



Mann Cottage Surgery

Patient News

Green Impact

SILVER AWARD

Delivered by Students Organising for Sustainability - UK

THANK YOU!

Look at that blue sky!



Thank you so very much for all the wonderful treats, sweets, and other festive fare that you spoiled our team with at Christmas. We are truly grateful! Love and best wishes from Team Mann Cottage.

As much as we love eating, we often overdo it and feel a little sluggish, so you may see the team out and about around 1 o'clock each day as we undertake our '**Mann Cottage March**'! It is our new daily jaunt around the hospital and back to help us stretch our legs and get fresh air in our lungs. Very refreshing and good for the body and soul! Just a 5-minute walk can do wonders during a busy day, give it a try it too!

Sustainability in Primary Care

We are sustainability conscious practice. What this means is that when we have an opportunity to make small changes to become more sustainable, we do. Last year we gained a silver award from 'Green Impact for Health' for undertaking various tasks like reducing certain waste, reviewing our carbon footprint, and pledging to make innovative actions in the future.

We recently asked for, and were awarded, some fruit trees from the NHS Forest so we can start a community orchard and they were planted last week!

We hope to start a vegetable garden soon. If you have any old plant pots, garden tools or seed packets you no longer need, we will welcome them. If you are particularly green fingered and have time to spare, we would love to hear from you too. Please ask to speak to Kris, our practice manager if you would like to get involved.

Huge thank you to Stephen and Jeremy from Hillscapes for planting our trees!



What is the best way for you to contact us?

If you are contacting us because you are unwell and you need an appointment it is **ALWAYS** best for you to **phone us**.

However, if you would like to make contact to

- Give Reception information.
- Give information to your GP.
- Give information to a nurse.
- Ask any of the Mann Cottage team a non-urgent question.

You can visit our website and complete a query form. These are processed daily; however, you may not receive a response the same day.

Go to - <https://moretondoctors.nhs.uk/services/managing-your-health-online/online-forms/>

Just a reminder to **THINK CARE!**

Condition	The Receptionist will ask you a few questions regarding the problem you are calling about.
Assessment	The Receptionist will need your help to assess the timeframe in which you will need to be seen for a safe outcome.
Referral	The Receptionist with your help, will decide which healthcare professional you need to see.
Examination	The Receptionist will book your appointment with the most appropriate clinician for your problem.

Clinical Pharmacy – What is it?

Clinical Pharmacy is a branch of pharmacy in which Clinical Pharmacists provide direct patient care that optimises the use of medication and promotes health, wellness, and disease prevention.

Focus on

Steph

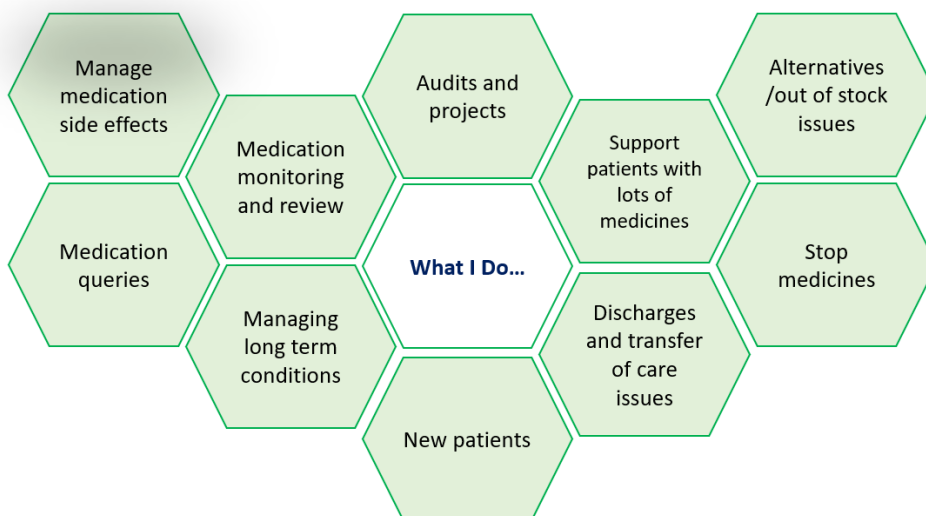
Clinical Pharmacist



'Hello! I am one the Clinical Pharmacists at Mann Cottage, as well as working alongside our Frailty Team within the North Cotswolds. I have been with the team for almost 3 years and have had the pleasure of meeting many of you during this time. Before joining Mann Cottage, I spent several years as a Hospital Clinical Pharmacist working across both medicine and surgery. Ironically, my favourite thing of all is stopping medicines when they are no longer needed or if they are causing problems.'

'But what do I do.....?'

Clinical pharmacists work as part of the general practice team to directly improve patient care and safety by helping you get the most from your medicines. We have lots of roles, all medicines related, but do not hand out medicines; this tends to be the role of our Dispensary Team or local Community Pharmacist colleagues. We also do not see acutely unwell people who are better managed by other colleagues within the team. Below is a diagram of a few of the things I do day to day'.



'Over the next year I am looking forward to getting to know more of you and supporting you to stop certain medicines, where appropriate, and to help you manage the challenges that taking long or short-term medicines can bring'.

Next issue – Group consultations, 'Focus on' team member, Online access- the many benefits!