

A Message from The Grove Medical Centre

Covid-19 update from Dr Rob Childs – Senior Partner The Grove Medical Centre

- ◆ 85% of Sherborne residents have received 2 doses – 90% 1 dose
- ◆ An amazing achievement which exceeds national figures
- ◆ Serving all ages across the Sherborne community against COVID

In his recent report to patients, Dr Rob Childs, Clinical Director of the Sherborne Area Primary Care Network and Senior Partner of the Grove Medical Centre, focused on the many amazing achievements of the local medical teams fighting COVID-19

“So far, we have prescribed more than 33,000 vaccines to our local population. This represents nearly 90% receiving one dose and 85% receiving two doses which is an amazing achievement and easily exceeds the national figures.

“I am pleased to confirm that local Covid infections in our area have fallen from their peak of a few weeks ago when there were 60-70 cases per week to around 30-40 cases per week now. The new infections are mostly in the under 30's but there are a few older people getting COVID, including those who have been double vaccinated. These infections are not resulting in hospital admissions which is important. However please don't take unnecessary risks yourself or put others at risk by your actions”

“If you haven't received your second dose and would still like one, you can book online with National Booking Service. We will be reopening our vaccination clinic for boosters and for 16-17 year olds in September, they can also use the national booking service if they wish to get vaccinated earlier than this.

“We have also been asked to vaccinate a small group of 12-15 year olds who might be vulnerable (those with severe neuro-disabilities, Down's syndrome, underlying conditions resulting in immunosuppression, and those with profound or severe learning disabilities) or those children living in households with patients who are immunosuppressed. We can commence vaccinating this small group from the **23rd August**. We think we know who these children are and will be inviting them to a clinic at the Grove Medical Centre on the **25th August**. If you think you or your child is eligible and you haven't been contacted by **18th August**, please get in touch with your surgery.”

The booster programme is yet to be finalised. Current thinking would appear to be that boosters are advised to be given after the 26th week following a second dose. This means clinics for booster Covid vaccine will commence at the end of September. Flu jabs may be given at the same time as your booster, but the scientists and politicians still have to decide as how exactly the programme will work.

The Digby Hall has been temporarily cleared and our equipment has been safely stored ready for the next phase of the vaccination campaign.

Further updates will be posted on the Grove Medical Centre website and social media pages.



The Grove Medical Centre supports Military Veterans



Are you a Military Veteran? Have you ever served in the Armed Forces?

Did you know that the Grove Medical Centre is a 'Veteran Friendly Accredited' surgery?

This means that, as part of the health commitments of the Armed Forces Covenant, the Grove Medical Centre has a dedicated clinician in Dr Sally Dangerfield who is a military veteran herself and has a specialist knowledge of military related health conditions and veteran specific health services. This is important in helping ex-forces to get the best care and treatment.

If you are ex-forces, please let your GP know to help ensure you are getting the best possible care.

Most recently your Patient Participation Group in conjunction with Dr Dangerfield and Dorset CCG have compiled a directory of information which is available as a PDF here: <https://www.thegrovemedcentre.co.uk/media/content/files/Grove%20Military%20Veterans%20Directory.pdf>

COMMUNITY VOLUNTEERS IN ACTION AT THE GROVE

In June the Grove Medical Centre reached out to the local community for help in making a small garden to create a restful space for the staff in their breaks and to give patients in the waiting rooms something rather nicer to look at.

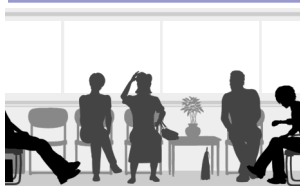
The first step was to clear the rather overgrown borders behind the building and to establish what was there before going on to plan what to plant. The aim was to make the area as bee-friendly and wildlife friendly as possible.

A big thank you went out to all the amazing volunteers who gave up two of their Sunday afternoons in July to help with clearing the vegetation to create a lovely garden for everyone to enjoy. Despite the rain they made an excellent start by completely clearing the ground.

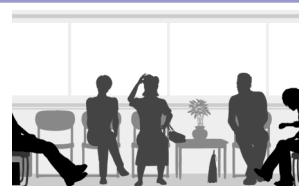
Work was then required to remove the tree stumps and roots such that the ground can be levelled.



IF YOU CAN'T MAKE YOUR APPOINTMENT PLEASE PHONE THE SURGERY TO CANCEL



A View from the Waiting Room



Getting Involved after Covid

On Monday I am going to see the headmistress of a local primary school where I have volunteered to hear children read. It is part of a nationwide 'school readers' scheme, extremely well organised, and much needed after the Covid disruption to these very young children. There has never been a more important time for this work. To say I am excited is an understatement!



Those of us who are retired often have time to spare, and to help out locally in any way is good for both giver and receiver. Most people can find a charity which suits them ... I have a special admiration for the marvellous Sherborne Community Kitchen, who amazingly provide up to 100 two course main meal lunches delivered to the door for a £5 daily charge. (These meals can be free of charge for up to 8 weeks on referral from the social services). They work from the Raleigh Hall and they need packers, drivers, and especially telephone callers.

Sherborne's fun health walks are running again and always looking for helpers. They used to meet outside Waitrose but now leave from the Paddock Gardens (opposite Sherborne House, near Waitrose) at 2pm on Fridays. You can choose to be a 'Strider' or a 'Stroller' volunteer and there are optional refreshments afterwards.

If I had some practical leanings I would certainly be drawn to 'The Men's Shed' workshop at Sturminster Newton. The activities are enticing and seemingly always growing...from making stage props, house signs, garden planters, and bird houses, to recycling, and many other peripheral activities. Sturminster Newton also has a very active group called 'Men at the Mill' a sort of male version of the W.I., with good company, tea and cake, and regular speakers. They meet on the 2nd and 4th Monday of the month from 11am - 1pm. It would be marvellous to have such groups here in Sherborne if suitable premises could be found. If anyone has any ideas please contact Vicky Morland here at the Grove Medical Centre.

The Sherborne Community Fridge is a new and really exciting project, a logical extension of the Food Bank. There will be two fridges, one on each side of Sherborne, providing fresh food for those who need it. A co-ordinator or two, working with volunteers is badly needed! Contact Jane Carling at Sherborne Town Council : jane.carling@sherborne-tc.gov.uk or at the phone number below.

There is also the Food Bank program, the Sherborne Abbey Volunteers, and the wonderful Sherborne Good Neighbours scheme along with many other wonderful local groups.

None of these charities are very demanding on time, you will meet like minded people and I think most importantly it just makes you feel good!

Sherborne Community Kitchen:	Jill Warburton 07561 067381
The Men's Shed:	Andy Watson 01258 471359
Men at the Mill:	Peter 01747 854355
Sherborne Health Walks:	Keith Harrison 07825 691508
Vicky Morland:	vickymorland@dorsetgp.nhs.uk
Community Fridge:	Jane Carling 07814 511294

Joan Cooper Patient The Grove Medical Centre

Postscript: I have now been three times to my allocated school nearby, helping young children with their reading. I have come away each time happy, refreshed, and reminded of just how charming and interesting a young school child can be. It's such a lovely thing to do.

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“Grove PPG Girls – AA+ for peer group survey “

Sherborne Girls School pupils Emily and Arabella, student members of the Grove Medical Practice PPG, were asked by Chairman Roger Marsh to develop a project for the practice and the school with a positive outcome for Sherborne town and the NHS.

The impact of COVID on patient services restricted making appointments with GPs or healthcare staff saw the introduction of online eConsult appointments as a short-term response to this problem.

Accepting the challenge, Emily and Arabella conducted forensic research into the efficiency and effectiveness of NHS Dorset's eConsult online consulting service amongst their fellow pupils and peer groups, including teachers at Sherborne Girls School.

The main parameters were; awareness, accessibility, patient satisfaction, difficulties, other option and conclusions. A total of 171 interviews were conducted.

Awareness

The results showed that only 22% of respondents had heard of eConsult, and only 9% had used it. These figures include the results from the 18+ category, the majority of whom were staff members.

By separating the results into different age brackets (11-15, 16-17 and 18+).

38% of the adults who completed the survey had heard of or used eConsult, whereas only 5% of 11–15-year-olds and 20% of 16-17 year olds.

58% of those questioned preferred face to face appointments with their GPs

Accessibility

The eConsult site is difficult for anyone under 18 as the GP consultation section only allows adults over 18 to fill in the forms, despite stating 16year olds could access the site. Under 18 cannot complete the form without explanation.

Patient satisfaction

A key element our survey was focused on patient satisfaction. By using an average score of 5 the overall experience using eConsult was 3.81. This dropped to 3 in the 16-17 age range.

We also asked how easy was it to complete the online form, scores ranged from 1 to 1.36

This confirms the potential of the site, as well as the challenge to improve functionality.

Difficulties

Using eConsult is difficult for all age groups – this is a functionality issue

Competitive systems and options

We asked if respondents had used other online consultation platforms, including askmyGP and NHS 111 online. These both vary slightly to eConsult, and each method is useful for different concerns.

Based on costs eConsult offers better value

The NHS service is entirely separate from GP practices, it is available 24/7 unlike eConsult, access is limited to surgery times. It also provides instant feedback, and can advise people to either contact their GP or, if necessary, go to A&E.



Conclusions

eConsult has the potential to benefit patients in the future.

eConsult is unsuitable in its current format, improvements need to be introduced to its functionality and patient benefits.

eConsult is for people who are unable to attend the practice in person, it is not a preferred first point of contact with the GP.

eConsult may have a role in the future management and delivery of health care services.

The findings confirmed NHS Dorset's own research namely, a young computer literate age group is one of the slowest to adopt the service, and most critical of its functionality.

Simon Longman- head of Digital Systems Integration Directorate at Dorset Healthcare welcomed the Sherborne Girls report.

"Thanks to Sherborne Girls for their work, we agree with their findings. These will be included in the future development of our online services. I shall share the report with eConsult, to emphasise the points made specifically to highlight those concerns expressed by engaged young people."

COVID MAY BE IN THE HEADLINES – BUT CANCER CONTINUES TO KILL EVERYDAY

Following a recent survey of Grove patients 22% stated they did not book an appointment or visit their GP as they did not want to "burden the NHS." A further 15% were worried about contracting COVID. Both decisions can have fatal consequences as some of these patients could have symptoms of the early onset of cancer, which if not checked, would reduce their chances of survival.

At a recent workshop on Cancer Awareness, chaired by Vikki Andrews manager of the Dorset Macmillan Cancer Information Project, Roger Marsh Chair of the Grove PPG, was invited to support the cancer Awareness project to, increase patient and staff knowledge of cancer, by hosting a local presentation to highlight the signs to look for, and the support available for patients.

- There are four key important messages patients need to be aware of:
- Anyone can develop cancer but its more common as we get older.

Don't assume any changes relate to simply getting older – If you notice anything different or unusual make an appointment to see your doctor.

- Spotting cancer early means treatment is more likely to be successful.
- The most possible signs of cancer are usually a sign of something less serious but it's always best to get it checked out by your GP.

Roger Marsh commented:

"I was fortunate to attend a 2 day workshop, which focused on increasing cancer awareness in our community and where to get help from cancer-related health and information services. It was clear how COVID has dominated the health awareness agenda."

"The reality is cancer hasn't gone away, it has simply been removed from our daily awareness. The Grove PPG, together with the Apples PPG and other health related volunteer groups, plan to set up a cancer awareness support group here in Sherborne. Tracy Street who is the Engagement Lead for Dorset Macmillan Cancer Support has already offered to help us to establish the Sherborne Cancer Support Group."

If you wish to find out more please email: grovesherborneppg@gmail.com

The Grove welcomes the re-opening of the MIU

The medical staff at the Grove Medical Centre, together with the Friends of the Yeatman Hospital welcomed the reopening of the Minor Injuries Unit at the Yeatman Hospital in June.

Dr. Rob Childs, Primary Care Network lead for West Dorset said;

"Thanks to the lobbying of the Friends of the Yeatman Hospital together with local MP Chris Loder and Sherborne Town Councillors the reopening of the MIU at the Yeatman has taken pressure off our medical staff at the Grove, allowing us to focus on the daily needs of our patients as opposed to being an alternative emergency service.

"I would ask all patients to be aware they cannot just turn up – they have to make an appointment beforehand."

JOIN OUR PATIENT PARTICIPATION GROUP – THE GROVE PPG – ONLINE INFORMATION



Tel. 01935 810900 or 01935 813438
www.thegrovemedcentre.co.uk

The Grove Medical Centre
Wootton Grove
SHERBORNE
Dorset
DT9 4DL

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.

The Practice Team

Dr Aimee Barnes
Dr Sally Dangerfield
Dr Charlie Middle

Dr Nick Berry
Dr Ruth Lawes
Dr Matt Phelan
Mrs Alex Kimber (Managing Partner)

Dr Rob Childs (Senior Partner)
Dr Liz Long
Dr Katie Thomas

Roger Marsh, Chair of the Grove's PPG nominated as Trustee for The Friends of the Yeatman Hospital

Our PPG chair, Roger Marsh, has been nominated to become a Trustee of the Friends of the Yeatman Hospital later this year. In confirming the nomination, Roger commented, "I was born there a number of years back, so to be considered as a Trustee is a great personal honour. I look forward to working with the Chairman and other Trustees to support the hospital and all it does across the Sherborne Community and local villages."



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>