



Upton Surgery Patient Newsletter

PLEASE GIVE US AS MUCH NOTICE AS POSSIBLE IF YOU NEED TO CANCEL YOUR APPOINTMENT. THIS WILL GIVE US THE OPPORTUNITY TO USE THE TIME FOR OTHER PATIENTS. THANK YOU

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NEW SALARIED GP



We are very please to welcome Dr Ritchie to our team.

She was born in Cheltenham and grew up in Bredon, Worcestershire. After school, she studied Biology in Durham University and worked in a pharmaceutical company for a year as part of this.

She then settled in Worcestershire to complete her graduate entry Medicine Degree at Warwick University, spending time here in Upton as a medical student in 2009 and again in her junior doctor training in 2012.

Since this time she has worked in Malvern and Worcester city. She now lives locally with her husband and three children and is looking forward to working here in a rural general practice where she has many fond memories.

NEW PRACTICE NURSE



We would like to welcome Catherine Senter who has joined our practice nurse team

HOME VISITS

If a home visit is required we would ask all patients to request this



before 10.30am on the day

as after this time it may delay your home visit into the late afternoon.

2. AGE UK FOOTCARE SCHEME



Age UK is offering a basic foot care scheme for anyone over 50 and are unable to undertake this care for themselves .

The service is available monthly here at Upton Surgery on Monday, Thursday and Friday's.

Basic foot care is defined as routine care which a person would normally undertake for themselves, if they are able. This would ensure healthy, hygienic and comfortable feet. This services includes nail filing or simple nail cutting and some skin care.

This does not include the treatment of corns, calluses, ingrowing toenails or any other condition fro which professional help would normally be sought.

If you would like to be referred to this service please ask your GP to complete a form.

The cost of the service is £15.00 per visit.

For further information and appointments on the service available please ring 01684 576655



6. LOANED EQUIPMENT

Would you all be kind enough to check whether you may have one of our blood pressure monitors or nebulisers that were on loan in your cupboard awaiting return to the surgery.



SOCIAL PRESCRIBING SERVICE FOR PERSHORE AND UPTON GP PRACTICES

Age UK Herefordshire & Worcestershire and Age UK Malvern are working in partnership with the Pershore & Upton Neighbourhood Team to provide social, emotional, practical and financial support to patients from the three GP Practices in the locality: Abbotswood Medical Centre, Pershore Medical Practice and Upton Surgery.

Social prescribing has shown to help people explore extra non-medical services that may support them to improve their health, well-being and independence. Social prescribers are working with GP practices to offer information and guidance about the things such as benefits and money, housing information, social events and groups, local activities and services, work and learning opportunities, Healthy eating and exercise.

To access the social prescribing service speak to a member of the reception team or ask during your appointment with GP or other member of the surgery team.

AGE UK INFORMATION AND ADVICE SESSIONS.

These sessions are held at Upton surgery every Monday and Thursday 9am-1pm.

The team support people of pensionable age with sourcing general information of services and activities plus offer benefits advice, completing benefit application forms, Disabled parking badges etc.

To access the service please speak to a member of the surgery's reception team.

PERSHORE AND UPTON NEIGHBOURHOOD TEAM

This service commenced in April 2018 and the service covers 08.30-18.30hrs seven days a week across the locality.

The team is made up of District and Community Nurses, Advanced Nurse Practitioners, Occupational Therapist, Physiotherapist and Healthcare Support Assistants who all provide both short-term intensive support/urgent care alongside planned, skilled nursing care for patients from both Pershore and Upton GP surgeries.

To access the service please speak to a member of the surgery team.

CARERS GROUP



Do you look after someone who is ill, disabled or frail? Do you need time out and some company for yourself? If so, you are not alone - Worcestershire Association of Carers has started a Carers Group in Upton and they meet at the surgery every third Tuesday of the month 10am—12pm

The Group give you the opportunity to:

- Meet with other carers who share and understand your experiences.
- Gain access to support, information and talks to help you as a carer, and have opportunities to voice your concerns.
- Enjoy recreational activities, relaxation and occasional outings, as a break from caring.
- Make friends and chat over tea or coffee.

**For more information call
Maureen Oliver on
07427474776 or our
Helpline on 03000124272**



GOING CASHLESS

The staff at the surgery would like to politely request that:



any payments made in the surgery are done by card payments wherever possible.



We will continue to accept cash payments; however card payments are the preferred payment method due to growing technological advances and banking difficulties due to local branch closures and reduced opening hours.

Our card machine is found at the dispensary counter and accepts Chip and Pin, Contactless, Apple and Android payments.

Many thanks

10. CHRISTMAS QUIZ 2018



Our Christmas Quiz raised **£605**

which has been donated to St Richard's Hospice.

Thank you for your support