



## Surgery Updates

### Vacancies

We are currently recruiting for 2 receptionists to work across our 3 surgeries. This would be a 20 hour per week role in a fast paced environment. Come and join our very friendly and supportive team. To apply, please send your CV to [Stacey.bavington@nhs.net](mailto:Stacey.bavington@nhs.net).

### New Starters

This month the surgery has welcomed another member of staff to our coding and admin team.

Our coding team work through the hundreds of emails and documents received weekly into the surgery. They read through all the clinical summaries, discharge paperwork, clinic letters and documents sent by patients and hospitals. They then code any new diagnoses on to your records.

Some people believe that hospital computer systems 'talk to' GP systems and that this information is automatically transferred between your appointments. This is in fact our coding team who read each individual document and send them on to the correct department within the surgery to action any tasks sent to the GP.



### Meet the Team

Sandra and Katharine, our part of our social prescribing team. As we celebrated social prescribing day on 9<sup>th</sup> March 2023, we wanted to introduce you to the team and a little bit about what they do.

#### THE JOB

When asked about her job Sandra said: I never turn anything down, where there is a will, there is a way.



- Welfare calls and visits
- Home visits
- Medication queries
- Continual support in the home
- Debts
- Housing,
- Physical Activities
- Isolation
- Grief
- Caring responsibilities
- Wellbeing issues
- Referrals to outside agencies,
- Offering family support
- Gathering and sharing information where applicable
- Sitting services to support main carers with appointments
- Solving problems
- Helping and ordering disability aids and equipment in the home
- Referrals to Adult care
- Sign posting to outside agencies.
- Booking appointments
- Pendant alarms and key safe
- Meals on Wheels
- Day centres and social clubs

#### Fit To Travel

##### What we can do

Some travel companies may require a letter to show that you are fit to travel. This may be due to ongoing treatment, a new illness or due to pregnancy. The surgery can issue you a fit to travel note for £34.50. This charge needs to be paid at the time you request your letter. There is some information we need from you for these letters.

#### Fit To Travel

##### Information we require

If you are pregnant, we will need your date of departure and return, how many weeks and days you will be at departure and if you are having multiple babies. If you are unwell, we will need to ensure that you have had a recent consultation with the GP. If you haven't, please book this first and request your letter after your appointment.

#### Fit To Travel

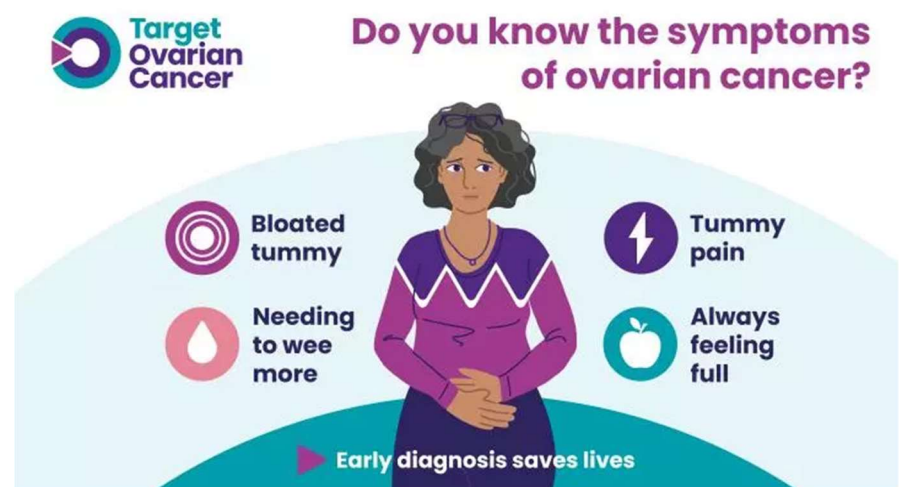
##### What can't we do

If you are under a consultant for ongoing treatment for example, organ transplant or cancer treatment, it would be more appropriate for your consultant to assess your fitness to travel, and they will oversee your treatment and care.

### What is Ovarian Cancer Awareness Month?

Every March we put ovarian cancer in the spotlight. This March we're speeding things up.

Two thirds of women are diagnosed with ovarian cancer too late when the cancer is harder to treat. Every day in the UK, 11 women die. We won't accept that – and we know that you won't too. Not when survival rates in other countries are so much higher. And not when we can do something about it right now.



### What are the symptoms?

- Persistent bloating (not bloating that comes and goes)
- Feeling full quickly and/or loss of appetite
- Pelvic or abdominal pain (that's from your tummy to the top of your thighs)
- Urinary symptoms (needing to wee more urgently or more often than usual)
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### Occasionally there can be other symptoms:

- Changes in bowel habit (e.g., diarrhoea or constipation)
- Extreme fatigue (feeling very tired)
- Unplanned weight loss
- Any unusual bleeding from the vagina before or after the menopause should always be investigated by a GP.

### Symptoms will be:

- New – they're not normal for you.
- Frequent – they usually happen more than 12 times a month.
- Persistent – they don't go away.

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## Wednesday 8<sup>th</sup> March was No Smoking Day 2023, here are ways you can stop.

There's a free local Stop Smoking Service near you. With their professional help, you're 3 times as likely to quit for good.

### What to expect at a local Stop Smoking Service

Developed by experts and ex-smokers – and delivered by professionals – local Stop Smoking Services provide free expert advice, support, and encouragement to help you stop smoking for good.

The trained advisers are on hand to offer you support, either one to one or in a group, along with stop smoking medicines (prescription charges may be payable).

The sessions usually start a couple of weeks before you quit and can be done via phone or video call if you cannot attend in person.

Sessions are usually held once a week for 4 weeks after your last cigarette.

Evidence shows that people who manage to quit for 28 days are more likely to quit for good.

To find out what services are near you visit:

<https://www.nhs.uk/better-health/quit-smoking/find-your-local-stop-smoking-service/>



### Planned roadworks around the surgeries.

Redbourn Road, Batchwood Roundabout, Lane Closure. May cause delays travelling to Redbourn Surgery and The Lodge Surgery. 09/03/23 – 23/04/23

Sandridge Road, St Albans, Road Closure. May cause delays travelling to The Lodge Surgery and possibly Highfield Surgery. Road closed 9:30am – 4:30pm from 08/03/23 until 27/03/23.

Ashley Road, St Albans, Traffic control. Two-way signals. May cause delays travelling to Highfield Surgery. 13/03/23 – 20/03/23