

NIGHTINGALE VALLEY PRACTICE

www.nightingalevalleypractice.co.uk

*Main Surgery:
Brooklea Health Centre
Wick Rd, Brislington
Bristol BS4 4HU
Tel: 0117 3304300
Fax: 0117 3304301*

Winter 2018/19



*Branch Surgery:
Riverside Surgery
Wyatt's View, St Anne's Park
Bristol BS4 4WW
Tel: 0117 9720386
Fax: 0117 9720386*

All staff at Nightingale Valley Practice would like to wish our patients a very Merry Christmas and Happy New Year!

Our Christmas/New Year opening times are now available on our website. If you have any ideas for our newsletter, please contact us via our website or our Facebook page.

Register for Online Services



Patient Access is a convenient and quick way to book appointments with your GP, order repeat prescriptions and view your medications and allergies over the internet. Please contact reception to view our website to sign up!

Are your Records Up to Date?

Are all your records with the Surgery up to date? Do you have a new mobile number? Have you moved house? Have you got a new email account? Please let the Surgery know if there has been a change.

Staff Update



Sadly, Dr Anne Whitehouse will be leaving the practice to start an exciting new role with BrisDoc. We will miss Dr Whitehouse and wish her well for the future.

Seasonal Vaccinations



We still have appointments available for those eligible for NHS seasonal vaccinations. These include influenza (for adults and children), pneumococcal and shingles. Please contact our reception to book your appointment.

GP Registrars

We are a Training Practice and benefit from the services of up to 4 General Practice Registrars at any one time. As fully qualified doctors, Registrars join us for a 6-12 month period to gain experience in family practice. As they are on a 3 year GP rotation course, this will involve further hospital medical training in specialties and an attachment to a practice under a supervising qualified GP. All GPs must undergo this training before they can become fully qualified GPs in their own right.

We are excited to confirm Dr Rachel Bate will join us on Tuesday 8th January working Tuesday, Thursday and Fridays. We would like to wish Rachel a warm welcome!

Text Message Reminders

We have the facility to text our patients with reminders of their appointments. Please let reception know your mobile number to sign up to this service.

Research

We have an active research team at Nightingale Valley Practice, working in partnership with universities and sometimes hospitals and commercial studies. Research is important in helping us to improve existing treatments and services.

We are a Research Ready accredited practice, covered by the Research Governance Framework from the Royal College of General Practitioners (RCGP). At any one time the practice will be involved in, and be actively recruiting participants to various Government reviewed studies. The National Institute of Health Research (NIHR) oversee studies in the primary care setting.

An example of a study that we are presently supporting is 'The Coordinated Programme to Prevent Arthritis at a pre-clinical stage (CCP). The study is being run by Leeds Chapel Allerton Hospital, a centre of excellence in rheumatoid arthritis, and a blood test is done to see if the disease can be detected in a pre-clinical stage. This may lead to earlier detection and better treatment and management of rheumatoid arthritis in the future.

From time to time we may invite you to participate in a study that may be appropriate for you, but will not release your details without your consent.

The research team has recently expanded, and includes Debbie Blackmore, Research Nurse/ANP, Dr Katharine Alsop, Lead Research GP, Dr Caroline Perkins, Dr Julie Dando, Kathryn Gould Research HCA, and Zoe Roberts, Research Admin and Secretary. All of our GPs are aware of the research studies that we are actively recruiting to, and they may discuss studies that may be relevant to you at your appointments.

If you have any questions or would like any information about our research activity, please feel free to contact Debbie at the practice.

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Winter 2018/19



Update on building works

Building works remain on plan and the treatment room should be completed on Friday 21 December. You will be pleased to know, what we have locally named the catheter, has now been removed. This was beginning to become a talking point so we now need to find something else for us to focus on – see our New Year logo article. We now have a roof that does not leak and the waiting area is due its long awaited decoration in the New Year.



Having builders on site with their various cabins and storage units has meant that the car park has been very restrictive. Unfortunately, there are no plans from our landlords in extending the car park so when we are back to full function parking will still be limited. We apologise for any inconvenience caused and thank you for your patience whilst the works continue.

Let's beat Diabetes Together

Following on from our education session in March, we are very keen to develop and support a local group for people to get together to fight diabetes. If you are type 2 diabetic or pre-diabetic this group could be for you. The group can offer peer support, education and social interaction. We are looking to hold our first meeting early in January so if you are interested please register by contacting the surgery on 0117 3304300 or via our website or Facebook page.

New Year Logo Competition

In the New Year we will be launching our logo competition. Working with the OASIS Academy, pupils have designed a logo to make Nightingale Valley Practice more recognisable. We have whittled down the logos to 3 and we will be asking our patients and staff to select which logo they think should be used. The pupil who wins will be rewarded with a prize. Look out for more info in the New Year.

Brislington over 50s club

On 14 November, Dr Caroline Perkins and Advanced Nurse Practitioner (ANP) Pippa Backhouse joined the Brislington over 50s for an informal chat about keeping healthy this winter. We discussed vaccinations (including the now-resolved stock issues with the influenza vaccine for the over 65 year olds), general diet and healthy lifestyle advice, sources of community support and avoiding isolation. It was also an opportunity for Pippa to give an overview of her role as an ANP and her home visiting remit. Pippa is expertly suited to these roles having previously been a community matron and being very familiar with the support agencies and needs of our housebound patients. She has been working in practice for over a year now seeing minor illnesses and more complex problems too; prescribing and referring as needed (with the exception of radiology requests).

Jogging for Health



Following on from the huge success of our 'jogging for health' 9 week course this Autumn which has seen staff and patients complete a course to increase fitness and exercise capabilities we are keen to develop this into a weekly 'walk to jog' group open to all from the New Year. Currently meeting at 7pm at Brooklea this will be open to all ages and abilities who are keen to become more active. It is a friendly group and all are welcome. Start date will be confirmed soon so check our Facebook/website for more information to follow. We will also be looking to run a more formal 'couch to 5K' nearer April time for those keen to progress further so look out for further information in due course or register your interest at reception. For established runners we are affiliated to Eastville Park run who would be very pleased and welcoming should you wish to join them on a Saturday at 9am (<http://www.parkrun.org.uk/eastville/>).