



HartBeat

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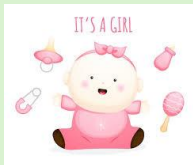
UPCOMING EVENTS

Tues 1st April
Carers Support Group (see below)

Fri 18th April
Good Friday, surgery closed

Mon 21st April
Easter Monday, surgery closed

STAFF NEWS



Congratulations to Dr Lauren Lewis who gave birth to a baby girl, Jessica, in November, a sister for Amelia. She is now on maternity leave until the autumn

Dr Lewis' registered patients will be allocated to other doctors in her absence.

Dr Fleur Paxton will be taking over the management of Henley Manor Care Home from Dr Lewis while she is on maternity leave.

We are delighted that Dr Jessica Anderson who has previously worked at The Hart Surgery is back after a break following the birth of her baby.

Dr Bish, who recently broke his leg is now back in the surgery on a phased return to work basis

We were delighted to welcome Dr Lily Smith as our registrar who will be with us for a year and wish Dr Bishal Gurung the very best who has now qualified and has left us for pastures new.

Tee Balakumar, our Physicians Associate will soon be back post maternity leave and we extend grateful thanks to Amanda Dias who has been filling in for her while she was away.

The Hart Surgery is a SAFE SPACE



The safe scheme supports people to remain safe and independent in the community. Anyone who feels distressed or vulnerable can easily identify a safe place by the recognisable logo (above) and seek safety and assistance within,

Users of the scheme may be any age – young or elderly. They may have dementia, autism, a learning disability or mental health needs. They may simply be vulnerable or feel unsafe at that moment in time. The scheme is for everyone.

If you are experiencing something in your life that you need to seek help, advice or feel you are in danger from, please come into the surgery. We are a safe place. You can just come in and sit quietly or you can talk to one of our receptionists who can call someone for you, or they can alert a health care professional in the surgery that you need help if appropriate.

VACCINATIONS

FLU : Continues to be available up to 31st March.

SPRING COVID BOOSTER: for the over 75s and severely immunocompromised from 1st April.

The Hart will be holding Covid clinics on the afternoons and evenings of Wed 16th April and Wed 23rd April

PNEUMONIA: This one-off vaccination is available to the clinically vulnerable and the over 65

RSV: Another one-off for patients aged 75-79 and pregnant ladies

SHINGLES: A one-off vaccination (2 doses, 6-12 months apart) for everyone in their 70s

ATTENDING APPOINTMENTS

Please ensure that you leave enough time to park your car if you are driving to your appointment. If you are able to walk from one of the town car parks or home, we do not expect you to park in our car park as the spaces are needed for those who are not able to walk far.

Please note that if you are late for your appointment, you may not be able to be seen by the Doctor, Nurse or other Health Care Professional and the reception staff will have to book you a new appointment.

In recent weeks we have had a several patients that have failed to attend appointments. If you are unable to attend an appointment that has been made for you, PLEASE cancel using the NHS App or contact us on 01491 843200 and we will happily rearrange your appointment. If possible, please give us at least 24 hours' notice.

CONTACT DETAILS

Please make sure we have up-to-date contact details for you. We prefer to communicate via email or text to send out invitations to clinics, test results and other health-related information.

If you do not have access to a phone or computer and have a relative, friend or carer who you would like to receive this information on your behalf, please let us have their email or mobile number.

OUT OF AREA PATIENTS

Except in exceptional cases, we do not accept new patient registrations from people who live outside our catchment area. This is because we are not able to offer a joined-up service with other community services such as district nursing, health visitors or mental health services, nor are we able to provide a home visiting service, so patient care may suffer as a result.

We may allow longstanding patients who move to just outside our area but remain in South Oxfordshire to remain with us but request you fully engage with our requests for information and medical and medication reviews.

If you are overseas for more than 3 months, we may be required to de-register you until you return to the UK as per NHS policy.

NEWS FROM OUR MENTAL HEALTH, NURSE KELLY HOBBS

We appreciate that the New Year can sometimes bring anxiety to our patients. This can be related to health or financial concerns and the dark nights can affect people's moods.

Kelly, our Mental Health Nurse Specialist would like to remind patients that you can self-refer to Talking Therapies, (please see the link below). There is currently quick access to this service, and they will offer you an assessment within a few weeks.

Talking therapies link - <https://www.oxfordhealth.nhs.uk/oxon-talking-therapies>

If you require help with financial concerns, claiming benefits or allowances you can contact Citizens Advice, Henley on 0808 2787907 or Age UK Oxfordshire 0345 450 1276.

You can also be referred to our Social Prescriber, Louise Colam. Please contact the surgery for details on how we can refer to her.



If we request a blood pressure reading from you, please don't ignore as it is important to monitor this

NHS LONG TERM PLAN / BLOOD PRESSURE READINGS

The NHS Long Term Plan aims to prevent 150,000 heart attacks, strokes, and dementia cases by 2029, focusing on improving detection and treatment of high-risk conditions like atrial fibrillation, high blood pressure, and high cholesterol. There is a big push on this from 1st April.

GPs are being asked to assist by making sure that patients' blood pressure readings are up-to-date and prescribing appropriate medication for high blood pressure and cholesterol. We may ask you for regular blood tests or readings and are penalised financially if you don't engage with us. We would be very grateful if you could respond to texts or emails regarding your blood pressure or blood tests, even if you wish to tell us you don't want one.

HIGH BLOOD PRESSURE CAN BY SYMPTOMLESS AND INCREASES YOUR RISK OF A HEART ATTACK OR STROKE

SEGMENTATION / JOHN HOPKINS SCORES

If you have access to the NHS App you may have noticed a 'John Hopkins' score appearing on your patient record. Patient records are run through an algorithm and each patient is receives a score from 1 to 11 depending on how complex their health needs are (with 11 being those with the most complex needs. A score of 0 means you are as yet, unscored). The scores and lists will be updated monthly (externally). Please do not contact us about your individual scores, at least until the system has bedded in, as it is out of our hands. For more information see our website [here](#).



Support for grieving parents

The story of a special little boy named Zac, not quite finished making his mark on the world. Through the determination of his parents, Simon and Rachel, Zacs Fund offers much needed support to grieving parents.

For more information see <https://zacsfund.org/>

The Little Lift



Carer support group

Caring for a loved one?
Join us in this friendly peer support
group for tea, coffee, cake and
conversation.

Run by local social prescribers to
support you. A place to be.



First Tuesday of the month

9:30am-11am

Y-Centre YMCA

2 Lawson Road

Henley on Thames



The Bell Surgery Charitable Trust



STOPPING SMOKING

IT'S WELL WORTH IT

After 48 hours, your sense of smell and taste will start improving.

For FREE support to be smokeFREE, visit:

stopforlifeoxon.org

or Call: 0800 122 3790

 **OXFORDSHIRE COUNTY COUNCIL**