

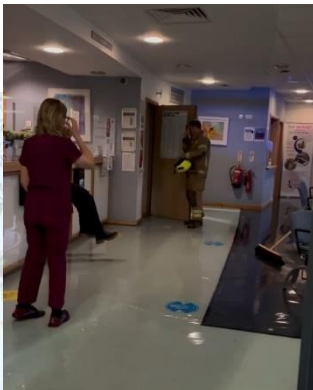


# Patient News

## Mad March

Who would have thought that March would turn out to be so mad?! As many of you know we had a flood in the surgery on Thursday 6<sup>th</sup> March, due to a fault with our main water pipe. We are so very grateful to the local services who helped that evening and have helped in the following weeks to keep us operational and able to continue seeing patients.

Thank you to all our patients for your kindness and support while we have been using the corridors as waiting space. We hope that we will have the waiting room recarpeted by mid-May and we can all get back to normal!



## Research in Primary Care

Mann Cottage Surgery is a single site research practice, which means that we are partnered with the NIHR (National Institute for Health and care Research) and the RRDN (Regional Research Delivery Network) to register interest in research studies that are looking to recruit patients.

Dr Bobrow is our lead GP for research and is assisted by Jill one of our admin team.

Past studies include - **Self Frax** a study about risk of fractures, **SAFER** a study about Atrial Fibrillation screening and **HipDys** a study about hip Dysplasia.

We are currently engaging with patients for a study called **Optimise2** which is looking at blood pressure of a specific age group and stopping certain medication.

Our patients that have taken part in studies have fed back that it has been a positive experience for them. Most studies are targeted at specific patient groups, so there may come a time when you are invited to take part. It is entirely your decision if you would like to take part and it will not affect your care if you decide you do not want to.

If you would like more information about The NIHR and RRDN please visit

<https://www.nihr.ac.uk/support-and-services/support-for-delivering-research/research-delivery-network>

### THINK CARE!

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

*The month of March has just blown in to say that spring will soon begin. March roars like a lion, with a bluster and a slam and then tiptoes out gently like a quiet little Lamb.*

## Social Prescribing – What is it?

Social prescribing is an all-age, whole population approach that works particularly well for people who:

- have one or more long term conditions.
- who need support with low level mental health issues.
- who are lonely or isolated.
- who have complex social needs which affect their wellbeing.

Social prescribing link workers work with individuals and look to connect them with activities, groups and support that will improve their health and wellbeing.

## Focus on Social Prescribing Link Workers

We are very fortunate that our patients have access to support from two Social Prescribing link Workers, via our Primary Care Network.



I'm Karen and I work with 8–24-year-olds.

The service is free and is designed to help if are experiencing issues that are affecting your health and wellbeing. Through extended conversations, we can explore *what matters* to you. We explore aspects of your life, focusing on what is going well and celebrating the strengths and exploring the challenges. *The focus is on YOU.* Together we will co-produce a plan of action and talk about goal setting, focused on what you would like to achieve. I provide a safe space and time to talk, where you can feel listened to. I may be able to guide with low level mental health issues like anxiety and low mood or signpost to services that may be of help. Together, we can collate a toolkit of coping mechanisms, to help to manage life's challenges.

I am Jo and I work with people aged 18 and over.

I am passionate about helping people reconnect socially, to improve their health, well-being, and overall quality of life.

Want to chat with me? Join me at the Moreton North Cotswolds Community Information & Services Hub – held on the first Monday of each month from 10:30 am – 12:30 pm at Jameson Court Community Room, Moreton-in-Marsh, GL56 0EW.



**If you think you or someone you know may benefit from meeting with one of the Social Prescribing Link workers, please speak to our receptionists and we can make a referral to the service for you.**

## PSA testing

A PSA test checks the level of prostate specific antigen (PSA) in your blood. High levels may be a sign of a prostate condition. Testing may be recommended if you have symptoms, such as:

- peeing more than usual, having a sudden urge to pee or getting up often in the night to pee.
- blood in your pee.
- problems getting or keeping an erection.

These symptoms can be caused by prostate cancer and finding it early may mean it's easier to treat. Routine PSA testing is not offered on the NHS. If you're having treatment for a prostate condition, you may be offered regular PSA tests to check how the treatment is working.

If you experience any of the symptoms mentioned above, please request an appointment to discuss them with your GP.

**Next issue** – Life as a training practice, specialised clinic appointments, 'Focus on' team member.

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