Practice from around 2018 in response to the increased number of people needing musculoskeletal care, and the need to alleviate the burden on GPs.

Feedback from Sarah's patients underlines the benefits from their point of view: rapid access to a highly trained MSK practitioner means that patients have quicker access to diagnosis and treatment, helping them to manage their condition more effectively and recover faster.
All of which means they can get back to their normal life more quickly too.

Carole Nossiter, Chair, Shipston PPG

PCN CLINICAL DIRECTOR

We are excited to announce that Dr George Naylor has recently been appointed as the new PCN Clinical director for the Dene and Stour Valleys Primary Care Network (PCN).

Dr Naylor will strategically oversee the Primary Care Network which is a collaboration of 3 practices, Shipston Medical Centre, Meon Medical Centre and Hastings House Medical Centre. The aim of the PCN is to offer more personalised, coordinated health and social care for our patients.

SHIPSTON MEDICAL CENTRE

SHIPSTON MEDICAL CENTRE
PATIENT PARTICIPATION GROUP

Meeting for Shipston Medical Centre patients

Tuesday 3rd June 2025 at 7.15pm
Townsend Hall, Sheep Street, Shipston



Working for the Future of our Community

To include information and updates from..
Shipston Medical Centre Partners and PPG
The Stour Health and Wellbeing Partnership
Shipston Home Nursing

Any prior questions? Please contact:
Carole Nossiter, PPG Chair shipstonppg@gmail.com

No need to book – just turn up on the night!

Please save the date for this year's patient meeting - with important updates from the medical centre, patient group, the Stour Health and Wellbeing Partnership and Shipston Home Nursing.

BUILDING NEGOTIATIONS WITH SOUTH WARWICKSHIRE FOUNDATION TRUST

We have been negotiating with SWFT about renting additional clinical space to help address our primary care estates issue at the new EBH site within some of the space we would have originally occupied with the original new build plan. Talks are progressing well and we have agreed a set of Heads of Terms on which a full lease will be based. We hope to be agreed and take possession of the space in the Autumn. We will then be working across both sites (EBH and existing building, but not No 8 Donnington Road). This will allow us space to explore options regarding renovating our existing building.

SURGERY CLOSURES

Staff Meetings

The surgery is closed for staff meetings between 1 and 1.45pm on:

Wednesday 14th May 2025
Wednesday 25th June 2025
Tuesday 29th July 2025

Staff Training

Each month all Warwickshire GP surgeries are closed for one afternoon from 12.30pm for staff training. The next dates are:

Wednesday 21st May 2025
Thursday 12th June 2025

THE DR SUE PRITCHARD MEMORIAL CHALLENGE

This is a huge legacy of the Stour Health and Wellbeing Partnership and supported by the Shipston Medical Centre and community. It has been running free of charge for a number of years. However, as with all good things, this has had to come to an end. The activities are still continuing, with a range of activities, both in Shipston and further afield, however, sadly funding has run out. As a result, these activities are now chargeable. We are a not-for-profit charity, the costs are nominal and designed to cover the cost of the instructor and hall hire. If you would like further information, please visit our website www.shwp.org.uk [shwp.org.uk]

TOY LIBRARY

The Toy Library membership grows month on month, and many families are benefitting from the many toys on offer. We are looking to extend the range of toys on offer so please keep an eye on the website for more options. There is an online booking system in place to pre-order your toys in advance. http://borrow.shwp.org.uk [borrow.shwp.org.uk] [borrow.shwp.org.uk]. There is an initial administration cost for becoming a member of £5 but borrowing is then free of charge for the year. Initially the toys available will be for babies and preschool children. If you would like more information, please email thestourtoylibrary@gmail.com and we hope to see you there.

www.shwp.org.uk [shwp.org.uk]

To find out more, take a look at the website (https://www.shwp.org.uk/) or call 01608 663320 or email admin@shwp.org

COMMUNITY WARM HUBS

The Shipston Community Warm Hub continues to be open each Thursday 10am to 12 noon at the Scout Hut on New Street. You're assured a warm welcome, a good cuppa and biscuits and the chance to make new friends. Keep an eye out for updates in future newsletters on regular events that will be hosted there on a monthly basis. Also why not check out the news page on Stour Health and Wellbeing Partnership's website: https://www.shwp.org.uk/news/ [shwp.org.uk]

Every Thursday Jacqui Close, Social Prescriber from Shipston Medical Centre and a counsellor

from Mind are on hand to assist with any health and wellbeing needs.

1st Thursday of each month there are tools and resources to help people get online. Staff will be able to run through basic digital questions.

1st and 2nd Thursday of each month there will be
cooking sessions with Wendy. Ideally, please book a place the week before.

3rd Thursday of each month the Frailty Nurse from Shipston Medical Centre will be there.

4th Thursday of each month Shipston Home Nursing staff will come to offer bereavement support.

NHS APP

Have you downloaded the NHS App yet? It is a quick, easy and safe way of accessing information about your health, including viewing your health record to see information such as your allergies and medicines. You can also use it to request your repeat prescriptions and nominate a pharmacy where you'd like to collect them; book and manage appointments and view test results. You can download it for free on the App Store or on Google Play.

HAVE YOU HEARD OF HEALTHWATCH WARWICKSHIRE?

Healthwatch Warwickshire is an independent service for everyone who uses health and social care services. Together with their volunteers they help make your voice heard and improve services including GP surgeries, Hospital Services, Social Care Services, Dental Practices and others. Tell them about your experience of local NHS and social care services. This is their webpage https://www.healthwatchwarwickshire.co.uk/ but they can also be contacted on phone - 01926 422 823 and on email - info@healthwatchwarwickshire.co.uk; Instagram - healthwatch_warwickshire and Twitter. - @healthwatchwarw

SHARING THE INFORMATION

If you know of patients who aren't on Facebook do let them know that the newsletter is available for collection from Reception, Dispensary and in the Waiting Room. If they have their medication delivered, they can also ask the delivery driver for a copy.

The newsletter is also published on our website under Patient News, and we alert on Facebook and Twitter when it's published. If you would like the newsletter emailed to you please contact reception.