



Churchmere Medical Group

Patient Newsletter

Edition 9 – February 2025

Welcome to the February edition of the patient newsletter.

This week we have welcomed the first signs of Spring with some sunshine and the appearance of Spring flowers around our towns and lanes. It always amazes me to see, year after year the rows of gorgeous daffodils appearing along the roadside – if like me you ever wondered why they grow there – I was once told that during WWII when the now fields were converted to crop growing spaces the bulbs were pulled out the ground and thrown over the hedgerows – hence we have lines of daffodils along our roads. It may or may not be true, but I enjoy the image that the story conjures up in my head as I drive around Shropshire.

This month's newsletter includes some very useful information on the NHS App and all the medical information you can get from using the App, we celebrate a long serving member of the Patient Services Team, and we also celebrate our accreditation as a Veteran Friendly Practice. I hope you enjoy reading it.



Olivia A Barker

Patient Services Manager

Better Health Start for Life

LOAD THEM UP...

90% of brain growth happens by age five. What you do together can make a difference. Search Start for Life for tips and advice.

NHS



Information on the NHS App

The NHS App gives patients a simple and secure way to access a range of NHS services. You can download the NHS App on your smartphone or tablet via the Google play or App store. You can also access the same services in a web browser by logging in through the NHS website. You must be aged 13 or over to use the NHS App.

What you can do with the NHS App

- Order your repeat prescriptions
- Nominate a pharmacy to collect your prescriptions from
- Book and manage your appointments
- View your GP health record to see information like your allergies & medicine
- View detailed medical record, such as test results
- Register your organ donation decision
- Choose how the NHS uses your data
- View your NHS number (find out what your NHS number is)
- Use NHS 111 online to answer questions and get instant advice or medical help near you.

To access the NHS App, you will need to set up an NHS login and prove who you are. Your NHS App then securely connects to information from your GP surgery. If your device supports fingerprint detection or facial recognition, you can use it to log in to your NHS App each time, instead of using a password and security code.

A promotional banner for the NHS App. It features a large smartphone displaying the NHS app interface. The text 'Download the free NHS App' is prominently displayed in white on a blue background. Below it, a pink button says 'VIEW YOUR GP HEALTH RECORD'. Further down, it says 'See new appointment notes, letters and test results in your NHS App'. The NHS logo is in the top right corner. Various medical icons like a house, a person, a heart, and a pill are scattered around the phone.

Download the free NHS App

VIEW YOUR GP HEALTH RECORD

See new appointment notes, letters and test results in your NHS App

NHS



Weight Loss Injections – Important Information

Churchmere Medical Group has received an increasing number of enquiries about weight loss medications recently highlighted in the media, such as **Mounjaro**.

At present, GPs are not able to prescribe weight loss injections so please do not book an appointment to discuss this option. We can, however, offer other forms of support including possible referral to outside agencies who may be able to offer assistance. To access this weight loss support, patients need to be over 18yrs and with a BMI of over 35 for at least the last 2years.

To calculate your BMI you can use the NHS calculator which can be found by searching 'NHS BMI Calculator' in your search engine.

If you fit the criteria for weight loss support, our social prescriber would initially review your records, and a referral would be made if appropriate. This can be initiated by completing an eConsult in the first instance.

Additionally, you may find the NHS Weight Loss Plan helpful:

<https://www.nhs.uk/better-health/lose-weight/>

Better Health Smoke free

NHS

“Since quitting, I've got extra money to put towards a trip away.”

March 12 Take back your life this **No Smoking Day.**

Search Better Health quit smoking for free quitting support.



Know the signs of cancer

Look out for these possible signs of cancer when going to the toilet:



Changes in your poo, for instance having softer poo, diarrhoea, or constipation that is not usual for you, for three weeks or more.



Tummy discomfort or bloating for three weeks or more.



Blood in your poo, which may look red or black.



Blood in your pee, even just once.

Be aware of these or any other changes that are not normal for you and contact your GP practice if something doesn't feel right. It's probably nothing serious, but finding cancer early makes it more treatable and can save lives.

Be body aware

For more information on the signs of cancer go to www.nhs.uk/cancersymptoms

Advance Notice of Practice Closure

Please be advised that the practice will be closed on Wednesday 5th March 2025 for training. The practice will close at 1pm and will re-open at 8.30am on Thursday 6th March.

If you have a clinical need during this time, please call 111 or for a more routine matter please visit your local pharmacy.



Long Service Award

On the 13th February GP Partner, Dr Nick von Hirschberg presented Carol Corbett with her 20 Year Long Service Award. Carol started as a receptionist at the Doddington Health Centre back in 2005 and moved across to Churchmere Medical Group when the practices merged. Carol has welcomed seven grandchildren into the world whilst she has been working with us and she said, 'I really enjoy my work; it is like being part of one big family'. **Many congratulations to Carol on a significant achievement.**



Ellesmere Health Centre Update

Work continues at pace in Whitchurch on our new Health Centre and we will shortly be inviting patients to attend an Open Afternoon so that we can show you around our wonderful new facilities.

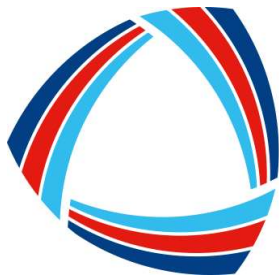
We are very keen that the Ellesmere Health Centre continues to develop as well and hopefully you have noticed the new signage that has appeared. We will soon be giving the Ellesmere Health Centre a face lift with fresh paintwork as well as a new reception desk and waiting area.

We will also be hosting patient events at both Health Centres and we look forward to inviting you to those as the year unfolds.





Armed Forces Veteran Accreditation



Armed Forces veteran friendly accredited GP practice

We are delighted to have recently been accredited as an Armed Forces Veteran Friendly Practice, if you are a Veteran and have not advised the practice of this then please do let us know the next time you are in the practice.

This means that, as part of the health commitments of the Armed Forces Covenant, we have more specialist knowledge of military related health conditions and veteran specific health services. This is important in helping individuals who have served in the Armed Forces get the care and treatment that is right for them.

HM Government

NHS

Taking your bra off at the end of the day feels great

And so does getting your breast screening sorted

It can detect cancer long before you can even feel it.
Or more likely, put your mind at rest.
So when you're invited, **save the date, it could save your life**

Screening saves lives Help us help you



PSA testing

There has been much publicity in the national press about prostate cancer. This has inevitably led to proactive men (or their wives!) contacting the practice to book a PSA test.

Whilst we are huge advocates for preventative medicine, we wanted to highlight the 'pros' and 'cons' of PSA testing.

At present there is no national screening programme for prostate cancer. This is because the tests available at present, the PSA (Prostate Specific Antigen), isn't very accurate.

A raised PSA test can mean you have prostate cancer, but it can also mean you have a condition which isn't cancer.

If you are considering a PSA test, please consider arming yourself with all the facts before making an informed decision.

<https://www.nhs.uk/conditions/prostate-cancer/should-i-have-psa-test/>

If you have any of the symptoms below, please arrange a GP appointment.

1. Visible blood in your urine AND/OR
2. A change to your normal pattern of passing water e.g. Hesitation, reduced flow, dribbling at the end, feeling that you have not emptied your bladder, getting up in the night more frequently.

When you are seen you may require a rectal examination to examine your prostate gland.

If you have no symptoms and you have read the leaflet and still want to have a PSA, you will need to be over the age of 50. If you are then you can book a routine blood test by submitting an eConsult. Should you wish, we also have paper copies of the PSA testing leaflet at reception.



What should I submit an eConsult for?

At the recent Patient Participation Group, we had an interesting discussion around eConsult. Not only did the members of the Patient Participation Group give us some rich feedback but also it became apparent that our patients may need some further details on what to submit an eConsult for and what you should ring the practice for.... So hopefully the table below will provide some clarity.

When to complete an eConsult

- To discuss a new medical condition
- Arrange an appointment with a GP
- Arrange an appointment with our Mental Health Team
- To discuss changing medication or side effects from medication
- To arrange a sick note or sick note extension
- To arrange for any administrative forms to be completed

When to call the practice

- To discuss a health concern for a child under 6mths
- Simple prescription queries
- To book a blood test / immunisation / routine injection
- If you have been contacted by the practice to book your annual review
- If you have been left a message to call the practice
- To commence a travel vaccine programme





My Recovery App

Need help with your joint or muscle pain? Download the free myrecovery app today! As a patient of Churchmere Medical Group you can access the free myrecovery app to help you manage your joint or muscle pain.

The myrecovery app has been created for you in partnership with healthcare professionals from across Shropshire, Telford & Wrekin, and provides information, support and encouragement to help you take control of your health.

The app aims to deliver the right information at the right time for patients who are suffering with joint and muscle pain. It also automatically updates as you progress through your treatment journey.

You can download the app on a smartphone or tablet to help you with new or recurrent musculoskeletal conditions including:

- Hip Pain
- Knee Pain
- Shoulder Pain
- Elbow Pain
- Foot & Ankle Pain
- Lower Back Pain
- Neck Pain



The app offers a range of key features including:

- Videos & articles to help you understand, manage & improve your condition
- Tailored exercise programmes
- Information about local services and how to access them
- Short surveys to track your progress
- Information and guidance to help improve your overall health and wellbeing

How to sign up

Scan the QR code opposite or download the free myrecovery app from your app store.

Enter your NHS number, Date of Birth and GP Practice name and you will be ready to get started.





Think Which Service.....



Shropshire, Telford
and Wrekin

Think which service?

Common ailments
and illnesses

Urgent medical help or advice
that isn't life threatening

Health advice and over
the counter medicines

Symptoms that
won't go away

Walk-in service
for urgent care

Life-threatening
emergencies



thinkwhichservice.co.uk