#  **WIMBLEDON VILLAGE SURGERY**

# **FEBRUARY 2025**

# **NEWSLETTER**

**Practice Manager’s Preamble** Welcome to the February edition of our newsletter – the first one of 2025. It has been an extremely busy period over Christmas and the New Year and as we settle into another year, there is plenty going on, as usual. It has been difficult to find the time to sit and write the Newsletter, so please accept my apologies for its slight delay.

As ever, we are keen to hear from you and the sort of information you would like to read in these newsletters so please do give us your feedback via our website or the reception desk. Just ask a member of staff to provide you with a feedback/comments/suggestions form! As ever, the newsletters are available from reception but are also available on our website: [Wimbledon Village Surgery - Newsletters](https://www.wimbledonvillagesurgery.co.uk/pages/Newsletters).

**Partnership changes** In the coming weeks and months there will be some changes to the practice’s Partnership with a resignation and new acquisitions to the Partner-Management group. Having worked at Wimbledon Village Surgery for over 27 years, Dr Alison Emsden will be away during March on her sabbatical. She will return to work from April onwards, working on Thursday and Fridays. She will however, be “leaving the partnership work to the younger generation!”

The Partnership will be bolstered in April – please stay tuned for further exciting announcements on this!

**Patient Triage** This is a reminder to all that if you need assistance to request an appointment and you are unable to complete an online form, please call the practice or ask your assisting family member/friend/carer to do so, and the reception team will be able to complete the online form for you. Your request will be assessed by a GP and you will then be allocated an appropriate appointment and a member of staff will call you to confirm your booking.

**Digital Registrations** To ensure the registration process is as seamless and stress-free as possible and available to all, we have implemented a ‘Digital Registration’ process. Registrations of new patients can now be done wholly online without the need to produce Identification Documentation should the patient not have access to it.

**Contacting Us** Our generic email address (wimbledon.villagesurgery@nhs.net) will be closing down in the next couple of weeks. All general enquiries from patients should now be made using the online form via our [‘Contact Us’](https://www.wimbledonvillagesurgery.co.uk/pages/Contact-Us) page on our website. Patients should use this form for all general enquiries.

**Repeat prescription requests should continue to be made via the** [**‘Order Repeat Prescriptions’**](http://www.wimbledonvillagesurgery.co.uk/SecureForm?FID=5031d5db-13e8-443c-b226-24081367fcac&FT=0&GP=ae484cf9-dc74-43c8-8bf4-9ef3a19a64b7) **page. Appointment requirements should be requested via the** [**‘Book an appointment’**](https://accurx.nhs.uk/patient-initiated/h85027) **page.** *Complaints and Suggestions*

**PPG (Patient Participation Group)** We would like to welcome patients to become members of a PPG for the practice. PPGs perform and important function in the running of the practice in that they enable patient representative to discuss our services on offer, how improvements can be made and provide vital feedback. If you would like to become a member of our PPG, please contact the Practice Manager via our ‘Contact Us’ page on our website.

**Pharmacy First!** Please see the link on our website ([www.wimbledonvillagesurgery.co.uk/pages/THINK---PHARMACY-FIRST](http://www.wimbledonvillagesurgery.co.uk/pages/THINK---PHARMACY-FIRST)) to our Pharmacy First information page. You are able to self-refer to the pharmacy for those conditions shown via the link. Our staff are also trained to make Pharmacy First referrals on your behalf, so if referring you to a Pharmacist is suggested, please be aware that this is for your benefit and efficiency. Benefits of this service are:

* No appointment is needed
* You can get advice, prescriptions and medicines in one visit
* Pharmacies are open longer and at weekends
* Any Pharmacy will provide this service

**Health Promotion: Cancer Care**

March Health Awareness campaign includes ‘**Colorectal Cancer Month’**.

**What is Colorectal Cancer? (otherwise know as colon cancer)**

* This a cancer that begins in the last part of the digestive tract – the large intestine.
* More common in those aged over 50
* Family history may increase likelihood

**Symptoms can include:**

* Diarrhoea and/or constipation
* Blood in the stool
* Fatigue
* Unexplained weight loss
* Abdominal Pain / Bloating

**Prevention:**

* Participation in Bowel Screening for people over 50yrs old and for those with a family history
* Drinking alcohol in moderation
* Eating healthily – especially fruits and vegetables
* Quit smoking
* Regular Exercise

**Complications of colon cancer can include:**

* Constipation
* Chronic Diarrhoea
* Bowel obstruction

Please request an appointment should you experience any of the symptoms above and you are concerned.

**Should you have any suggestions for the content of these regular newsletters, please write to the practice manager via the website ‘Contact Us’ page. All feedback is of course welcome!**