



Swan Medical Group Newsletter

Spring 2020

www.swanmedicalgroup.co.uk



Dr Aswila Sood



Dr Aswila Sood Joined Swan Medical Group on 3rd February 2020 & has taken on Dr Milton's patient list. Some of you may remember Dr Sood

as she completed her medical training with Dr Buckley & is now a fully qualified GP.

Congratulations & welcome back!

Dr Angela Clarke



Dr Angela Clarke who has been working for SMG and doing a great job looking after the hospital wards in Alton has recently increased her sessions and is now also working at Swan

Surgery in Petersfield all day on a Tuesday. **It is great to have Angela in the practice with us!**

Maternity News

Dr Emma McEvoy (based at our Liphook surgery) will be going on maternity leave towards the end of May. Congratulations and all the best to Dr McEvoy on your upcoming arrival we are all very excited to meet your new bundle of joy!

Updates on GP cover arrangements for Dr McEvoy will follow soon.



Goodbye Dr Milton & Dr Arnold

We have recently said a fond farewell to Dr Peter Milton and Dr Ben Arnold.

We wish them both all the best for the future!

No Smoking Day 13th March

No Smoking Day is an annual health awareness day in the United Kingdom which is intended to help **smokers** who want to **quit smoking**.

Did you know that the first **No Smoking Day** was on Ash Wednesday in 1984, and it now takes place on the second Wednesday in **March**.

Visit www.nhs.uk/smokefree for support &



The National Data Opt-Out—March 2020

What is this? The National Data Opt-Out was introduced in May 2018, enabling patients to opt out from the use of their data for research or planning purposes.

As of the 31st March 2020 we will no longer be able to record your opt-out preference, instead you can view or change your National Data Opt-Out choice at any time by using the online service at

www.nhs.uk/your-nhs-data-matters or calling **0300 303 56 78**. You can also view this on the **NHS app**.

Leave a review, we would love to hear from you!

www.swanmedicalgroup.co.uk/reviewswansurgery

www.swanmedicalgroup.co.uk/reviewliphookvillage

We are getting 'Greener' at SMG

Nurse Gemma Richards has kindly taken on the role of becoming our 'Greener' Champion for SMG.

The aim is to meet the needs of today without compromising the future;

- Encouraging colleagues to be more environmentally friendly at work
- Promotion of sustainability & general awareness
- Ethical purchasing



We are Proud to be a Parkrun Practice!

Parkrun UK organise weekly timed runs open to all!

Walk/Jog/Run/Volunteer or come and watch its up to you!

We would love to get as many staff and patients joining in as possible it's a great way to improve health and wellbeing.

Our 2 local Parkruns are Queen Elizabeth Country Park or Hogmoor Inclosure in Bordon.

For more information please visit

www.parkrun.org.uk



learningdisabilitymatters.co.uk

This website has information about supporting people with learning disabilities & their families. It also provide useful screening tools to help identify any children/young people who may have a learning disability

Coronavirus—COVID-19

The coronavirus outbreak has hit the headlines recently.

Guidelines & protocols are changing constantly & both clinical & non-clinical staff are updated daily with any changes, ensuring we are prepared in case we have to step into action at any point to protect staff & patients. We have updated our website, call-in screens, posted guidance on social media & sent text messages with advise on what steps to take if you feel you may have been in contact with the virus.

A coronavirus is a type of virus.

As a group, coronaviruses are common across the world. COVID-19 is a new strain first identified in Wuhan City, China in January 2020.

The incubation period is between 2 and 14 days. This means that if a person remains well 14 days after contact with someone with confirmed coronavirus, it is unlikely that they have been infected.

The following symptoms may develop after exposure to someone who has COVID-19 infection:

- Cough
- Difficulty in breathing
- Fever

Generally, these infections can cause more severe symptoms in people with weakened immune systems, older people, & those with long-term conditions like diabetes, cancer & chronic lung disease.

Swan Medical Group would like to remind all patients to NOT attend the surgery if you think there is a possibility that you have been infected with Coronavirus.

Instead, you should isolate yourself at home and visit the online 111 symptom checker on the following website: <https://111.nhs.uk/covid-19>

We will be closed on the following dates:

10th April: Good Friday

13th April: Easter Monday

8th May: 75th anniversary of VE day

25th May: Spring Bank Holiday

Remember to allow 3-4 working days for repeat prescriptions.



Please like & follow us on Facebook!



We are using Facebook more & more to communicate with patients.

You will find we share information regarding all areas of health care, along with any SMG news!