

News from Holbrook and Shotley Surgery

Training days

There is no training day in January so our next training afternoon will be on Thursday 8th February when we will be shut from 1pm. Please ring 111 for advice if your query cannot wait until the following day. In an emergency, dial 999.

Adult and Community Services and Home First

ACS and Home First will be at Holbrook surgery on Monday 8th January from 1.30 – 4.30pm. If you are over 18 and would like the chance to speak to someone to discuss your situation, perhaps to signpost you to an organisation that can give you help and support, give advice on simple equipment or financial matters, or help with accessing care and support, please book in via reception or drop in on the day.

Community Connector Bus

Launched on 16th November, the Community Connector bus is now operating on a Tuesday and Wednesday at various locations in Holbrook and Shotley from 10am to 2pm. Staff on the bus can connect patients to local community groups and can provide non-medical solutions to issues such as social isolation or loneliness. Personal Action Plans can help you to reach your life goals and the scheme can help support you in this. Each visit will have its own additional focus subject eg diet information, talks about mental health issues, medicine wastage. There will even be Buggy Runs and guided walks for those who want a little more activity. Please support the bus otherwise we may lose this valuable resource on the peninsula. For more information go to <http://suffolkfamilycarers.org/communityconnector/>

Fidget quilts and muffs

Thank you to everyone who has knitted or sewn the fantastic variety of fidget quilts and muffs. These have been well received by patients with dementia and have a positive effect on their wellbeing. We have now sent over 300 to Ipswich Hospital, Suffolk Family Carers and local care homes and will be continuing to support this scheme, so please let us have your completed items. If you would like to start making them but need inspiration please pop in and see our examples in the waiting rooms. There is no specific pattern and you are free to let your imagination rule. They should be lap sized and have at least 6 small items of different textures sewn onto them securely; nothing too big or with sharp edges that could hurt someone's skin. Small zips and buttons can be used to help with dressing skills.

Regular Repeat Prescriptions

If you tend to order the same prescriptions each month and take them regularly, we may be able to offer you our Managed Repeat Service. Once on the scheme you can re-order your prescription items when you collect your medication, thereby saving a trip to the surgery. We will diarise the prescription request and let you know the week that this will be ready to collect in. If you feel this would be of interest, please speak to one of the dispensers at your next visit.

Note that the service is not suitable for patients who have frequent medication changes. Also that if you are late in collecting your prescription please let the dispenser know so we can adjust your diary date as failure to do so may result in you running out of medication.

Julia Smith
Practice Manager
01/12/2017