

Newsletter Summer 2022



Your GPs are:

PARTNERS:

Dr Rachel Warrington

Dr Richard Gillings

Dr Sarah Wigmore

Dr Kate Rawling

Dr Carrie Saunders

Dr Jillian Drury

SALARIED GP's:

Dr Hilma Starostina

Dr Helen McGeown

PRACTICE MANAGER:

Cara Fynn

**SURGERY OPENING
TIMES**

8.00am—6.30pm

Both telephone calls and face to face appointments are available

Contact Us:

Tel: 01179 493988

324-326 Wells Road

Knowle

BRISTOL BS4 2QJ

Email:

bnssg.priory.surgery@nhs.net

Or visit our website

www.priorysurgerybristol.co.uk

Or you can find us on Facebook

Face Masks

Current guidance from NHS England and NHS Improvement is that patients who enter general practices in England no longer have to wear a face mask unless they have respiratory symptoms. However, the updated guidance also underlines the importance of local risk assessments and says that increased measures can be used when deemed necessary. We would therefore politely ask that where possible, face masks are worn when visiting the surgery.

Thank you for your co-operation in helping to keep both staff and patients safe.


Flu Vaccinations

Flu Season is nearly upon us. Our Flu clinics will be held in October and we will shortly be notifying of you of how these can be booked. If you are eligible for an NHS flu jab you will have been notified by letter or text.

If you are pregnant, over 65 years of age, have long term condition such as asthma, COPD, diabetes, heart disease; are very overweight; a carer; you will be eligible.



Difference between heat exhaustion and heatstroke

Temperatures are on the rise again, with another possible heatwave on the way. 

But would you be able to tell the difference between heat exhaustion and heatstroke?

Here's how to spot the signs:



<https://www.nhs.uk/conditions/heat-exhaustion-heatstroke/>

Newsletter Summer 2022

Can I take my medicines abroad?



If you are planning to travel overseas this summer and you need to take medicines with you, you should check if there are any restrictions before you go. Medicines that are prescribed or can be bought over the counter in the UK, can be restricted or banned in other countries. More advice here: [Can I take my medicine abroad? - NHS \(www.nhs.uk\)](https://www.nhs.uk/healthcare/medicines/medicines-abroad/)

Support for Domestic Violence



Staff at Priory are trained about domestic abuse and specialist workers are available to support you. Your practice is an 'IRIS' practice. You can talk to doctors, nurses and other staff working here if you are being hurt or controlled by your current or ex-partner, are afraid of someone at home or a member of your family. You can also contact Next Link and ask to speak to the IRIS worker, 'IRIS Advocate Educator'.

<https://nextlinkhousing.co.uk/>

Priory Surgery's Patient Participation Group



The PPG (Patient Participation Group) is not just another acronym. It's a group made up of your Priory Surgery patients who meet with Priory Surgery staff and represent you in discussions and decisions about what changes are made -- and why -- in the delivery of your care. Membership in the group is on a volunteer basis, so if you wish to become part of this group and learn about and contribute to how Priory Surgery works for you, then please email: bnssg.priory.surgery@nhs.net

Volunteer Services



Our Priory Surgery Volunteer Group has now been active for several years. We have six or seven volunteers who are currently helping a number of patients with either transport to surgery/hospital appointments or with befriending visits. There are more patients asking for help from the group but we are short of volunteers, particularly drivers.

Can you help? - We'd like to help more patients but we need more volunteers if we are to increase availability. If you could spare some time to help others, please consider becoming a volunteer. Talk to our Reception Team if you would like more information.

Have your Say!



A big conversation with people in Bristol, North Somerset and South Gloucestershire:

What keeps you happy, healthy and well? That's the question being asked by the Integrated Care System (ICS) for Bristol, North Somerset and South Gloucestershire - <https://bnssg.icb.nhs.uk/.../the-integrated-care-system.../>

As part of a wide-ranging engagement exercise to shape local health and care priorities for the next two, five, 10 and 20 years.

We know that being healthy isn't just about healthcare. It's about all the factors that contribute to wellbeing. Integrated Care Systems are the opportunity to get this right, and really invest in what people need to stay happy, healthy and well. That's why we're running a large-scale public engagement exercise as a whole system – we want to know what matters most to local people, so that our plans reflect their views.

This summer have your say on what's important to your health. For some it's access to green spaces, for others it's about activities in the local community or how to travel to work. Join the conversation this summer online or in person and you could win £125 worth of high-street vouchers!
Find out more at <https://bnssghealthiertogether.org.uk/haveyoursay/>