



Ash Grove Medical Centre
Tel: 01977 673141 – Appointments & Enquiries
www.ashgrovesurgery.co.uk

Welcome to the Spring issue of our Practice Newsletter. In this Newsletter, we aim to provide patients with up to date news, changes to the services we provide and useful information.

Staff News

We would like to extend a warm welcome to Rebecca Anderson (ACP), Samantha Spencer (receptionist), Chloe Howdle (receptionist) Sophie Dykes (practice nurse), Rachel Watts (practice nurse) and Katy Lawson (HCA) who have recently joined the team at Ash Grove Medical Centre.

We would like to say goodbye and good luck to the following staff members in their new ventures Sarah Kiddie (practice nurse), Emma Lindley (triage), Annemarie Lowe (triage), Clare Hughes (HCA) and Michelle Linsell (practice nurse), Paula Gregory (receptionist), Kim Mills (practice nurse) and Dr Mantle.

Staff Training Days

Please make a note of the dates below when the surgery will close at 12.00pm for staff training. We will close at 12 noon on the day of training and re-open the following day at 8.00am. If you need a doctor in an emergency, please telephone NHS111.

6 April 2022

11 May 2022

15 June 2022

13 July 2022

14 September 2022

12 October 2022

9 November 2022

Track and Trace

You're no longer required by law to stay at home (self-isolate).

The NHS Test and Trace contact tracing service has now closed.

If the NHS Covid-19 app advises you to self-isolate, please update the app to the latest version.

If you do receive a text messages advising you have been in close contact with someone who has tested positive please ignore as this is a "spam" message.

Primary Care Network

GP Practices across England are working together with community mental health, social care, pharmacy, hospital and voluntary services in their local areas in groups of practices known as Primary Care Networks (PCNs).

PCNs build on existing primary care services and enable greater provision of proactive, personalised, coordinated and more integrated health and social care for people close to home. Clinicians describe this as a change from reactively providing appointments to proactively caring for the people and communities they serve.

Each of the 1,250 PCNs across England are based on GP registered patient lists, typically servicing natural communities of between 30,000 to 50,000 people. They are small enough to provide the personal care valued by both people and GPs, but large enough to have impact and economies of scale through better collaboration between GP practices and others in the local health and social care system.

The PCN that we are part of is called Wakefield Health Alliance Central. We work with the three practices that are based in Pontefract (Northgate, Friarwood and Stuart Road).

Throughout the Pandemic we have worked with these practices. Firstly, we set up Stuart Road Surgery as a RED SITE, a place where patients with suspected COVID could be seen safely. Then as the Vaccine Program began to roll out, our PCN joined with two other PCNs (Wakefield Health Alliance North and Five Towns) to work collaboratively from the Civic Centre in Castleford to deliver the vaccines.

Our PCN has employed some staff who will work across the four practices to deliver care across the community –

- Pharmacists and pharmacy technicians who will be undertaking Structured Medication Reviews for all patients to include care home patients and housebound patients. They will also oversee medicine reconciliation post hospital discharge. Adding new medication to repeats from clinic letters. Adding shared care drugs to patients record and any monitoring required. Alternative drug formulations and brands. They can also request BPs, foot checks and bloods.
- Health and Wellbeing Coaches – more information below
- Care Coordinators – Offer support with care home patients at the moment and hopefully will expand to housebound patients in the future. They can undertake bloods, chest auscultation, wounds/dressings, skin checks, UTI diagnosis and management, BP, ECGs and End of Life management
- Physiotherapists – the role of the First Contact Physiotherapists in Primary Care is to assess patients with soft tissue, muscle and joint pain and to decide on the most appropriate management pathway. FCPs are physiotherapists with expertise in the assessment and management of Musculoskeletal (MSK) conditions.

In the short term future, we are looking to employ Mental Health Practitioners and Paramedics to join the team.

Health and Wellbeing Coaches

Did you know we have Health and Wellbeing Coaches working with us?

Do you have a long-term condition, such as Diabetes, High Blood Pressure or Obesity and are willing to adopt behaviour changes?

Would you like support to balance your sleep, physical activity, diet and stress levels?

Referral criteria – we welcome referrals for those patients with long-term lifestyle related health conditions (such as Type 2 Diabetes, Obesity, High Blood Pressure) that, with support are willing and eager to make sustainable healthy behaviour change to improve their own wellbeing.

Health and wellbeing coaches:

- Work with patients over 12 sessions
- Have time to listen to patients with average times of 45 minutes
- Set goals and targets with patients to make sustainable changes to their health and wellbeing
- Encourage patients to self-manage their own long-term health conditions
- Empower patients by increasing their knowledge, skills and confidence
- Utilise motivational interviewing and health coaching techniques
- Work 1 to 1 with patients whilst also offering some group workshops
- Offer telephone or face to face appointments

If you think you would benefit from using this service, you can self-refer by emailing them direct wakccg.healthandwellbeingteam@nhs.net

Night Owls

Night Owls is a confident support line for every child or young person, including neuro-diverse people, who are experiencing a mental health crisis at night. Open 8.00pm – 8.00am every day.

Call – 0800 148 8244

Text - 07984 392700

Chat - wynightowls.org.uk



Leaving a Gap – primary care anti-abuse campaign

On Monday 21 March 2022, the West Yorkshire Health and Care Partnership launched a new primary care campaign called “Leaving a Gap”.

During the COVID-19 pandemic, reports of abuse directed at doctors’ surgery staff and community pharmacy teams across West Yorkshire have soared. In response, the new insight driven campaign has been developed to make people think about consequences of abusive behaviour.

Co-produced with staff and patients, “Leaving a Gap” recognises that services are extremely busy and this can be frustrating for people accessing care. The campaign, however, reminds people about the importance of all round understanding and kindness.

A series of images created as part of the campaign aim to make people think about the gap that will be left if staff leave their role due to abuse. This comes following an unprecedented level of need for advice and appointments in primary care, with many GP practices receiving more than 1,000 telephone calls every day – alongside delivering lifesaving flu and COVID-19 vaccines.



Wear a mask

For everybody's safety, face masks must continue to be worn at all times whilst in our surgery.



Reopening of Eggborough Surgery

We are currently in the process of finishing the revamping of our Eggborough Surgery – please keep an eye on our facebook page for the opening date.

COVID-19 Spring Boosters

We now have appointments available at the Castleford Civic Centre for people aged 75 plus for their spring booster.

We will be contacting you if your last vaccine was six months ago.

You may also receive a test or letter from the NHS inviting you to book your appointment at one the national booking sites. Our closest is Hill Top Pharmacy in Knottingley – we are unable to book appointments here you have to do this yourself.

Grab a job

https://www.wakefieldccg.nhs.uk/wakefield-ccg-news/news?tx_news_pi1%5Baction%5D=detail&tx_news_pi1%5Bcontroller%5D=News&tx_news_pi1%5Bnews%5D=271&cHash=2766a027a34b12e632341de044900d55

GP Care Wakefield – evening and weekend clinics in Wakefield District

If you're unwell and think you need to see a GP out of your GP practice hours the GP Care Wakefield can help. They are the Wakefield-wide GP-led Primary Care service delivering GP extended hours. Call your GP surgery telephone number once your practice is closed and your call will be diverted through to GP Care Wakefield. They also offer out of hours blood tests, smear, wound dressings, review of contraception pill, repeat depo injections, B12 injections. To book any of these appointments, please contact your GP surgery.

