



**New Forest
Central Medical Group**
SWAY & BROCKENHURST SURGERIES

Staff News

With two of our reception staff now training in their health care assistant roles, the practice has now successfully recruited two new reception team members – Leila and Jessica.

Flu Vaccination Campaign

There is still time to receive your vaccination. If you are eligible please contact the surgery to book an appointment.

Collection for the homeless

The new forest has one of the highest rates of homelessness in the UK and the figure is still rising. Last year, a homeless shelter conducted a report in which they found that 306,000 people were homeless, either living in crammed hostels or shelters. This is more than the population of Newcastle.

A snapshot last year revealed that 4,134 were sleeping rough on one given night.

One of our healthcare assistants **Rosalie Torah** is collecting donations for local homeless shelters and would be grateful for any donations of the following:

Clothes: woolly hats, scarfs, gloves, socks, jumpers, underwear (new), sleeping bags, hand warmers, thermals, blankets.

Food: dried fruits, nuts, crackers, cereal bars, chocolate, water bottles, instant noodles, porridge pots, thermal flasks and mugs.

Hygiene: antibacterial gel (alcohol free), mini shower gels, hair wash, lip balm, toothbrushes and toothpaste, hair brush, wash cloths, deodorant, wet wipes.

Donations can be left at Brockenhurst or Sway Surgery **by Friday 21st December.**

CHRISTMAS 2018 NEWSLETTER

Christmas Opening Hours

Please note both Surgeries will be closed on the following days over the holiday period.

Tuesday 25th December 2018
Wednesday 26th December 2018
Tuesday 1st January 2019

Remember to leave plenty of time to order your repeat prescriptions!

For **urgent** problems when we are closed, telephone **111** (this service is available 24 hours a day for advice and guidance)

General enquires about the practice?

Email:

WHCCG.NFCMG-enquiries@nhs.net

Telephone:

Sway Reception
Tel no: 01590 682617
Brock Reception
Tel no: 01590 622272

Website:

Visit our website for more news and information and details of opening hours

www.newforestmedicalgroup.co.uk





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OTHER NEWS

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Patient Participation Group – who are we?

The PPG is a group of active patients who volunteer to work in partnership with Practice Staff and GPs. Our group meets with the practice staff 4 or 5 times a year and provides a channel for communication between patients and the practice.

Sway residents please note:

There is currently only one representative from Sway on the PPG and five from Brockenhurst so we really need at least one more from Sway. If you live in Sway and are interested or would like to know more please contact Ruth Conway on 01590 683077.

Support for Unpaid Carers

As we all know there are many unpaid carers doing an excellent and demanding job. It is very pleasing that Hampshire Council has recently launched a 5 year strategy to support voluntary carers. Within it are set out a series of commitments for how voluntary organisations will work with carers to support them in their unpaid roles. Carers often don't know about the support that is available to them. The aim is to put carers in touch with local information services and offer training and advice on how to maintain their own health and wellbeing.

Information can be found at www.hants.gov.uk/socialcareandhealth/adultsocialcare/supportforcarers. This support is invaluable, as the Council cabinet member for adult social care and health – Cllr. Liz Fairhurst says:

‘The healthier the carer, the better the quality of care they can offer.’

So if you are such a carer or know of one then please let them know of this support.

On a more local level there is also support available for older patients, from a ‘Care practitioner’ in our practice; our **care navigator** is **Bob Masson**. His role is to offer advice and support to our older patients with regard to non-medical matters, such as care in the home, social and everyday needs and residential care. He will also signpost clients to local agencies for advice on carers’ support. Benefits, mobility aids, local support groups, home security and a range of other needs. Bob is based at Sway surgery and can be contacted via the surgery on 01590 682617 and if he is not available you can leave a message.

And finally on behalf of all the members of the PPG we wish everyone in the New Forest Medical Group a Happy Christmas and a Healthy New Year.

Season's Greetings to our patients from all the staff at New Forest Central Medical Group.