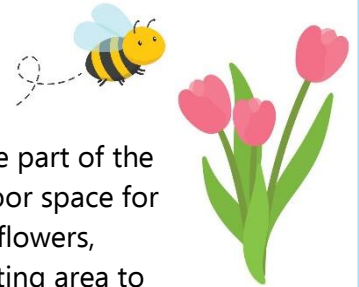




PRACTICE NEWS:

Harptree Paddock – Exciting news!

We have been successful in gaining funding from the Green Recovery Fund, who are part of the West of England Mayoral Combined Authority. The funding is to enhance our outdoor space for both nature and health, and will include a space for attracting wildlife, growing wildflowers, cultivation of vegetables, herbs and fruit trees. There will be a small pond and a seating area to enjoy our beautiful setting. The paddock will be situated to the rear side of the practice within our surgery boundary.



This project will support us in our belief that being out in nature and connecting with others is great for both mental and physical health. Social isolation is a big problem for many people and this project will encourage community connectedness and improvement wellbeing.

To help us bring our idea to life, we are asking any patients who have a passion for gardening, wildlife, wellbeing, lifting and shifting, to come and be part of this exciting project and help us to benefit our community. We will need help to make some raised planters, tidying up the paddock, making a pond, making seats, making bird boxes, planting seeds, and a whole host more. If you have no experience in these activities but want to be part of it there will be opportunities for everyone! Just a smile and some enthusiasms are all we need!

If you would like to join us to make this a success, please leave your details at the surgery, or email bswicc.harptreesurgery@nhs.net FAO Lisa Smith to show your interest. Once we have a group together, we want to get underway as soon as we can, and we will notify you of dates and times to meet up.



Dispensary Information:

Do you use a third-party company to dispense your medication/appliances, e.g. Pharmacy2U, Coloplast, Respond, etc?

Did you know? Using these companies still requires a prescription to come through our dispensary.

You request your prescription with the company.

The company sends a request to our dispensary to issue the medication.

We print the prescription; the GP authorises it then signs it off.

We post the prescription to the company.

The company receives the prescription, dispenses the items and sends on to you.
(This step alone can take up to 10 working days.)



You may feel you are saving dispensary's time by using these third-party companies; however, as a dispensing practice, it would be a lot easier for us to dispense these items for you ourselves. We have a 3-day turnaround for the majority of prescriptions and can also offer a delivery service to eligible patients. If you wish to use our dispensary but you struggle to visit the surgery during our opening hours, get in touch with us to discuss your eligibility for our delivery service. We'd be happy to help!

Meet The Team:

Dr Toby Sinclair:

I am thrilled to be joining Harptree and Cameley Surgeries as a salaried GP starting in May. Over the last 18 months of my GP training, I've thoroughly enjoyed getting to know the beautiful Chew Valley and its residents. I look forward to staying on with the excellent team here and continuing to work with such a welcoming community.



GP Registrar Dr Jacob Page:

Hi, I'm Jacob, the new GP registrar! I have spent the past few years living and working in Melbourne and have come back with a moustache and some questionable Aussie slang. I am from Derbyshire, trained in Newcastle and have recently moved to Bristol. I love being in the countryside, so I am really looking forward to my next 6 months working in the Chew Valley.

Staff News:

We had 3 members of the dispensary team sit the final exams of their dispensary training at the end of February. Alicia, Kelly and Gemma all passed with flying colours after a year of training and are now fully qualified dispensers. Well done ladies!



One of our dispensing assistants Jac, took part in the Big Winter Workout challenge of exercising for 31 minutes every day of January, to raise money for Crohn's and Colitis UK. Here's what she had to say:

"I wanted to get involved because I myself was diagnosed with Ulcerative Colitis 3 years ago, after a ten-year battle with crippling stomach flares, bloating, nausea and fatigue along with a few admissions to hospital. Over 500,000 people in the UK are living with a lifelong disease that many people have never heard of. Thousands more people are suffering in silence. Due to the continued support I receive from the IBD Team at the RUH, I wanted to give something back and raise awareness. I raised £265 (out of a target of £150!) thanks to the help of my family and friends. In total the charity has raised £288,592! I feel so proud to have participated in this as the charity is close to home and it was also a great personal achievement for me too." Amazing work, Jac!

One of our Health Care Assistants, Lucy, has been undertaking some extra courses to help develop her role in the surgery. She has been completing the Level 3 HCA course which will enable her to do a few more clinical tasks within her role, including stitches/staple removal, ABPI/doppler measurements and ear checks. Lucy is currently working alongside the nursing team to be signed off as competent on these new skills. She has also had an update on cardiovascular disease (CVD) which is very beneficial to support the NHS health checks she completes with patients aged 40-74 years old. Lucy is also in the process of completing a Level 2 certificate in 'Understanding Mental Health First Aid and Mental Health Advocacy in the Workplace'. She's looking forward to being able to put all of this knowledge into practice. Amazing work Lucy!

Practice monitoring in February:

Number of phone calls taken by Reception:

2405

Number of prescription items dispensed:

12,437

Number of appointments not attended:

71. We would be grateful if our patients could always cancel their appointments if they are unable to attend or no longer needed.

Number of patients registered at practice:

6766

For your information:

Following an increase in our GP numbers we are in the process of contacting our patients to offer the opportunity of moving to an alternative GP. This will ensure a more even ratio of patients per GP resulting in faster appointment access.

Targeted Lung Health Check Programme: Supporting earlier diagnosis of lung cancer.

3 out of 4 people are diagnosed with lung cancer late due to there often being no signs or symptoms at an early stage. Targeted Lung Health Checks are designed to save more lives by finding problems early when treatment could be simpler and more successful. Those aged 55 to 74 who are current, or former smokers will be invited to a check.

The Targeted Lung Health Check Journey:

You'll receive a letter in the post from the NHS and a phone call or meeting with a healthcare professional will be arranged to discuss your breathing, overall lung health, lifestyle and family and medical history.

From there, if required, you'll be invited to have a quick and painless low dose CT scan of your lungs.

Once they have the results, you'll either be given the all-clear or referred on for treatment.

For more information, visit www.happyhealthylives.uk/lunghealthcheck



Are you a Carer?

Did you know about the support that the Carers Centre can offer?

The Carers' Centre is an independent charity that offers a range of support services to friends and family members who are looking after someone with care needs. Caring responsibilities often impact many areas of a person's life. We offer a holistic approach to support their health, wellbeing, and connection to others. We ensure people of all ages can access the support they deserve, including children and young people.

We offer a wide range of free, life-changing services to help those with caring responsibilities such as:

- Freephone Support Line
- One-to-one support plans
- Help with planning for emergencies
- Energy and financial advice
- Emotional support
- Free wellbeing activities for adults and children



Carers do not have to be paid or even live with the person they care or support. You can contact the Carers Centre directly or if you wish you can discuss anything "caring" with our Social Prescriber, Lisa Smith here at the Surgery, just contact and ask for a call.



Have you heard about Men's Shed? Can you help?

For a long-time, research has shown the negative impact of loneliness and isolation on a person's health and wellbeing. Recently more evidence has come to light that shows loneliness, and isolation can be as hazardous to our health, as obesity and excessive smoking. Surveys from mental health charities are finding that millions of people report feeling lonely on a daily basis.

"Men's Shed is a place to bring people together and do stuff". Men's Shed typically includes projects in woodworking, metalwork, repairing and restoring furniture and bicycles, gardening and enhancing the community. The projects encourage the sharing of skills, for example making bird boxes with schools.

- Would you be interested in joining a new local Men's Shed?
- Do you have skills that would benefit the community?

[Home](#) | [Men's Sheds Association](#) | [UKMSA](#)

If you're interested in finding out more, please drop our reception team an email FAO Lisa Smith Men's Shed. bswibc.harptreesurgery@nhs.net



Early learning and development:

90% of your child's brain growth happens before the age of 5. Right from the start, all those little moments you spend together are building their brain. Every smile, cuddle, chat and game make a huge difference, helping them learn to communicate, develop confidence and make friends. Find lots of ideas, easy tips and activities you can do together with your child. [Early learning and development - Start for Life - NHS - NHS](#)



Community News:

Looking to get more active outdoors? Look no further than The Active Way!

The Active Way is here to help you boost your health and well-being through FREE cycling, wheeling, and walking activities for Bath and North East Somerset residents. Whether you're looking to try something new, want support to get more physically active, need access to bikes and local walking trails, or just fancy meeting new people while enjoying the great outdoors – we've got something for you!



You can find out more about The Active Way via the website link below. If you would like to sign up to any of their activities you can do so via a short referral form, link below. For self-referrals choose the '**Self-Referral**' form and for doing a referral on behalf of somebody who has given you consent choose the '**Professional Referral**' form.

Website: www.theactivewaybathnes.co.uk

Referral form: <https://theactivewayreferrals.riviam.io/>

Email: info@theactivewaybathnes.co.uk



EcoWild Free Adult Wellbeing in Nature Courses: April - June 2025

Our courses are held in a relaxed and supportive environment and are aimed at those feeling socially isolated and/or experiencing mild depression, low mood, anxiety or stress.

Woodland Connect 'Basking in Bluebells': Tuesdays 22nd April – 27th May – 10am – 3pm at Greyfield Wood, High Littleton. A simple and accessible way to relax, feel restored and revitalised in nature. These sessions support physical and mental health through nourishing practices that are proven to create impact.

Summer Nature, Craft, Connection: Thursdays 8th May – 12th June 10am – 12pm at Swallow Community Café, Radstock, BA3 3QG. Explore, reignite and deepen connections to the living world and our relationship with it, and benefit from the support, health and wellbeing found in this.



All courses are **free of charge**.

To find out more information and to book please visit [EcoWild - Booking by Bookwhen](#) or email Emily at emily@ecowild.org.uk

Local Defibrillators:

To find out where your nearest defibrillator is, please go to:



For your information:

The dispensary phone line in the afternoon will be changing in May. Our phone lines will now be open from 12pm – 1pm & 4pm – 5pm (changing from 4:30pm – 5:30pm) every weekday. You can also contact the dispensary team via email on bswibc.harptreesurgeryprescriptions@nhs.net

Harptree Surgery, Bristol Road, West Harptree, BS40 6HF – Tel: 01761 221406
Cameley Surgery, The Green, Temple Cloud, BS39 5BW – Tel: 01761 452205

Surgery opening hours: Monday – Friday 08:30 – 13:00 & 14:00 – 18:00

Surgery phone lines: Monday – Friday 08:00 – 18:00

Email: bswibc.harptreesurgery@nhs.net Website: www.harptree-cameleysurgery.nhs.uk

Dispensary Opening Hours: Monday – Friday 08:30 – 13:00 & 14:00 – 18:00.

Dispensary phone lines: Monday – Friday 12:00 – 13:00 & 16:00 – 17:00.

Tel: 01761 221406 or 01761 452205 and Press 1 for Dispensary.

Email: bswibc.harptreesurgeryprescriptions@nhs.net

