



It's not too late to have your flu vaccination!

Flu season is still here, please call our Reception Team who will be more than willing to help. If you do not wish to take up this offer please us know & we can update your records.

BE AWARE that flu can be more severe in certain people, such as:

- Pregnant women
 - Carers
- Children & adults with an underlying health condition (long-term heart or respiratory disease)
 - Children & adults with weakened immune systems
 - Anyone aged 65 & over

ANYONE in these risk groups is more likely to develop potentially serious complications of flu, such as pneumonia so it's recommended that they have a flu vaccine every year to help protect them.

We recommend coming in soon whilst we still have vaccines in stock!

Primary Care Network



Dr Richard Kershaw, who has been elected as Clinical Director for the South East Hants Primary Care Network (**PCN**), has carried out a talk to 125 local residents and members of The University of the Third Age (**U3A**). The talk was to explain what the PCN is for and how it will affect patients. The U3A is a learning co-operative of mature people not in full time employment, which enables its members to share many educational, recreational, social and creative activities, please see their website for more information www.u3asites.org.uk.

New Logo for Swan Medical Group

We are pleased to say that the new logo design for Swan Medical Group has now been finalised, and you can see it at the top of this newsletter . Since Swan Surgery & Liphook Village Surgery merged, we have been looking at various designs involving ideas from our staff & our Patient Participation Group. You will start to see this new image appear on things such as letterheads, our website, Facebook & any health campaigns in the near future.

Congratulations Derek!

One of our local pharmacy drivers, Derek, was invited to attend an Awards ceremony & out of 306 Branches of Day Lewis Pharmacy he was awarded 'Day Lewis Best Driver of the year 2019'!

Petersfield Community Garden

www.petersfieldcommunitygarden.org/about

Petersfield Community Garden's aim is to help people who are feeling isolated & would enjoy being outside in a friendly group. They hope that men in particular (of any age) may wish to come and they are considering starting a regular Men's Day! There are leaflets in the waiting room at Swan Surgery about this for anyone interested.





VETERANS' GATEWAY

We are delighted to announce that Swan Medical Group is now a 'Veteran Friendly' accredited practice. Our lead clinician for this is Dr Richard Kershaw, supported by our administrative lead, Lianna Bonner.

There is a huge network of organisations supporting the Armed Forces community, and finding the right one for your needs can be tricky. The Veterans' Gateway is your first point of contact whether you are based in the UK or abroad.

Please visit www.veteransgateway.org.uk for more information.

Please inform the surgery if you are a veteran, spouse or are dependents of serving members so we can ensure you are receiving the services that you may be



Armed Forces veteran friendly accredited GP practice

Parking at Swan Surgery



We introduced car park monitoring at the Swan Surgery site in Spring.

This was done due to people using the car park who were not attending the surgery or the chemist, which meant a lot of our patients could not find spaces.

We have had lots of positive comments from patients who are happy to finally be able to park when attending their appointments.

After listening to feedback there has been extra signage added to clearly outline the restrictions. Also two extra tablets have been installed for patients to input their registration number, one in the chemist and another at the reception desk. This allows for **ONE HOUR of free parking.**

If you have over run the one hour timeslot due to late appointments please ensure you speak to one of our reception team & they will be able to help you to extend this.

We would like to thank you for your continued support and understanding with this.

NHS APP



The **FREE** NHS Application lets you book GP appointments, order repeat prescriptions & access a range of other healthcare services. The NHS App is for people aged 13 and over who are registered with a connected GP surgery. However, you can use some of the features without your GP surgery being connected.

- Check your symptoms – find reliable NHS information on hundreds of conditions and treatments, and get immediate advice
- Book appointments – search for, book and cancel appointments at your GP surgery
- Order repeat prescriptions – see your available medications and request a new repeat prescription
- View your medical record – get secure access to your GP medical record
- Register to be an organ donor – easily manage your preferences on the NHS Organ Donor Register
- Choose how the NHS uses your data – register your decision on whether it can be used for research and planning

Do you smoke?

Smoking has a big impact on your health & how you're treated for certain illnesses. Please let us know your smoking status so we can keep your records up to date. If you are thinking about giving up please visit

www.nhs.uk/live-well/quit-smoking/nhs-stop-smoking-services-help-you-quit/

Blood Pressure checks

If you haven't had your blood pressure taken in a while, please feel free to use the machine in our waiting rooms. This will then be reviewed by a clinician & your records updated.

