



New Forest Central Medical Group

SWAY & BROCKENHURST SURGERIES

Staff News

We have had some recent changes in our management structure with Naomi Everest returning to her role as Assistant Practice Manager and Dr Ian Fitzsimmons stepping into the new role of Managing Partner.

Our Patient Services Lead has recently left for pastures new and we wish her all the best for the future.

We will also shortly be saying farewell to a member of our nursing team. After several years living and working in the UK, Christy Sampson is emigrating to Australia with her husband in June 2018. We are immensely grateful to Christy for her all her hard work and support while she has been with us, and wish her the very best in the sunnier climes of Australia!

Forthcoming changes in surgery opening times

Please note that from week commencing Monday 30th April we will no longer be alternating Friday afternoon opening between our 2 sites. Brockenhurst will return to opening every Friday afternoon and Sway will be closed every Friday from 1pm.

Hay fever is upon us!

Unfortunately with the improvement of the weather also comes the hay fever season. Symptoms are usually worse between March and September when pollen counts rise, and while there is no cure there are certainly things you can do to treat/reduce symptoms. Visit <https://www.nhs.uk/conditions/hay-fever/#things-you-can-try> for more details. In the first instance, ask your local pharmacist for advice.

Disabled Access at Brockenhurst

Thanks to the efforts of our PPG members who procured the funding, alterations have been made to the entrance of our Brockenhurst site to make it more accessible for wheelchair and walking frame users. This has been achieved by levelling off the slight step as you approach the front door to provide a continuous gradient.

SPRING 2018 NEWSLETTER

May Bank Holiday Opening Hours

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

Monday 7th May 2018
Monday 28th May 2018

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

Booked that long awaited summer holiday abroad?

Don't forget to make a travel appointment to ensure you are up to date with vaccinations and get the latest travel advice.

Please speak to a member of our patient services team for more information.



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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.

If you are interested in the development of the Health Service in the New Forest please contact the surgery by email WHCCG.NewForestCentralMedicalGroup-PPG@nhs.net or contact our secretary Ruth Conway – Tel: 01590 683077 or Email: ruth.conway@hotmail.co.uk

Staying Active

West Hampshire CCG's Walking Works campaign aims to encourage people to be more active, without the need to drastically alter your lifestyle or routine. Regular walking can strengthen your joints, muscles and brain. This can help reduce the risk of falling, dementia, some cancers, depression, heart disease and osteoporosis. For more information about how walking can improve your quality of life and walks in your local area please visit

www.westhampshireccg.nhs.uk/gethampshirewalking

Leaflets also are available in our reception areas.

Looking forward to retirement?

West Hampshire CCG has launched a new 10-part guide aimed at people approaching retirement. The guide highlights the importance of planning for retirement and is split into 10 key areas, such as:

- Keeping in touch with friends and family
- Getting finances in good order
- Staying active
- Being healthy and well.

For more details please visit <https://www.westhampshireccg.nhs.uk/time-of-your-life>

Leaflets are also available in our reception areas.

Dementia Awareness and Advice

Being diagnosed with dementia, or having a family member or friend with dementia can be a very frightening and stressful time. Hampshire County Council has a Dementia Advice Service, provided by the Alzheimer's Society. You can contact them by ringing **02392 892034** or by emailing HampshireDAService@alzheimers.org.uk

Leaflets & the dementia newsletter are available in our reception areas.