

The Gainsborough Practice

Summer 2021



Welcome to our summer newsletter for patients of The Gainsborough Practice.

This newsletter can also be viewed on our practice website at

www.gainsborough-practice.co.uk

The newsletter gives references to where there is additional information for patients. Mostly these references are to online material, and patients can read that material by viewing the online version of the newsletter on our practice website and following the links.

You can also use our website for online services including repeat prescription requests, appointment booking and to view your summary medical record and test results.

Service update

General practice is a critical part of the wider NHS and together, we care for of our residents. Whilst lockdown restrictions are easing, we still need to maintain a covid-secure environment. Because of this, we will continue to assess people remotely before offering a face-to-face appointment to those who may need it.

General practice remains open and continues to provide a range of access types including telephone and face to face appointments. As ever, we need to focus on patients who need us the most, including those with an urgent and on-going health need. We are participating in a new approach to improve access for patients to GP appointments. The aim is to direct patients to the most appropriate healthcare professional, which may be a GP, a nurse, a paramedic, a first contact practitioner or a pharmacist.

If your symptoms could be resolved by a booked consultation with the pharmacist instead of the GP, you will be given a same-day referral to a pharmacy of your choice. We think this is a good thing. Once you see how great your local pharmacist is – they are highly trained and skilled clinicians experienced in treating minor illnesses – we don't think you'll look back. This will also help us to free up GP appointments for people with more complex health needs and ensure that everyone gets treated at the right time, by the right healthcare professional. We are keen to hear what you think and will be listening to your comments and feedback about your experience of using this service.

Staffing news

Lynne Winthrop has joined the reception team. Lynne has many years of experience in reception and front of house work. Lynne has replaced Debra Eshelby who has retired.

Nick Chapman and Scarlett Thorpe are paramedics who have joined the practice as part of the Braccan Health Primary Care Network. Nick will be working Monday and Tuesdays and Scarlett will be here on a Thursday morning and all-day Friday. Both will be running minor illness clinics and supporting the GPs with home visits.

Lucy Kemp is our new first contact practitioner who will be working Fridays and will be seeing patients with musculoskeletal problems, such as joint pain or injury.

Covid vaccination appointments

We continue to encourage any of our patients who are over 18 to have their covid vaccine. Appointments are still available (phone 01344 233300) and currently there is also a walk-in service at the Waitrose site from 8am – 7.30pm.

Local news

We are delighted to announce HealthMakers is returning to Bracknell on the 3rd Thursday of every month. Trained volunteers offer training, advice and a listening ear to people wishing to learn skills to manage their own health and wellbeing. Patients can be supported to access relevant support from the mainstream NHS Talking Therapies services.

HealthMakers is a peer support network provided by the Talking Therapies Berkshire IAPT service, part of Berkshire Healthcare NHS Foundation Trust. For more information or to sign up please contact HealthMakers@berkshire.nhs.uk

Would you like help to reduce your weight?

Public Health England and The Gainsborough Practice are committed to helping those of you who would like to reduce your weight. Covid has highlighted the importance of us all keeping healthy. Please see the following link to see how we could help you, and, if you would like to discuss this more, please contact reception to book in a call.

[digital-weight-management-patient-leaflet-a5.pdf \(england.nhs.uk\)](#)

Patient Group news – looking for people to join our meetings

Our meetings are now online using MS Teams and we would welcome some more patients to participate.

We aim to encourage and support the practice to maintain and develop their services for patients in these changing times. Our group has worked with the practice for many years

Our meetings discuss updates from the practice and developments in local patient services and are informative and patient friendly. You can learn much about how local healthcare services work, and how best to use them.

If you are interested, please contact reception about joining our next meeting (planned for September 21st) - by email to eastberksccg.gainsboroughpractice@nhs.net

We will arrange for you to be contacted by the Patient Group.

Thinking about stopping smoking?

Bracknell Forest Council are able to support you to stop smoking. Please contact their Quitline on 01184492026, text Quit to 66777 or use their app, www.quitwithbella.com

Blood tests - Reminder

Blood tests remain available via Heatherwood via online booking <https://www.fhft.nhs.uk/bloodtestbooking> or call 01753 633000. Alternatively, you can contact reception to book an evening or Saturday am appointment at Boundary House.

Cancer screening invitations

NHS cancer screening services are still being provided and we urge you to continue to take part in bowel, breast and cervical screening if you are invited as this remains a very important part of keeping you well.

Training

Staff training has been reintroduced to ensure we are all up to date and practising effectively in this ever-changing environment. The practice will be therefore shut 1 afternoon each month. Dates of this can be found on our website.