



The Alresford Surgery

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ALRESFORD

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Newsletter - April 2024

Good Friday & Easter Monday closure

Please make sure you have sufficient supplies of your usual medications to last over the bank holiday period which you can order in a number of ways;

- In person at the surgery
- By post
- Via the NHS APP or Patient Access

The surgery will be closed on Friday 29th March and Monday 2nd April. If you need urgent medical care you can access the Out of Hours service for advice, a face to face appointment or, if it is necessary, a home visit & the number to call is **111**.

e-Consults will not be able to be submitted after 6.30pm on Thursday 28th March & will not restart again until 8am on Tuesday 3rd April.

Veteran Practice

This means that, as part of the health commitments of the Armed Forces Covenant, we have a dedicated Clinician, Dr. Hannah Haring, you can read [Hannah's statement](#) here, who has 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.

A veteran is someone who has served in the British Armed Forces (Regular or Reserve) for at least one day. Veterans also include any member of the Merchant Marine who has served in a war zone. This includes crew from convoys in World War 2 and more recently in the Falklands conflict and Gulf Wars.

About 18,000 service people move back into civilian life every year and whilst most of these individuals have similar levels of health to the general population, around 2,000 leave on medical grounds. The top reasons for medical discharge are for issues relating to back, knees, mental health, and hearing.

Being accredited means that a practice can better identify and treat veterans, refer them, where appropriate, to dedicated NHS services (such as the Veterans' Mental Health Transition, Intervention and Liaison service (TILS), the Veterans' Mental Health Complex Treatment Service (CTS) and the Veterans Trauma Network) and capture better epidemiological data to improve future health provision. It also means that the NHS is better able to meet the health commitments of the Armed Forces Covenant, whereby the Armed Forces community, including veterans, should face no disadvantage in accessing health services and should receive priority care for military attributable conditions, subject to clinical need.

If you are a veteran, please let us know!

Did Not Attend - Missed Appointments

- ❑ People not turning up to their appointments - something called a "DNA" or "Did Not Attend".
 - In February, we recorded 50 missed appointments, across both the Doctor & Nursing teams. These appointments could have been utilised for others.
- ❑ We understand that life gets in the way sometimes, and things change. Any notice you can provide, even last minute, will enable your appointment to be offered to somebody else.
 - Please remember to change or cancel your appointment if you are not able to attend.

Please **do not** rely solely on text message appointment reminders from the practice as this is not a fail-safe system!

World Immunisation week - 24th- 30th April

Are you up to date with your immunisations? Are your children up to date with their immunisations? It's still not too late to book an appointment with one of our practice nurse team for MMR, MenACWY, Shingles & Pneumonia.

If you have the NHS App you can view all your immunisation on your health record.

If you are unsure if you are eligible for immunisations visit; [NHS vaccinations and when to have them - NHS \(www.nhs.uk\)](#)

COVID- Spring boosters

The practice will be offering the spring boosters COVID-19 from the 22nd April.

COVID is more serious in older people and in people with certain underlying health conditions. For these reasons, people aged 75 years and over, those in care homes, and those aged 5 years and over with a weakened immune system are being offered a spring booster of COVID-19 vaccine.

You should be offered an appointment between April and June, with those at highest risk being called in first.

You will be invited to have your booster around 6 months from your last dose, but you can have it from 3 months.

If you are turning 75 years of age between April and June, you will be called for vaccination during the campaign; you do not have to wait for your birthday.

Stress Awareness Month 2024 is observed annually in April

This year's theme, #LittleByLittle, emphasises the transformative impact of consistent, small positive actions on overall well-being. Even seemingly minor steps taken daily toward self-care and stress reduction can yield significant improvements in mental health over time. Here are some practical suggestions to incorporate into your routine:

- ♥ Connect with someone: Check in with your support network or connect with someone new. A sense of belonging and community can help reduce feelings of loneliness.
- ♥ Go outside: Spending time outdoors can have a positive impact on mental well-being.
- ♥ Get moving: Physical activity, even in small increments, contributes to stress reduction.
- ♥ Be mindful: Practice mindfulness techniques to stay present and manage stress.
- ♥ Breathe deep: Deep breathing exercises can help calm the mind.

♥ Prioritise sleep: Make small adjustments to your bedtime routine. Wind down by minimising screen time, creating a tech-free bedroom environment, and jotting down thoughts to set aside for the next day.

♥ House Analogy: Think of building mental well-being like constructing a house—one brick at a time. Each small action, such as taking deep breaths during a stressful moment or expressing gratitude daily, serves as a foundation for resilience.

♥ Ball Analogy: Just a 1mm change in the angle direction of a rolling ball can alter its trajectory significantly. Similarly, small positive actions accumulate and create a remarkable outcome over time.

♥ The Butterfly Effect + The Positive Ripple Effect: Lorenz's butterfly effect theory highlights how seemingly insignificant initial changes can lead to significant consequences. Your small efforts contribute to a positive ripple effect in your life.

Remember, even the tiniest steps matter, and collectively, they build a stronger foundation for mental well-being. If you're feeling stressed, consider checking your stress levels and explore ways to manage stress throughout the month. ✨

For more information and resources related to Stress Awareness Month 2024, you can visit The Stress Management Society; www.stress.org.uk