



PRACTICE NEWS:

Looking Ahead: Shaping The Future of Your Surgery

We're excited to share that Harptree and Cameley Surgeries are exploring a new opportunity to strengthen and future-proof the care we provide to our patients.

We are **considering a proposal to join with Mendip Vale Medical Group** - a step that could help us build an even stronger, more resilient service for our community.

As our patient numbers grow and people's healthcare needs become more complex, we want to make sure we're in the best possible position to support you, both now and in the years ahead. By working as part of a larger team, we could offer access to a wider range of healthcare professionals, including GPs, nurses, pharmacists, paramedics and more, all working together to provide the right care at the right time.

This kind of partnership would also help us attract and keep talented staff, ensuring we can continue to offer appointments and services when you need them. It may also open opportunities to improve our facilities in the future to better serve our growing community.

We understand you may have questions about what this could mean for you. To help with this, we'll be setting up a way for you to share your questions with us, and we'll provide more details on how to do this in our next newsletter.

Most importantly, this is all about **continuing to provide high-quality, safe, and reliable care for you and your family.**

Staff News:

We're thrilled to welcome Vicky & Shanna to the team in their new roles within the dispensary. Vicky has joined us a trainee dispenser, whilst Shanna has a pharmacy-based background and is a qualified dispenser. Since joining, they have both settled in extremely well and have quickly become valued members of staff. They have both shown great enthusiasm and a strong willingness to learn, and they are already making a positive contribution to the smooth running of the department. We're delighted to have them on board and look forward to seeing them both continue to grow in their roles.

We're delighted to welcome Debi to our reception team. Debi joins us with a wealth of experience, which we are very pleased to benefit from. Debi's happy, organised, and friendly manner has already made a positive impression and is a great asset to the team. We're very glad to have her with us.

Practice monitoring in March:

Number of phone calls taken by Reception:

2454

Number of prescription items dispensed:

11,433

Number of appointments not attended:

110

Covid Vaccinations:

We are currently running our Spring Covid vaccination campaign. Please contact the Reception Team for eligibility.



Pharmabox24 Prescription Collection Machine:

**Do you struggle to find the time to collect your prescription during our surgery opening hours?
Have you heard about our NEW Prescription Collection Machine at Cameley Surgery?**

The Pharmabox24 allows patients to collect their prescriptions **24 hours a day, 7 days a week.** It gives you instant access to your medication without having to queue and avoiding a wasted journey.

After you have ordered your prescription, a text alert and a pin number will be sent to you as soon as the prescription is available in the machine. Simply enter the pin number on the keypad and your prescription will drop into the collection hatch. Once in there, prescriptions will remain available for you to collect for 5 days. If 5 days pass and you have not been to collect it, your pin code will then expire, and the prescription will be brought back into the surgery.



For more information, or to sign up, please speak to one of our Dispensers.

The Pharmacy Team: Who are we?

We are Isabel, Clinical Pharmacist and Sophie, Pharmacy Technician and we make up the Pharmacy Team here at Harptree & Cameley surgeries. You may have spoken to one or both of us about your blood pressure, cholesterol, inhalers or contraception, to name a few! As well as the above, we work together to look after you and your medication and may be your first point of contact before you speak to a GP or nurse. We are passionate about offering our expertise and advice where we can and really enjoy interacting with you, our patients!

Isabel is an experienced Independent Prescriber who can support with anything from lifestyle medicine and pain management to lowering your cholesterol or simply chatting through any concerns you may have about your medication.

Sophie is our registered Pharmacy Technician who can help you with deciding on a suitable form of contraception and discuss your blood pressure and medication with you.

Behind the scenes, we are monitoring your medication and condition to keep you safe and will always remind you to book your blood test! Please do get in touch if you would like to find out more about what we do.



Do more with the NHS App!

- Order repeat prescriptions
 - Use NHS 111 online
 - Find NHS services
 - View your GP health record
 - Book appointments
 - Get reminders and message
- And much more!**

Need help?

Get support in the app or visit nhs.uk/helpmeapp



**If anxiety in social situations is seriously affecting your life,
being able to take part is cause for celebration.**

NHS Talking Therapies treatment gives you practical skills and techniques to overcome social anxiety disorder and other conditions. You can refer yourself at nhs.uk/talk

Screening Guidance for Under 5's: The government has published new, evidence-informed guidance to help parents of under 5s navigate screen time, offering practical advice to support informed choices to help little brains develop healthy screen habits.

How much screentime should your child have?

Under 2 years: Avoid screen time other than for shared family activities that encourage bonding, interaction and conversation.

2-5s years: Try to keep it to no more than an hour a day - less if possible.

What content is better content?

Young children's brains are stimulated much more easily than adults, so they need content specially made for them. **Slow-paced predictable content** with simple stories and clear speech is best. Fast-paced, over-stimulating social media-style videos may affect how young children learn to concentrate, so it's best to avoid them. **Choose safe content**, using parental controls to block inappropriate, harmful content.



Keep mealtimes and bedrooms screen-free, and try swapping screens for reading, play, and conversation.

Young children copy your habits, so try to limit your own screen use around them.

An important point to remember is that **screens shouldn't replace a young children's sleep, physical activity, play or quality time.**

For more advice on how to help little brains to develop healthy screen habits visit their website – [Best Start in Life - Best Start in Life](#)



Community News: Part 1

The Paddock Project:

The Paddock at Harptree is very nearly finished, thanks to the help of members of the Bristol Airport Terminal Operations team. They joined us to help develop our paddock project, which is a wellbeing space designed to bring people closer to nature. The team really enjoyed the day and got fully involved which was great to see.



Bath and North East Somerset (B&NES) council has commissioned [Everyone Health Ltd](#) to deliver the Wellness Service for anyone that is 16 years and older that; lives, works or has a GP in the B&NES area.

The **FREE** B&NES Wellness Service will support you to address factors that influence your emotional and physical health and wellbeing. The service aims to work with you to increase motivation, skills, capacity and resilience to improve your health.

The service includes the following programmes:

- [Stop Smoking Service](#)
- [Wellbeing Coach Service](#)
- [Emotional Wellbeing Coach Service](#)
- [Physical Activity Service](#)
- [Exercise on Referral Service](#)
- [Outreach NHS Health Check Service](#)



You can self-refer using the link here:

[About - Everyone Health Bath & North East Somerset](#)

Community News: Part 2

BaNES Health & Wellbeing Courses: Home | Wellbeing Courses

This site provides a central place for free and low-cost courses for residents; both face to face and online. Here you can access a range of exciting and informative courses aimed to promote good health and wellbeing.

Come along to learn new skills, meet new people and boost your overall wellbeing.

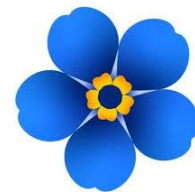
If you would like to know more and get support to look at what is available, please contact the surgery and ask for **Lisa Smith – Social Prescriber**.

For any paid courses the surgery may be able to help you get them without cost – please ask us!



Dementia Information Event:

@ The Chocolate Quarter Retirement Village, Keynsham, BS31 2GJ
Wednesday 20th May - 10am – 3pm



Everyone welcome! Join us to discover a wide range of local services offering support for people affected by dementia.

Enjoy refreshments available to purchase from the B Block Café.

On-site parking limited, so we encourage visitors to walk or use public transport where possible.

Services attending include:



Community Wellbeing Hub



Live well

Bath & North East Somerset
Information, support and signposting

Livewell B&NES Children and Families

Information, parenting support and signposting.

Ofsted registered childcare and activities for families.



Livewell B&NES Adults

Information, signposting and resources to support adults with care or support needs and/or the person they care for.

SEND Local Offer

Local information for families with a child or young person (0-25) with additional needs, special educational need and/or disability.



Local Defibrillators:

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

www.defibfinder.uk



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:

Harptree: Monday – Friday 08:30 – 13:00 & 14:00 – 18:00.

Cameley: Monday, Wednesday + Friday 08:30 – 13:00 & 14:00 – 18:00
Tuesday + Thursday 08:30 – 09:30 & 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



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