



SPRING 2017

**Patient Access, sign up now!**

Have you set up your account yet? You can request repeat medication, book a GP phone call and more. The app can be used on your phone, tablet or computer, please ask at Reception for more information or to sign up.

**Men's Health Event well received**

On the 11/2/17 we held a joint health promotion event with Horndean & Grange surgeries. The feedback was wonderful with lots of questions being asked on the day. Look out for our next event after the summer.

Blood Donation

The Blood Donations team are coming to Petersfield on the 29th Mar 2017 at the Festival Hall, there are walk in slots and appointment bookings available, please visit www.blood.co.uk for full information.

**Merger update:**

Only a few weeks to go before our merge with Liphook Village Surgery, which will happen in April.

Key reasons and benefits of the merger are:

- Improved resilience of NHS services in the locality
- Patients will have access to extended hours on Saturdays, early mornings and evening surgeries, in addition to greater access to acute, planned and preventative care
- Patients will have greater choice of GP as the merger will mean there are 10 Partners (6 male and 4 female) as well as 5 salaried GPs (1 male and 4 female) offering good choice for patients
- Patients will have improved access to a highly skilled nursing team
- Improved IT systems and telephony supporting a more efficient organisation



To remind patients we have an information leaflet which explains in full about the reasons why and the key benefits for patients going forwards and also our 'Patient FAQs' document which can help with any queries you may have, these can both be found on our website and copies are available in our waiting room.

Anyone wishing to raise any concerns can write to or email Emily Spalding, Practice Business Manager, email: sehccg.swansurgery@nhs.net, or via the telephone on 01730 264011.

Fundraising update—**Making wishes come true**

I am now coming to the end of my year of events to make money for 'Make a wish foundation' & 'Tom Prince Cancer Trust'.

I raised £135 on a very successful Christmas raffle at the surgery. We had lots of lovely prizes.

I also did a bucket collection in Rams Walk in December & January.

Last Friday I raised £160.50 on the most successful cake stall of the 3 that I have held so far.

I am now going to add up all money up to see what the grand total is, I will let you all know the total raised for the whole year in the next newsletter.

I would like to thank everyone who donated cakes last week & for all the help given to me during the past 12 months, its been amazing!

Nurse Fiona Scott



Nurses Uncut — Jane Egerton

I'm originally from Surrey where I was brought up and educated before moving to London to do my nurse training at University College Hospital. Petersfield came into my life when in 1980 I drove south down the old London Road with my then fiancé heading towards Portsmouth where he was relocating to his first proper job as a graduate and where I was planning to work at Queen Alexandra hospital. We were on a mission to find accommodation as we were planning on making our lives together in the area. After a short period working on the Intensive Therapy Unit at QAH I moved to St Marys Hospital Portsmouth to do my Midwifery training. I then put this into practice and had a career break to have my own family.



This break was curtailed when I was offered a job as a practice nurse in a local GP surgery where I spent nearly 20 years increasing my skills in long term conditions amongst other things. During this time I was offered the opportunity of a years' secondment to the Diabetes Centre at QAH. Working with the dynamic team of nurses and consultants, including Sue Cradock, also now here at Swan, reignited my long term interest in diabetes and initiated a gradual change in career focus with less time devoted to Practice nursing and more time spent on Diabetes.

In 2007 I completed the transition and became a full time Diabetes Specialist Nurse. I set up and established the Community Diabetes Team within East Hampshire and Fareham and Gosport initially with a visionary GP and one other nurse and then with the hospital Diabetes consultants and an increased nurse team. This service has won several local and national awards for the support it provides to patients, GP's and other health professionals.

When I was contacted by the Practice Manager at Swan suggesting a new role looking at joining up the running of multiple long term condition clinics I realised I was ready for a new challenge. So at the beginning of November I started working at the Swan surgery and immediately realised that I am part of another enthusiastic forward thinking team. I am still finding my feet and will have to brush up on some areas, but am looking forward to this and working with old and new colleagues to move this service forward and look forward to meeting patients and hope they will experience the benefits.



'Lions' Message in a Bottle—Have you got the bottle?

Lions Message in a Bottle is a simple but effective way to keep essential medical details where they can be found in an emergency—the fridge It saves time and it saves lives! This lifesaving initiative is supported by Paramedics, Police, Firefighters and Social services. They know to look in the fridge when they see the stickers. Please collect your free bottle from the basket in Reception.



NHS Health Check

If you're in the 40-74 age group without a pre-existing condition, you are entitled to a free NHS Health Check every five years.

It can tell you whether you're at higher risk of getting certain health problems like Diabetes, Stroke & Heart Disease.

It can detect potential health problems before they do real damage and provide advice on what to look out for.

To book please speak to Reception.



Winton house 'Regular activities in Petersfield'

Winton House have a schedule of activities that take place in and around Petersfield. It is specifically aimed at older people looking to meet others or requiring support or information. This schedule is regularly updated and the most current version available to view at: www.wintonhousecentre.org.uk



AMAZING MEDICAL FACTS

- We are about 70% water
- When you blush, your stomach lining also reddens
- The life span of a taste bud is ten days
- Children grow faster in the springtime

