

A Message from The Grove Medical Centre *Winter Plan*

*There is nothing new about having a
Personal Health Plan for the winter ahead.*

Dr Rob Childs Senior GP partner of The Grove advises; "Having a personal winter plan helps us to keep as well as possible and to know what to do if we feel unwell, this includes looking out for family members, friends and neighbours. Unfortunately for some, there will be times when people become seriously unwell and hospital is the right place for them to be."

Your personal winter plans should include:

- Continue to observe all COVID-19 precautions
- Keep warm when both indoors and outdoors
- Get a free flu vaccination if you are in an 'at risk' group
- Ask for help early before your condition worsens.
- Order repeat prescriptions early
- Find out where your local minor injuries unit is - Shaftesbury
- Seek advice from your local, pharmacist
- Have a well-stocked medicine cabinet
- Stock up on winter food supplies
- Get your boiler serviced
- Keep your home heated to 18C
- Have a list of emergency phone numbers handy by your phone
- Keep an eye on elderly or frail friends, neighbours and relatives.

While this might seem a lot to do – it could save your life or the life of family members, friends or neighbours.

COVID-19 Update

Based on NHS/UK Government figures the Southwest has the lowest number of reported COVID-19 cases across the UK, and Sherborne has one of the lowest number of reported cases in Dorset currently.

These figures reinforce the protective patient health practices introduced by the Grove to protect both our staff and practices. When attending the surgery for a booked appointment, wear your mask please and use the sanitizer when you arrive and before you leave.

WARM HEARTED SHERBORNE –

Despite the pandemic there is a lot of good COMMUNITY news in and around Sherborne.

Sherborne Area Community Kindness (SACK), which started life as Sherborne Viral Kindness, incorporates the Sherborne Community Kitchen, today it's 80+ volunteers, have captured the "community-spirit" of the town. It organises dog walking services, prescription collection, care calls for the lonely and shielding and so much more.

Sherborne Community Kitchen started as a result of the first lockdown. Every day it delivers a healthy, well balanced, tasty and nutritious two course meals of a main and pudding for £5.00 to the elderly and vulnerable in Sherborne and the surrounding areas. As a not for profit charity, the funds raised enable the Kitchen to provide free meals those in need or referred by local GP Surgeries. On Christmas day the Kitchen will provide a 3 course meal. All volunteer drivers are DBS checked to deliver fresh meals on a daily basis.

For information see: www.sherborne.kitchen

Sherborne's independent shops also answer the call

Sherborne's independent shopkeepers open their doors for takeaways and home delivery services.

The town's main independent shops, cafes and restaurants, continue to recognise needs in the community, especially those at high risk or unable to access the town. To meet the demands, 15 leading independent shop owners continue to offer takeaway and home delivery services offering everything: gifts, books, stationery, fresh and ready meals, meats, fruit and veg, sandwiches, bread, eggs, cakes, wine.

REMEMBER TO SUPPORT SHERBORNE'S SHOPS
THIS CHRISTMAS-WE NEED THEM TO STAY OPEN

Stop the Rumble – Sherborne. Is a new group that works closely with the schools to help assist with meals for children who normally receive Free School Meals. Initially formed to provide vouchers during October half-term, they are now fundraising to help all 500 (approx.) vulnerable FSM children within the Sherborne Community over the Christmas period. It's hoped to provide a mixture of vouchers (redeemable only for food), hot meals and a meal on Christmas Day. For more information on how to support this see:

<https://www.facebook.com/StopTheRumbleSherborne>.



A View from the Waiting Room

The Exercise Game



'The only Bad Workout is the one that Didn't Happen'

I am completely at one with those who find exercise ... particularly exercise for the sake of it ... tedious. I have always felt a little guilty about it. But we all know how important it is for so many reasons: healthy heart, better sleep, improved mood, more energy etc. Most importantly it reduces our risk of chronic illness.

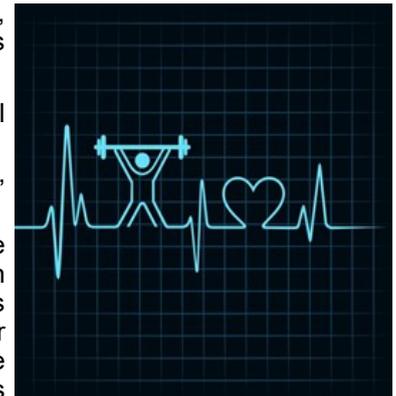
It was easy to exercise when we were young. I remember the wonderful exhilaration of canoeing as a teenager. I rode horseback and played tennis, readily available where we lived. We didn't think of them as 'sports', it was just fun and there was lots of time .

But as we get older life gets more complicated, free time less available, priorities change and suddenly many of us do no physical exercise at all. Years can pass and it is all just a memory.

We know how hard it is to start up again and keep to the routine. We tell ourselves that we are too busy, too tired, too distracted.

Maybe I am old enough now that it's doesn't matter. But I know it Does matter, even more so.

This is a particularly difficult year with so many restrictions on our lives, but we still need to get out and move! We have to start somewhere. Perhaps an exercise buddy would help with a regular routine. Exercising to music is always fun. Many of our neighbourhoods and almost all the villages near Sherborne offer some sort of walking group. Pilates, yoga, short mat bowls, and badminton are also all available locally. Pub skittle alleys are huge fun. Sherborne Health walks start from Waitrose every Friday at 2pm. Contact 07825 691508



Our excellent sports centres in Sherborne have classes for all fitness levels and all tastes and have started opening again. Their websites give clear instructions for the Covid guidelines which hopefully will lessen before much longer.

Sherborne Sports Centre offer too many interesting courses to list . They include 'Run to Improve', Senior Active, Slim Fit, Hydro, Stand and Balance, Tai Chi, and Barre Fitness ... a ballet inspired workout.

Oxley Sports Centre have an Aqua group intriguingly called 'Loose Women.' Most of their listed courses are now open apart from squash, climbing and the youngest swim schools. They do two types of Les Mills class for cardio and body strengthening and you can progress at your own pace. The dance classes include Boogie Bounce, Fitsteps and Zumba.

Must close now, off the walk the dog ... briskly ... 45 minutes. Surely that counts!

Oxley Sports Ctr. 01935 81827; Sherborne Sports Ctr. 01935 81054; Gryphon Sports Ctr. 01935 814011

(NOTE: All Sports Centre will be closed during the Covid-19 lockdown).

Joan Cooper Patient, The Grove Medical Practice

SHERBORNE COMMUNITY IN ACTION



Members of the Grove Patient Participation Group (PPG) and volunteers from Sherborne Area Community Kindness (SACK) helping control the traffic at the Grove Medical Centre, Sherborne as patients arrived for their influenza vaccination. To date over 3274 patients have received a vaccination at the Medical Centre.

NEW PATIENT PARTICIPATION GROUP MEMBER

We welcome Vicki Addey as a new member to our PPG team. As a local resident Vicki has worked as a volunteer with Sherborne Viral Kindness (SVK) during the Covid-19 lockdown. She will bring that experience to the team as we work more closely with the volunteers of the newly formed of Sherborne Area Community Kindness (SACK).





Practice Management

Mrs Alex Kimber:

Alex is the Managing Partner at the Grove Medical Centre and she is responsible for the overall management of the practice including the business and finance function.

You Ask ~ We Answer

Alex Kimber, Managing Partner, answers your most frequently asked questions and with guidance on how things have changed and how the Practice continues to meet the needs of its patients during the COVID-19 pandemic

1. **Are you Open?** We are open and here to help you. Please get in touch if your health concern cannot be dealt with through self-care, or from assistance from your family or friends or your local pharmacy.
2. **How do I get an appointment?** Call our patient services team who will arrange the best treatment assessment for you. This could be a telephone call or appointment with a Doctor or nurse. Try our new online consultations through the NHSApp or SystemOnline and the eConsult service on our website.
3. **Will the GP see me face to face?** GPs may see patients following a telephone assessment if there is a clinical need. This is unlikely to change until the pandemic is over. If you need to see a doctor or nurse, call the practice where the patient services team will organise either; a telephone consultation with a clinician to assess you, or book an appointment in accordance with NHS protocols during the pandemic.
4. **Is it safe to come in?** Visitors are requested to follow our safety guidelines and wear a mask whilst inside the building unless exempt. If you need to be seen face-to-face, we will give you an appointment. When you arrive at reception, we will ask you some basic COVID-19 screening questions. We aim to keep you as safe as possible and waiting for as little amount of time as possible.
5. **Can I get a flu jab? Should I bring in my baby to be immunised?** - Yes of course, you can, routine vaccinations are very important. So, if you or a family member are eligible, it is important that you are protected from other illnesses, particularly during this time. If you are unsure whether you are eligible for a free flu jab under the NHS, you can call the practice or <https://www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine/> . We have plenty of flu vaccines available.
6. **I'm worried about using the internet, can I still phone to make an appointment?** - You can still call the practice for assistance if you do not have access to, or do not know how to use the internet. Our phone system is not being replaced by online services. Online is simply another way for you to contact us.
7. **How Busy is the Surgery?** - During the pandemic, our clinicians are just as busy. To keep patients, GPs and staff safe, we assess patients over the phone or video link. Each of our GP's speak to upwards of 40 patient every day. Our nurses also continue to see patients who need treating in a Covid safe way
8. **Why are the waiting rooms so quiet?** - We are limiting the number of people in the building at any one time and actively discourage people queuing outside the practice or in the waiting area. For staff and patient protection, the wearing masks by patients is required, unless exempt. All social distancing guidelines are being followed.
9. **What is level of COVID in Sherborne at the moment?** Although the level of COVID infections in Sherborne, is currently low, this can change and we should all do our bit to keep it this way
10. **I can't get out to pick up my medication/shopping as I'm isolating and I don't have anyone who can do this for me, is there someone who can help?** - Call the practice and we will help you by passing on your details to our social prescribing team who will arrange for a volunteer in the community to help you.

Opening Times

Monday	08:00 - 18:30
Tuesday	08:00 - 18:30
Wednesday	08:00 - 18:30
Thursday	08:00 - 18:30
Friday	08:00 - 18:30
Weekend	closed

Ways to contact us:

You can book an appointment by:

Calling the practice to speak to a Patient Services Adviser between 08:00 and 18:30 Monday to Friday.

Online booking is available for routine appointments with your GP using the new NHS App or your current online login. If you don't have a login or have forgotten your login details, then please speak to the patient services team.

Using the 'e-Consult' service for advice, administration queries or to have an online conversation with your GP.

If you need to contact a doctor outside these hours then you should ring the Out of Hours Service on 111, unless it is a medical emergency then dial 999.

Dispensary open for prescription collections between 08:30 - 18:30. If you want to order repeat medication by telephone please ONLY call between 08:30 - 12:00 daily.

Social Prescribers at the Grove Medical Centre

We welcome Vicky Morland to our team of social prescribers. Vicky was instrumental in the running of Sherborne Viral Kindness during lockdown and her new role, funded by our Primary Care Network, allows us to continue to support and develop this work further, for our community and volunteers through the rebranded Sherborne Area Community Kindness (SACK).

Our social prescribers are here to support patients with non-healthcare needs such as linking people to other services for things such as financial issues, the local foodbank or community kitchen or finding them volunteer support to do their shopping, collect their prescriptions or just someone to chat to.

If you are struggling with something, please don't feel you are alone. Call the practice and ask if you can be put in touch with our social prescribing team and they will do their best to help.

The Practice Team

Dr Nick Berry

Dr Ruth Lawes

Dr Charlie Middle

Dr Rob Childs (Senior Partner)

Dr Srinkhala Limbu

Dr Matt Phelan

Mrs Alex Kimber

Dr Sally Dangerfield

Dr Liz Long

Dr Katie Thomas

Know your General Practitioners



Dr Charlie Middle

Dr Middle is the Medical Officer for the Sherborne School for Girls. His clinical interests are Sports and Orthopaedic Medicine, Adolescent Health Care and Surgery - Dr Middle performs the Minor surgery for the Practice.

Dr Phelan graduated from Kings College London in 2002 and has an interest in Palliative Medicine. He is married with 2 young children and outside interests include all sports, particularly cycling and triathlons.



Dr Matt Phelan

**Our sincere congratulations to Dr Aimee Barnes
on the birth of her son.**

Your Patient Participation Group (PPG)

Interested in finding out how your GP practice works and about the health services it delivers? Your practice Patient Participation Group (PPG) could be for you. See: <https://www.dorsetccg.nhs.uk/involve/ppg>