



SUMMER 2021

# HARTBEAT

Newsletter of The Hart Surgery, Henley-on-Thames



## FORWARD

What an extraordinary year it has been at the surgery! The arrival of Covid has meant we had to adapt and accommodate new ways of working and our premises following ever-changing recommendations and guidelines. On top of that we have been working hard to deliver the Covid vaccination program and throughout we have continued to provide urgent and routine appointments and help for our patients while keeping everyone as safe as possible. We have been bowled over by the cards and messages of encouragement and support and a number of irresistible treats for the staff room that we have received from patients! Thank you to everyone for bearing with us and for making our hard work worthwhile.



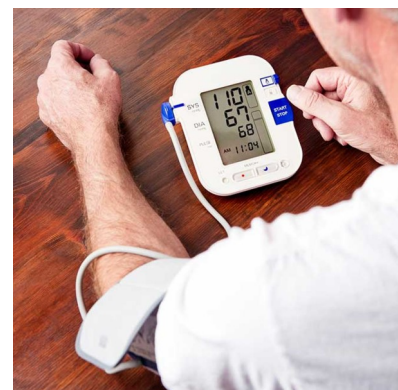
## TRAVEL VACCINATIONS

ONE DAY WE'LL FLY AWAY (at least, we hope so!)

With the promise of travel restarting soon, this is a reminder to think about your travel vaccinations well in advance. For all the latest country specific travel health advice see <https://travelhealthpro.org.uk/countries>. We recommend making a travel vaccination appointment 6-8 weeks in advance of your holiday or planned trip. You can check your vaccination history on the NHS App (see right).

## CHECKING YOUR BLOOD PRESSURE

It is currently recommended that everyone over the age of 45 checks their blood pressure (BP) regularly and anyone who has ever been diagnosed with high blood pressure (hypertension) should be checking theirs at least 6 monthly. High blood pressure (over 140/90 or 150/90 in the over 80s), which may be symptomless, significantly increases your risk of serious illnesses such as heart attacks and strokes. We would recommend that anyone with hypertension buys their own upper arm BP monitor (less than £20 from [Boots](#) or [Amazon](#)) and lets us have readings at least every 6 months or more frequently if advised by a clinician. We also have our own self-service BP machine at the surgery (affectionately known as 'Alfie') and may be able to lend out BP machines in some circumstances. Look out for details of our new home BP monitoring services to be announced soon.



## COVID VACCINATION STATISTICS


**81% of our adults have had their 1st dose**

**59% of our adults have had their 2nd dose**

We are currently vaccinating everyone over the age of 18 and giving 2nd doses to the over 50s 8 weeks after their first and 2nd doses to the under 50s 10 weeks after their first.

➔ Pictured: Mrs Wright & Mrs Jones - our first two patients to have their vaccinations.

(who would have believed they are both over 80!)



## NHS APP

The NHS App that lets you book appointments, order repeat prescriptions and access a range of other healthcare services.

We would encourage all our patients to download the [NHS App](#) if they have a smartphone or to access it via their computer [browser](#). You can use it to:

- Access and share your Covid vaccination status (your Covid passport)
- Order repeat prescriptions
- Book and manage appointments (including booking your Covid vaccination)
- View your health record and history
- Get health information and advice

If you have any problems getting started please email [covid.hart@nhs.net](mailto:covid.hart@nhs.net) and we would be happy to help you.



## TO ALL OUR COVID VOLUNTEERS - THANK YOU to our unsung heroes!

We honestly do not know how we could have managed to deliver our Covid vaccination program and keep everyone safe without the generosity of our volunteers who have given up their time to help out, often at anti-social hours.

These include:

The team of **car park volunteers** led and organised by the indefatigable Stefan Gawrysiak

**Nick Mills** and his then fiancée, now wife, Philly. Nick is the DT teacher at The Oratory School and together they built the perspex screen around our reception desk, giving up their some of their weekend to do it.



Mandy Wright helping with data input with Fiona Nugent, our nurse, at our vaccine clinic

### **Meeters and Greeters, Data Inputters and waiting room observers,**

helping out our vaccine clinics. We are so grateful to them for giving up their time to help. The

stalwarts include Barbara Grimm, Louise

Binney, Alison Penrose, Nicky Innes, Sarah Posey, Paul Stewart-Bennett, Chris & Clare Burrows, Alexandra Humphries, Jane Sharples, Helen Ralston & Susanne Yeates. And Mandy Wright, who was so proficient on the computer, we offered her a job at the surgery!

**Volunteer Vaccinator clinicians** - Ian Nugent, Minty Carson, Alex Cairns, Vicki Tate, Jenny Copeland, Rory Herdman.



Nick and Philly who built our reception screen

## WHAT A TEAM!

The partners cannot thank our wonderful staff enough. They have been nothing short of remarkable over these last few months. Uncomplainingly volunteering to work extra shifts to cover staff isolating, working long, often anti-social hours at our Covid clinics, being flexible in their roles and above all being supportive of each other and remaining cheerful throughout. We are planning a big staff celebration at the end of the summer to thank everyone.



### **Goodbye to Caroline Dixon, HCA**

It is with a heavy heart that we say goodbye to Caroline, the most wonderful Healthcare Assistant who has consistently gone above and beyond. Her hard

work, dry sense of humour and ability to be unphased with whatever is thrown at her will be much missed. We wish her a long and happy retirement.

## USING YOUR HEALTH DATA FOR RESEARCH AND PLANNING



Your health record contains confidential patient information. From 1st September this data could be shared by the NHS for Research and Planning. Research and Planning includes the analyses of national health trends and healthcare inequalities, planning and improving health services and the research and development of cures for serious illnesses.

If you do not want your data to be used for this purpose you will need to actively opt out by 23rd August 2021

For more information see the [NHS Digital Transparency Notice](#)

How do I opt out of having my data shared?

- You can use the NHS App (select the option 'Your Health')
- You can complete the 'opt out' form [on our website](#) and return to us no later than 23rd August 2021