



GPS Healthcare

General Practice Solihull

PATIENT NEWSLETTER - WINTER 2021

We hope that you find the information useful and welcome any suggestions for future content

Happy New Year

Happy New Year to all our Patients!!

We would like to take this opportunity to thank you for your continued patience through the Covid-19 pandemic and the adaptations we have made within the practice because of this. We look forward to this year and moving onwards and upwards in 2021!

COVID-19 VACCINE

Please do not contact the practice to ask about COVID-19 vaccination. You will be contacted when you are eligible.

We were asked by NHS England and NHS Improvement to start delivering the COVID-19 vaccination programme in December. This has commenced by working together with other local GP practices (called a Primary Care Network) to provide the vaccines, rather doing vaccinations here at the practice. To enable everyone to get the vaccine in a safe and controlled way, priority groups have been agreed, so the vaccine can be delivered to people who need it first. We will contact you when you are eligible to receive the vaccine and provide you with information about where to go and when.

FLU VACCINES

Flu Vaccines are still available at the surgeries and also available for any patients aged 50+. If you are more prone to the virus, pregnant, a carer, have a long standing health condition or are 50+, get in touch with us today to book.

CERVICAL SCREENING

It is vital to get your cervical smear test to help detect any signs of cancer or other risks. Book in for your smear if you are 25-64 years old with our reception team today.

DRY JANUARY - ALCOHOL AWARENESS

Go alcohol free this month with Alcohol Change UK. There are loads of benefits and you can do it for charity too. Find out more inside.

Wash
Hands



Cover
Face



Make
Space



****It is still essential
to wear a face
covering to your
appointment****

Urgent!

If you have a new cough, temperature or loss of taste and smell, please self-isolate and book a Covid test immediately

PLEASE do not come into the surgery or try to book an appointment without having spoken to the service first. If you can not access the online service please call 111

Minutes from PPG Meetings are available for review on the GPS Healthcare website.

Latest Highlights

Drive Through Flu Clinic

In October 2020 we held a drive through flu clinic in partnership with Solihull College and Solihull Roundtable. We invited patients to have their flu vaccine in a safe drive thru facility. This was a resounding success with the GPS Healthcare team managing to deliver the vaccine to over **2,000** patients in one weekend. We would like to extend a huge thank you to all the team who worked on the drive thru (in a storm!) and to our patients for engaging with this new initiative. Solihull roundtable were an amazing part of this operation supplying the tents, refreshments and helping set up the event alongside Solihull college who provided the space and support! We are very grateful for their contributions and help in making this drive thru a huge success, Thank you all! If you were there please do let us know how you found the experience as we would love to hear your feedback!

New GPS Website

In December our newly formed digital team met with members of the PPG to discuss and review a revamp of our website. We have heard the feedback about our old platform and set out on this endeavour to improve our online services, functionality and navigation. We are delighted to launch our brand new website soon and hope that it proves easier for patients to access and use. If you have any feedback about the website please get in touch with your PPG as we are happy to hear of any improvements to we can make!

PATIENT SURVEY NOW AVAILABLE

The patient survey is now available on our website for you to complete and feedback on our services. Please help us to monitor and improve our services by completing our survey.

You can complete this on Survey Monkey via this link https://www.surveymonkey.co.uk/r/GPS_ptSurvey2020 or complete by hand. On completion please send to contact.gps@nhs.net or drop in the post box at your surgery



Would you like to join our Patient Group?



We would really appreciate new members within our Patient Group to support with improving and sustaining excellent patient care across GPS Healthcare. We have local PPG at our Branches and also a Group PPG. Come join us and help GPS Healthcare to improve our patient services.

Please visit our website for more information!

Make Suggestions

Have your say!

Please provide suggestions on how to improve our services, via your surgery email or the patient survey, information provided above.

Visiting our Surgeries

To enable us to keep our staff safe in order to continue to provide this care we ask that you follow these steps.

- You must wait in your car or outside until the clinician calls you to inform you they are ready
- Wear a face covering at ALL times. If you do not have a face covering unfortunately we will not be able to see you.
- Use the hand gel provided on entering and exiting the building and please wash your hands
- Adhere to social distancing rules with any other patient or member of staff while you are in the building.
- Please be patient. It may take longer than normal for you to be seen. We will see you if you have an appointment and appreciate your understanding through these difficult and complicated times.

Your Care during Covid-19



Flu Vaccines are available for any patients who are 50+ as per the government advice. If you would like to protect yourself from the flu please call our surgeries to book in to the coming clinics

Appointments



Please note that all contact must continue to be telephone first. We are still able to provide a lot of care remotely at this time. You will not be able to access the surgery without an appointment

Covid-19 Vaccinations

What is the vaccination? (Source NHS.uk)

Three vaccines have been approved for use in the UK. All vaccines require 2 doses with the second being administered at least 21 days after the first. They have been approved for use by the MRHA (Medicines and Healthcare products Regulatory Agency) through thorough and rigorous assessment by the MHRA's teams of scientists, including advice from the independent Commission on Human Medicines, which reviewed in depth all the data to ensure the vaccines meet the required standards of safety, quality and effectiveness.

1. Pfizer/BioNTech - Developed in the US and the first to be approved for roll out in the UK.
2. Oxford AstraZeneca - Developed in Oxford, can be stored at a lower temperature.
3. Moderna - Approved in January and the third to be approved

Who can have the vaccination now? (Source Gov.uk)

To enable everyone to get the vaccine in a safe and controlled way, priority groups have been agreed, so the vaccine can be delivered to people who need it first. We are working hard to plan the delivery of COVID-19 vaccinations, while continuing to deliver the largest ever flu vaccine campaign and supporting our patients with routine and urgent health requests. On that basis, we are unable to answer additional questions about the COVID vaccine.

Older adults in care homes, care home workers and frontline health and social care workers are being offered the vaccine first.

Then the vaccine will also be offered in age order to:

- Those aged over 80 years
- Those aged over 75 years
- Those aged over 70 years
- Adults on the NHS shielded patient list
- Those aged over 65 years
- Adults under 65 years with long term conditions.

Those aged 50-64 will be offered it later. Please wait your turn. If you are not in the groups above, you will have to wait for a COVID-19 vaccination until more supplies are available. When more vaccine becomes available, we will be offering it to more people.

If you need more information on the COVID-19 vaccination, please visit:

<http://www.nhs.uk/covidvaccination>

The final decision on who will get the vaccine first will follow advice from the Joint Committee on Vaccination and Immunisation (JCVI)

What is GPS doing?

We will be seeing patients who are most vulnerable first but can confirm that all patients will be offered the vaccine when stocks and clinics are available. We began our vaccination programme of our patients in December 2020 alongside Solihull Healthcare Partnership, we are proud to be amongst the first to deliver the COVID vaccine and to continue to protect our patients.

Since beginning the Vaccination role out in December we are thrilled to have vaccinated over 3500 patients. We are complying with rules set by the Government around priority groups and approved locations.

GPS Healthcare will be in touch when the vaccine is available to each patient. Please do not contact the surgery at this time and rest assured we will be in touch as soon as you are able to be vaccinated.

TEAM CHANGES

DOCTORS

We welcome 2 new associate GPs to our team. Dr Theobald has joined our Clinical team at Park Surgery & Dr Stewart will be based at our Knowle Surgery.

CLINICAL PHARMACISTS

Bilkis has joined our Clinical Pharmacist team at Knowle and will help with patient appointments and medication management.

Who's who?

We have updated our website and site photo boards so please make yourself familiar with the new additions to GPS Healthcare.



TEAM DEVELOPMENT

We are employing 3 new nurses who are dedicated to delivering the Covid Vaccine at the Monkspath site. This will ensure a safe and efficient delivery to all patients, whilst also enabling regular patient care to continue at our surgeries. Our wonderful staff members of the admin and clinical teams are already working hard, alongside Solihull Healthcare Partnership, to get patients vaccinated and we welcome more hands on deck to help us achieve this feat!*

* Please do not contact GPS Healthcare about the vaccine, we will be in touch when you are able to receive your vaccination, until then please be patient. Please see the previous page as to the eligibility list as decided by the Joint Committee on Vaccination and Immunisation (JCVI)



ADMINISTRATION TEAM

We welcome Elaine, Dawn, Emma, Amber & Lyn

**WE WANT
YOU!
APPLY NOW**

GPS Healthcare is looking for talented, enthusiastic employees. Please see our Jobs and Opportunities on our website.
Or send speculative CVs to recruitment.gps@nhs.net

Our Charity Events

Despite the restrictions in the pandemic, we are delighted to share our charity fundraising efforts in the second half of the year. We supported Children in need with a fancy dress day and the duck race Sweepstake and our Charity of the year Breast Cancer Haven with a Christmas Jumper day and quiz!



We raised an amazing **£417.75** through our events at site which saw PJ days, fancy dress and Quackman and Bobbin' fly to victory in the Duck Race!

See the pictures on our Facebook page.



Our Christmas Jumper day and Quiz raised **Over £200**
The team came together with their gorgeous and Gawdy jumpers to donate to our nominated charity of the year!



Dry January

(Source: alcoholchange.org.uk/)

Why Do it?

A month off can have huge benefits to your health, like:

- Lower Blood Pressure
- Lower Cholesterol
- Reduces risk of diabetes
- Reduces levels of cancer related proteins
- Reduced drinking up to 6 months later

How can I take part?

Just sign up via their website and go for it, the decision is yours. Alcohol change have made some useful resources available to help you, you can download the free dry January app to your smart phone or tablet and keep track of your progress. They have also made a

Dry January blog with helpful hints and tips of how to get started and keep going!!

Do it for Charity!

You can get sponsored for your efforts, or donate the funds you saved to your chosen charity; you can add other challenges like runs too. Head to their website to find out more about how you can make a difference and feel great doing it! Alcoholchange.org.uk

Taking part in Dry January is a chance to ditch the hangover, reduce the waistline, boost your energy and save some serious money, while doing your body a lot of good. More importantly, it's a way to reset your relationship with alcohol and drink more healthily all year

Last years participant reports:

88% saved money

71% Slept better

58% Lost weight



Sexual Health

(Source: <https://umbrellahealth.co.uk/>)

Your sexual health is as important as any other part of you. If you have an active sex life whatever you age, gender identity or orientation, it is important to look after yourself and your partner.

Where Can I go?

Umbrella provide free, confidential and non-judgmental sexual health services in Birmingham and Solihull, including all types of contraception and STI testing and treatment. You don't need to see the GP first as they offer their own appointment system and walk-in service.

What Services are on offer?

The Umbrella clinics offer a wide range of services including:

- Free Condoms
- STI Checks and self-sampling
- Abuse help and support
- Contraception services
- HIV Testing
- Pregnancy Advice and Guidance

Their Service finder function on their website can help you find the right information and guidance for your needs.

Who will I be seen by?

There are a range of staff who can help with your sexual health needs. The service has Doctors, Nurses, Consultants and Health advisors on hand to help and guide you. They have various locations across Birmingham and Solihull located in Clinics, Boots and various pharmacies.

Contact Umbrella

Call: 0121 237 5700

Website:

www.umbrellahealth.co.uk



www.solihullactive.co.uk

Tel: 0121 704 8207

Email: solihullactive@solihull.gov.uk



Self Referral by contacting the service
0800 599 9880
info@gatewayfs.org



<https://www.sias-solihull.org.uk/>
Tel: 0121 301 414
Email: enquiries@sias-solihull.org.uk



www.victimsupport.org.uk
Tel: 0300 303 1977
Live chat available:
Available 9am-5pm,
Monday to Friday

Cancer Awareness

(Source: NHS.uk)



Cancer is a condition where cells in a specific part of the body grow and reproduce uncontrollably. The cancerous cells can invade and destroy surrounding healthy tissue, including organs. Cancer sometimes begins in one part of the body before spreading to other areas. This process is known as metastasis. 1 in 2 people will develop some form of cancer during their lifetime. There are more than 200 different types of cancer, and each is diagnosed and treated in a particular way.

SPOT THE SIGNS

Changes to your body's normal processes or unusual, unexplained symptoms can sometimes be an early sign of cancer. Symptoms that need to be checked by a doctor include:

- A lump that suddenly appears on your body
- Unexplained Bleeding
- Changes to your bowel habits

Treatment Type - Chemotherapy

Powerful Cancer killing medicines

How do the medicines work?

They stop cancer cells reproducing, which prevents them from growing and spreading in the body.

When is Chemotherapy used?

This medicine will be used if the cancer has spread or there is a risk of it spreading. It can be used in various ways:

- Curative - Try to cure the cancer
- To make other treatments more effective
- Reduce the risk of cancer returning after alternative treatment
- Palliative - Relieve symptoms if a cure is not possible

Types of Chemotherapy

Intravenous - Given through a vein, normally delivered in hospitals through the hand, arm or chest.

Oral - Given in tablet form. This involves taking a course at home with regular check ups at the hospital.

Treatment Type - Radiotherapy

The controlled use of high energy X-Rays

When is it used?

Radiotherapy may be used in the early stages of cancer or after it has started to spread.

- Curative - Try to cure the cancer
- Combined with other treatments to make them more effective
- Adjuvant - Reduce the risk of cancer returning post surgery
- Palliative - Relieve symptoms if a cure is not possible

Types of Radiotherapy

External radiotherapy - where a machine is used to carefully aim beams of radiation at the cancer

Radiotherapy implants - where small pieces of radioactive metal are (usually temporarily) placed inside your body near the cancer

Radiotherapy injections, capsules or drinks - They are swallowed or injected

Intrabeam radiotherapy - where radiation is delivered directly at the tumour during breast cancer surgery (Not available at NHS hospitals)

What about GPS Patients?

Following diagnosis of cancer, we review patients with new diagnoses. For certain patients, we will refer to the district nurse team and community palliative care team.

We are looking at our 2 week wait referral data and safety netting. We want patients to know when they are expected to have an outpatient appointment, and what to do if they have not heard by this date. We are reviewing referrals internally, to follow-up if patients have not been seen in a 2 week wait clinic following referral. We will provide updates on this as soon as they are available.

CERVICAL SMEARS

Don't forget to book your Smear Test if you are 25-64 years old. Each of our surgeries are offering weekly cervical smear clinics and we have appointments available in our extended access clinics at the weekend. This is your first defence against cervical cancer so do book in for your check up appointment!!

Services at GPS Healthcare

There have been a number of changes in the services we are able to provide at GPS Healthcare. This is partly due to a change within our practises but also within the Birmingham and Solihull CCG.

Below are a list of services we are able to offer at each of our sites

Essential Services	Additional Services
◆ Asthma	◆ Cervical smears
◆ COPD	◆ Contraceptive services
◆ Coronary heart disease	◆ Child health surveillance
◆ Diabetes	◆ Maternity Services
◆ Phlebotomy - Blood Tests	◆ Minor surgery
◆ Cancer Care	◆ Vaccinations and immunisations

South Solihull Hub

Working in conjunction with Solihull Healthcare Partnership, this hub is for any patients with suspected coronavirus symptoms to be seen face to face by a clinician in a safe environment. By providing this site it means our other surgeries are available for routine patients and procedures. The hub will only be accessible via appointment and will only treat patients who have been directed there by their GP. Details for visiting the South Solihull Hub will be sent to patients once their appointment has been confirmed.

Our Friends and Family Test

Available on our webpage!

The Friends and Family Test asks our patients whether they would recommend the care received to someone in of need similar treatment or care.



Patient Accessibility

We aim to meet and support all patient communication needs. After receiving feedback from our dyslexic readers we have changed our newsletter backgrounds to blue in order to better assist them. If you require any assistance with communication please make the practice aware.

Unfortunately due to the spread of Coronavirus we are not able to offer our patient stands at this time. The trusts and organisations, however, are still able to offer support during this time.



Solihull Carers:

Tel: 0121 788 1143

Email: centre@solihullcarers.org



Alzheimer's Society:

Tel: 0333 150 3456

Website: www.alzheimers.org.uk/



Diabetes UK:

Tel: 01902 916444

Email: midlands@diabetes.org.uk



Citizens Advice Solihull:

Tel: 0300 330 9019

Website: www.casb.org.uk/

For more GPSH Information, please visit:

Our Website



Facebook Page



Twitter Feed



Instagram

