

Abbey Medical Centre Newsletter. Number 1

STELLA MOORE JAN 23, 2023 09:41 AM UTC

NEWSLETTER

We are trialling sending out a Newsletter to all patients and staff at Abbey Medical Centre.

The aim is to both engage with patients and to share information in a different format.

This is the first Newsletter and hopefully more will follow.

Stella Moore Patient Participation Lead at Abbey Medical Centre.

WELL-BEING WALKS

Would you like to get in the habit of walking more?

Could you do with a bit of company?

Are you a bit fed up?

These are all good reasons to come and investigate the well-being walks which leave Abbey Medical Centre every Friday at 12.30pm. Funded by the surgery and run by trained volunteers, we organise two walks each week: a longer (up to 2 miles), brisker walk and a shorter, slower walk, tailored to meet the needs of those who attend. Everyone can enjoy a free cup of tea or coffee and chat in the Kenilworth Centre after the walks.

We're a friendly bunch and you'd be most welcome to join us.

Come and give us a try!

Mary McGrath- organiser.

PATIENT PARTICIPATION GROUP -PPG

Hi Everyone,

I am Chair of the PPG, which comprises of a group of volunteers who meet every 3 months. All GP practices should have a patient group, to ensure that the patient voice is heard. We act as a "critical friend" to support the surgery and to contribute to decision making. We therefore work together with the practice team to provide constructive support and to facilitate change when things are not working so well.

We are proud to have excellent relationships with the surgery staff, and this interaction is vital to improving patient outcomes for us all.

One project set up with the support of Abbey Medical Centre is the very successful Well-being Walks Group. We have also started a Menopause Support Group which meets monthly. Please contact me, Stella Moore, through Abbey Medical Centre if you would like to find out more.



Hello everyone, I'm Charlotte and I am the Team Lead for Social Prescribing and Health and Well-Being Coaching, which are 2 fairly new NHS initiatives. Social Prescribing focuses on addressing the wider determinants of health that affect your well-being. This can be anything from housing issues, unemployment, financial concerns, being an unpaid carer, living with dementia and much more. We spend time with each person, finding out what matters to them and linking them in with services best suited to their needs. Health and Well-Being Coaching is available to support patients in making small, achievable goals. This can be regarding physical activity, diet, motivation, improving your mood and much more.



SURGERY NEWS

"We have been extremely busy over the Christmas and New Year period but our teams have kept the surgery afloat on the tidal wave of demand with a smile, compassion and unwavering care.

We have also recently welcomed several new members of the GP, nursing and reception teams in the last few months which brings our total to 52 staff members including 10 GPs and 7 nurses.

Our very successful vaccination centre at Stoneleigh business park continues to offer Covid and Flu jabs and we have reintroduced NHS Health checks from February. In 2020 we vaccinated 201,000 people! This season, from September 2022, 5668 people were vaccinated against COVID and 5781 received a Flu vaccination. We are looking forward to what 2023 brings and are hoping to build on our fantastic team and service to our Patients."

Ryan Smith- Non- Clinical Partner at Abbey Medical Centre.

TRAINING AFTERNOON CLOSURE DATES

To facilitate staff training, Abbey Medical Centre will be closed during the afternoon on the following days;

THURSDAY 16th February

WEDNESDAY 22nd March

THURSDAY 20th April

WEDNESDAY 10th May

THURSDAY 29th June

WEDNESDAY 20th September

THURSDAY 12th October

WEDNESDAY 22nd November

The surgery will be open as usual in the morning.

Eleanor Bonas, Assistant Manager AMC.

JOIN OUR PATIENT PARTICIPATION GROUP?

We are looking to diversify our group to better represent our patient population.

We would like representation from different ethnic groups, younger age-groups, our LGBT community, patients with disabilities, working parents, carers etc.

We meet 4 times a year and currently that is online.

If you are interested in acting as a "critical friend" to Abbey Medical Centre, please contact the surgery.

Menopause Support Group

This group is facilitated by Deb Saunders, a member of the PPG who has experience in the setting up and running of groups. The initiative has led to the Menopause Support Group meeting regularly since October 2022.

Although attendance has varied, all agree that the group has had a very positive effect on their health, both mental and physical. Nearly every member has gained the confidence to approach the surgery and ask for specific treatment or change of treatment which has led to some spectacular improvements in wellbeing for individuals.

For more information contact

kenilworthandwarwick.socialprescribing@nhs.net

