



The Partners and staff at Swan Medical Group would like to wish all of our patient's a very Merry Christmas & a Happy & Healthy New Year!



## Merger News

We are delighted to be able to share an announcement about the future direction of Swan Medical Group which will ensure we continue to grow into an exceptional, thriving organisation with the ability to deliver an outstanding service to patients across the area.

We are very pleased to share with you that Swan Medical Group will be merging with Liphook & Liss Surgery as of 1st April 2022.

We have put together a patient leaflet along with FAQs to help understand what this change means: please visit <https://www.swansurgery.co.uk/swan-medical-group-will-be.../>

### Blood Pressure

An ideal blood pressure is an average of <135/85mmHg when you take readings at home. 6 million people in the UK have high blood pressure and don't know it. Having a high blood pressure and not treating it can lead to many health complications including stroke. Every day in the UK, 350 people have a stroke that could have been prevented. We want to help change this.

If you are over 45 and haven't had your blood pressure checked, we have a DIY BP machine in our waiting rooms at both sites where you can take your reading and hand it in at Reception. Another option is you could consider purchasing a machine as they are a handy piece of equipment to have. Why not take a weeks worth of readings and hand them in at reception, and we can get a clinician to check these for you.



### Awards

The COVID Vaccination Programme at the Festival hall in Petersfield was a joint winner alongside the 'Coronavirus help network' for 'Event of the year' at the Petersfield Awards as part of our PCN - well done to all involved!

Kat Graham & The Acute Care Team are shortlisted for 'Nursing Team of the year' at the National General Practice Awards . The winner will be announced 10th December—Good Luck!

### Update Your Contact Information

The NHS is currently asking practices to ensure registration details are up to date. Mobile numbers are extremely helpful in communicating with all our patients. If you think we might not have your mobile number or have recently changed your number, please update your contact details by visiting [SwanMedical.yourGP.co/Contact](https://www.swanmedical.yourGP.co/Contact) OR you can scan the QR code below.



## COVID Update

Face masks & social distancing are still in place at both Liphook Village Surgery & Swan Surgery. We ask all patients to adhere to these guidelines unless you are exempt.

The government have increased the booster programme cohort to everyone over 18 years old, we will be inviting everyone eligible in due course, please do not call us to ask for this.

When socialising this Christmas, please ensure you stay as safe as you can. Keep rooms well ventilated, avoid physical contact where possible and if you have any covid symptoms, you should isolate and take PCR tests as soon as possible.

**\*\* 7,922 SMG Patients have now received their COVID Booster! \*\*** (data correct as of 06/12/21)



# Christmas & New Year Opening Hours



| Christmas Opening Times      |               |
|------------------------------|---------------|
| Fri 24th Dec (Christmas Eve) | 08:30 - 18:30 |
| Sat 25th Dec (Christmas Day) | CLOSED        |
| Sun 26th Dec (Boxing Day)    | CLOSED        |
| Mon 27th Dec (Bank Holiday)  | CLOSED        |
| Tues 28th Dec (Bank Holiday) | CLOSED        |
| Wed 29th Dec                 | 08:30 - 18:30 |

| New Year Opening Times       |               |
|------------------------------|---------------|
| Fri 31st Dec (New Years Eve) | 08:30 - 18:30 |
| Sat 1st Jan (New Years Day)  | CLOSED        |
| Sun 2nd Jan                  | CLOSED        |
| Mon 3rd Jan (Bank Holiday)   | CLOSED        |
| Tues 4th Jan                 | 08:30 - 18:30 |

**\*\* INFORMATION ON ORDERING PRESCRIPTIONS OVER THIS PERIOD \*\***

Please be advised that the medication request process can take up to 5 working days.

All prescription requests should be in to us by **Monday 20<sup>th</sup> December** if they will be needed over the Christmas/New Year Period .

**If you require medical help during our closed period, please contact 111 or 999 in an emergency**

## A Greener NHS – COP26

Did you know the NHS introduced **the world's first zero emission ambulance capable of travelling up to 300 miles before re-charging.**

This marks a major milestone in the ongoing drive to build a greener NHS and save lives by tackling climate change at source.

Decarbonising the ambulance fleet could potentially reduce emissions by 87 ktCO<sub>2</sub>e every year. That's equivalent to 730,000 car journeys from Cornwall to Glasgow

## Flu vaccine for Carers

Did you know that Carers are eligible for flu vaccines? If you receive a Carers allowance or are the main carer for an elderly or disabled person, you qualify for a flu vaccine, please contact us to book in.

