

PEACOCK SURGERY NEWSLETTER

JULY 2022 EDITION

Welcome

To our FIRST EDITION of the PICS Peacock
Surgery Newsletter

Inside July's issue	
CQC Inspection	Find out what happened at our recent full inspection
COVID Update	What has changed? Where can you get advice on the current situation?
Patient Participation	We need you! Find out how you can help
Carers	Important information and access to our Carers Champion
Military Veterans	Are you a serving member of our Armed Forces or have you served your country? Then we need to hear from you
Staff Update	Information on your Practice team
Nursing Team	Find out what our Nurse Team are up to – apart from the day job!
Self-Care	How our patients can help themselves and the practice
NHS News	What's happening locally and across the country

Inspected and rated

Good



The CQC Have been to see us and
rated us as Good overall.

Please look at our report



20220526 Peacock
Surgery FINAL Eviden

The staff at the practice have put in
a lot of hard work and effort to
achieve this rating – we hope you
are as proud as we are of this
achievement.

COVID UPDATE



Covid is still around! Practice staff are still being affected by the virus and occasionally we are short staffed because of this. Face masks are available in the practice for anyone attending an appointment.

Remember! Please **DO NOT ATTEND** the practice if you have any covid symptoms unless you have been asked to by a clinician.

Immune suppressed patients are being asked to go for another booster – if it has been at least 3 months since your last booster. You can also get a spring booster. If you have not had any booster doses yet, you can get a spring booster from 3 months after your additional primary dose.

For the most up to date **Foreign Travel Advice** please visit: -

[Foreign travel advice - GOV.UK \(www.gov.uk\)](https://www.gov.uk)

For up-to-date **Health Advice on COVID** please visit: - [NHS UK COVID 19](https://www.nhs.uk/covid-19)



PATIENT PARTICIPATION GROUP AT PEACOCK SURGERY

We are emailing this newsletter out to all patients for whom we have an email address – we hope you don't mind!

We Need You!

From time to time we do need feedback from our patients, and it would be nice to hear from you if you wish to be a part of our **virtual or face to face** Patient Participation Group. Please see terms of reference and more information in the linked document below -



Terms of Reference
September 2019.doc



Are you a Carer?

Is this you ?



If you are looking after someone who couldn't cope without your help, we really would like you to let us know. We can ensure you receive all the support and information we can give. A carer is anyone who cares, unpaid, for a friend or family member who due to illness, disability, a mental health problem or an addiction cannot cope without their support. You are a Young Carer if you are under 18 in this role.

Why do we ask that you tell us about your caring responsibility? You can be added to the practice 'carer register' and gain access to information and support. This includes access to a named Carer Champion.

A Carer Champion is a staff member at your practice who support carers
Gail Harvey is the Practice's Carer Champion at Peacock Healthcare

As a Carer, you are entitled to an annual flu vaccine, a health check and can request a Carers Assessment. Ask in the practice for more information.

More help and advice is available

- Carers can get information, advice and tailored support by contacting the **Nottinghamshire Carers Hub** by calling 0115 824 8824. Lines are open Monday to Friday, 9am until 5pm.

You can speak to an experienced support worker who will provide a personalised service that meets your individual needs. The service is available to all carers and all ages. Alternatively, you can contact them using the following methods:

Web: <https://www.tuvida.org/>

Email: hello@tuvida.org

- Information and support for Carers (including carer's assessments) provided by **Nottinghamshire County Council** can be found at <https://www.nottinghamshire.gov.uk/care/adult-social-care/carers/support-for-carers> or by contacting the Customer Service Centre on 0300 500 8080

Military Veterans



PICS is an Accredited Veteran Friendly Organisation, and we are looking at making all of our practices accredited.

Please make sure that you tell us if you are a serving member of the Armed Forces or if you have previously served in the military

There are many benefits to becoming veteran friendly accredited, which is why 99% of accredited practices recommend the programme.

In working towards becoming an accredited practice, we will also ensure that the NHS is better able to meet the health commitments of the Armed Forces Covenant. This states that the Armed Forces community, including veterans, should face no disadvantage in accessing health services and should receive priority care for military attributable conditions, subject to clinical need.

Our Patient Registration forms have an area within them for Veterans, newly registering with us, to provide us with basic information. If you are already with our practice, please just let us know so we may update our records.

Our Veterans can also access help and support via our Carer Champion, Gail Harvey. [You do not need to be a carer in this instance]. Gail is available Monday to Wednesday.

Staff Update

Dr Abhy	Dr Abhy will be going on Maternity Leave in August. We all wish her the best for the safe arrival of her baby
Dr Sunderji	We are pleased to advise that Dr Sunderji will be staying with us for the foreseeable future. He is working with us to help provide cover for the maternity leave of Dr Sallis and Dr Abhy. Dr Sunderji is available 5 days per week – Monday to Friday
Dr Ameena Khan	Dr Ameena works with us Monday to Wednesday
In other news...	We are working to recruit another Locum GP to work with us on Mondays and we are recruiting for additional Reception Staff.

Nursing Team Developments



We have a nursing team in the practice who all work very hard at the day job. The team is-

- Advanced Nurse Practitioners (Carol, Sharon and Jo)
- Practice Nurses (Karen and Lindsey)
- Health Care Assistants (Julia and Casey).

Did You Know?

- ! Two of our nurses are currently attending University programmes to expand their knowledge and skills.
- ! One is attending a course to update her skills in spirometry – the test we make you breath into if you have breathing problems.
- ! We will also continue to run joint clinics with our Diabetic Nurse Specialist colleagues

A list with some of what our Nursing Team can see and treat can be found on our website. Please visit – www.thepeacockpractice.co.uk



Our website has lots of useful information and links to help our patients.



Going to see your GP should not be the first choice for many minor ailments – all GP surgeries encourage the practice of ‘Self-Care’. By becoming more aware of their own health needs, our patients can help us to help them.

What are we talking about? Self-care is about keeping fit and healthy, understanding when you can do to look after yourself, when a pharmacist can help, and when to get advice from your GP or another health professional.

We want all our patients to know that there are many things we will not prescribe for, following NHS/CCG prescribing guidelines, and patients will be signposted to a chemist or supermarket to purchase medication over the counter’ [OTC]

Patients who have any of the following minor illnesses or symptoms, should be advised that the GP will not prescribe and that they should visit their pharmacist for medication which is available to buy over the counter.

Acute Sore Throat	Cold Sore	Conjunctivitis
Cradle Cap	Haemorrhoids	Infant Colic
Mild Cystitis	Mild Dermatitis	Dandruff
Diarrhoea [Adult only]	Dry or Sore eyes	Earwax
Excessive Sweating	Fungal Nails	Head Lice
Indigestion & Heartburn	Infrequent Constipation	Infrequent Migraine
Insect bites & Stings	Mild Acne	Mild Dry Skin
Sunburn and Sun protection	Mild Hayfever	Minor Burn or Scald
Pain and/or Fever	Mouth Ulcer	Nappy Rash
Oral Thrush	Ringworm or Athletes Foot	Teething or Mild Toothache
Threadworms	Travel Sickness	Upset Stomach
Vaginal Thrush	Warts & Verrucae	



NEWS

NHS in final push to treat longest waiters 27 June 2022

Patients are being offered faster treatment in different parts of the country as part of an NHS 'final push' to virtually eliminate the number waiting two years or more.

The NHS Elective Recovery Plan, published earlier this year, set out how the health service would address COVID-19 backlogs in treatment, initially focusing on the longest waiters.

The number who have waited two years or more in acute hospitals has fallen by 15,000 since a peak of 22,500 in January to 6,700.

People who are still on the waiting list are being asked whether they would be prepared to travel for treatment in the coming weeks.

NHS teams are pulling out all the stops to match them with a different hospital, with travel and accommodation costs available for patients where appropriate.

Well over 400 patients have already said they would be prepared to travel, of which around 140 have been booked in to get their surgery at a different hospital.

The NHS set out ambitions to eliminate two-year waits by the end of July except for those patients who choose to wait longer or patients in highly specialised areas that may require a tailored plan.

NHS staff continue to make progress on COVID-19 backlogs despite the latest monthly figures showing that it was the busiest May for emergency care with 2.2 million A&E attendances and almost 78,000 of the most urgent ambulance call outs.

From weekend clinics to dedicated surgery hubs and ensuring treatment transfers can happen, NHS staff are doing everything possible to bring down long waits for treatment for patients.

LOCAL NHS NEWS LINKS

[Nottinghamshire Healthcare Latest News](#)

[NHS Nottingham and Nottinghamshire CCG NEWS](#)

Nottinghamshire Health Campaign & Services



Your Health Your Way. Nottinghamshire's new Integrated Wellbeing Service funded by Nottinghamshire County Council and delivered by ABL Health. We are here to help all residents of Nottinghamshire (excluding Nottingham city) get more active, eat healthier, manage your weight, drink less alcohol, and stop smoking. We offer realistic and practical support for people to make life long healthy behaviour changes.

Your Health your Way we are committed to supporting you in a realistic and practical way allowing Nottinghamshire residents to make life long healthy changes. Don't take our word for it, this is what some of our current service users have to say,

'The course was absolutely fantastic, very enlightening, I have lost weight and now see food in a different way.'

'My weight this morning is 15st 9lbs, that's 2 and a half stone less than 4 months ago when my weight was 18st 2lbs. It's been a brilliant journey and a big thanks to you, your input has been invaluable, my goal is to lose another 7lbs and then maintain my weight by eating healthy and exercising.'

[Nottinghamshire's Wellbeing Service | Your Health Your Way \(yourhealthnotts.co.uk\)](https://yourhealthnotts.co.uk)

<https://yourhealthnotts.co.uk/>