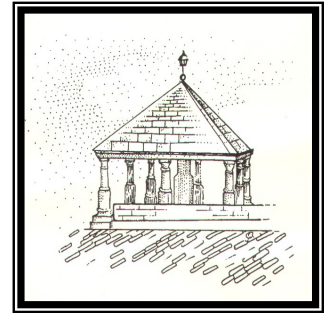


THE ALSTON MEDICAL PRACTICE

NEWSLETTER



Happy Easter

Dr Corlett and the whole team would like to wish you all a very happy Easter

Easter opening hours

Friday 29th March	Closed
Monday 1st April	Closed

If you require medical help that will not wait until we are open please ring 111

In an emergency ring 999

Update from the surgery

We have seen a few changes in the practice over the last three months.

We have new GP—Dr Chris Houghton who will be working every Friday— Dr Houghton is looking forward to working in Alston.

The new GP rota includes:

- ◆ Dr Claire Corlett—works Mondays, Tuesdays and Wednesdays—she also works Fridays as clinical lead for the practice
- ◆ Dr John McCullough—works Mondays and Thursdays
- ◆ Dr Chris Houghton—works Fridays
- ◆ Dr Uche Ifeaka—GP registrar—Mondays, Tuesdays and Thursdays
- ◆ Wendy McManus—Advance Nurse Practitioner—Wednesdays
- ◆ Fiona Clayton—Advanced Nurse Practitioner—Fridays

This will allow our patients continuity if repeat appointments are required

Update from social day unit

Laura Wilkin is our health and wellbeing coach—she has joined the practice to support with the running of the social day unit . As a result of her employment we have been able to extend our service from adult social day unit on Tuesdays and Wednesday to Child/guardian/parent social group.

If you would be interested in attending any of these groups please let us know.

We will be holding our annual Easter raffle again this year to raise funds for these groups

Patient feedback

We would like to thank all of our patients who take the time to complete the online questionnaire sent out after your appointment. We receive the results at the end of each month and review the anonymous replies. We welcome your suggestions and act on them whenever possible for example:

- ◆ If our receptionist is busy on the phone or working on the keyboard we would ask for your patience and do not want you to think you are being ignored. Although there are often two members of staff in reception one of them is working on administration duties, but she will support the receptionist where possible.
- ◆ Alston hospital—we are not able to open the Alston hospital as this is outside of our jurisdiction but we are working on projects of our own to help improve health and social care using rooms in the building
- ◆ Waiting room décor—we are hoping to make improvements
- ◆ Dogs in the waiting room—We will be putting up posters to let patients know we are unable to have dogs in the waiting room— Dogs for the blind and disabled are able to come into the surgery.

We would like to thank you for all the positive comments which are gratefully received by the whole team.

First Contact Physiotherapy

If you ring the surgery and tell the receptionist you have a soft tissue, muscle and or joint pain, you will be offered an appointment with first contact physiotherapy. A digital appointment will be made for you usually within a few days – you will be sent a link via text, which you will click onto ready for your appointment. If you don't have access to the internet a telephone appointment will be arranged.

The role of First Contact Physiotherapists (FCPs) in Primary Care is to assess patients with soft tissue, muscle and joint pain and to decide on the most appropriate management pathway. FCPs are physiotherapists with expertise in the assessment and management of Musculoskeletal (MSK) conditions. They either can give physiotherapy advice or can refer you to the most appropriate service.

Please take the opportunity to use the service as there is a very long waiting time for routine physiotherapy appointments.

COVID spring booster clinics

We will be offering COVID boosters to the following groups as recommended by the joint committee of vaccinations and immunisation

- Over 75's
- Immunosuppressed
- Residents in care home for older adults

We will inform eligible patients when we have more information