

Queen Camel Medical Centre

NEWSLETTER DECEMBER 2020



Thank you to all our patients for adhering to all the changes we have had to make and for wearing a mask to keep us all safe during this unprecedented time. We are here for you and would ask patients to make requests via the askmyGP system where possible:

<https://my.askmygp.uk/?c=L85044#/intro>

We have had a very successful flu vaccination programme this year, with a very high uptake. We still have a small amount of stock left for patients age 65 and over and we are booking appointments for flu vaccinations for the additional cohort of patients age 50-64. Please contact reception to make an appointment. 01935 850225.

COVID-19 VACCINATIONS

We were delighted to hear that the first Covid-19 vaccination is ready to be rolled out. We are awaiting further guidance about when this will start in Somerset. We are working closely with the other practices in our Primary Care Network (PCN) - Bruton, Castle Cary, Milborne Port, Millbrook and Wincanton and other healthcare providers to plan how we vaccinate eligible patients as quickly as possible.

Most doctors and nurses have already had their first Covid-19 vaccinations, apart from a slightly sore arm, there have been no side effects.



GP WORKING DAYS AT QCMC

Our doctors are usually available on the following days.

Outside of these days, doctors also work in other parts of the health service.



bergen.com

Doctor	Days of the Week
Dr Simon Huins	Monday / Tuesday / Thursday
Dr Dan Edmonds	Wednesday / Thursday / Friday
Dr Helen Huins	Wednesday / Thursday
Dr Gareth Jones	Monday / Thursday / Friday
Dr Ed Jones	Monday / Tuesday / Thursday
Dr Tamsin Glasgow	Monday / Wednesday AM
Dr Emma Sellar	Tuesday / Friday

APPOINTMENTS

We introduced askmyGP to give patients a simple and fast way of contacting the surgery. The service is available to patients from 6am - 5pm, Monday – Friday.

<https://my.askmygp.uk/?c=L85044#/intro>

For urgent requests after 5pm please call the surgery on 01935 850225.

If you have online access, we ask that you contact us via askmyGP to leave the phone lines clear for patients who don't have internet access. We have safe procedures in place for patients to be seen face to face if needed.



GREEN IMPACT FOR HEALTH



We are delighted to be signed up to the Green Impact for Health Toolkit and are actively taking steps to reduce our carbon footprint.

The climate emergency is also a health emergency, and health care in the UK contributes 5.4% of the UK's carbon emissions.

We need to enhance the health of our current population without compromising the health of future generations, and this means operating within the sustainable boundaries of the planet.

Fortunately most of the solutions for the planet also make our health better – for example eating a mainly plant-based diet, engaging in active travel and exercise in nature, avoiding smoking, reducing pollution etc. – all enhance our health and reduce our need for medications, with further benefits to the NHS, your health and the carbon footprint of healthcare.

Take a look at www.greenerpractice.co.uk to learn more about this.



STAFF UPDATE

Dr Ed Jones, our new GP Partner, joined us in September 2020.

Chloe, our Advanced Nurse Practitioner completed her training with distinction in the summer. She is now able to prescribe medication for patients.

Dr Harriet Quast will sadly be leaving us at the end of the year and we wish her all the best in the future.

Dr Emma Sellar will be returning in January, Dr Ghantan Palanisamy our GP Registrar, will be with us until the summer of 2021 completing his GP training.

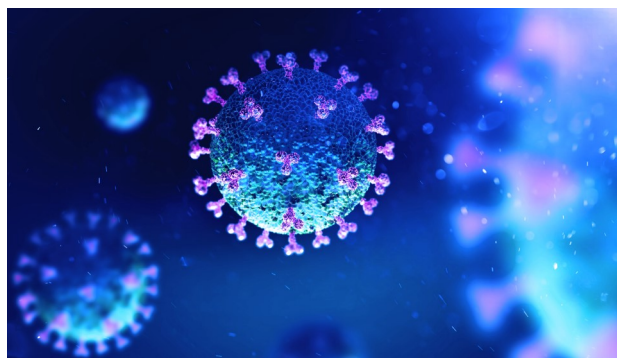


JOIN A COVID-19 CLINICAL TRIAL

The PRINCIPLE trial aims to find treatments that reduce hospital admission and improve symptoms for people with COVID-19. You could be eligible to join if

You have had these symptoms for fewer than 15 days:

- a continuous new or worsening cough
- and/or a high temperature
- OR have a positive test for SARS-Co-V2 infection with COVID-19 symptoms in the past 14 days
 - o You are aged 50 to 64 with a pre-existing illness
 - o You are aged 65 and above



Find out more PRINCIPLE Patient Recruitment at www.principletrial.org

Contact Chloe Edmonds, Advanced Nurse Practitioner – somccg.qcmc@nhs.net

GERM DEFENCE – ADVICE FOR PATIENTS TO AVOID COVID-19 INFECTIONS

We are letting you know about a very useful website called Germ Defence which was created by a team of doctors and scientists to give you advice that has been proven to reduce the spread of viruses in the home. It can help you plan how to protect yourself and members of your family from infection by COVID-19 and 'flu.

It's easy to use and only takes 10 minutes – just follow this link: www.germdefence.org/index.html?src=L85044

If you'd like to know more:

Over 20,000 people previously took part in research about Germ Defence

People who followed the advice in Germ Defence had fewer and less severe illnesses – and so did the people they lived with

Results of the study were published in The Lancet medical journal

Germ Defence has been updated with COVID-19 advice to help prevent a wave of COVID-19 and 'flu this Autumn/Winter.

Information about how the Germ Defence website is being evaluated is available here:

www.bristol.ac.uk/primaryhealthcare/researchthemes/roll-out-of-germ-defence-website/



HEALTH COACHES

The Health Coaches are Marie, Trudi and Angela and they all bring different skills and knowledge to the role.

They are a non-clinical part of an extended healthcare team working closely with the GP's and Nurses at the surgery and are a trusted point of contact for you. The Health Coaches can support families and their carers living with long term medical conditions such as Diabetes, Cancer and Dementia by listening to you and helping you set goals to support lifestyle changes.

They can signpost you to local community groups and services right through to the NHS Responders and have worked hard throughout the Covid19 pandemic to make sure all of our patients are offered the support they need.

They will continue to support you all, if you would like to speak to one of our Health Coaches please ring reception on 01935 850225.

FLEXERCISE

Health Coaches Trudi and Angela are looking forward to welcoming you to an on-line Zoom Flexercise Group. The aim of Flexercise is to promote mental health and well-being through regular chair based activity.

This exercise class is open to anyone and we **will be running these on a Tuesday afternoon between 2.30 and 3pm.**

If you are interested in joining us please ring reception on **01935 850225** and ask to speak to one of the Health Coaches to register your interest. A taster session can be found on our website



ACTIVE WORKPLACE AND QUEEN CAMEL HEALTH WALK

Monday 2pm for patients only



Join us for walks in and around Queen Camel and the surrounding villages.

Walks will last around 30 to 45 minutes.

For more information contact:

Marie Field

marie.field@nhs.net

01935 850225

www.southsomerset.gov.uk/healthwalks

Somerset Health Walks

#MOVEMORE

We are taking part in the Somerset Activity and Sports Partnership (SASP) Active Workplace with lots of activities to get involved with, keep an eye on our website for the latest information. "It's important that we take care of our physical and mental wellbeing during these times, physical activity is still one of the best ways of doing this, in ways that work for you." For more information look on the SASP website: www.sasp.co.uk