



The Alresford Surgery
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ALRESFORD
Hampshire
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Website: www.alresfordsurgery.co.uk

Newsletter - March 2024

Better Health and Medication Review

If you have been invited to attend one of our **Better Health Clinics**, please **ACT NOW**, the reason you have been called is because we need to review/discuss your medications for another year.

Your review is an opportunity to discuss maximising your lifestyle and health.

Please help us to ensure your condition is stable by organising the following:

1) A BLOOD TEST APPOINTMENT

When you attend for your blood test appointment, please complete the following:

- Collect a urine **ACR** kit and information sheet from reception.
- Use the waiting room BP machine for your **height** and **weight** (hand slip into reception)
- **Home BP readings** for 7 days

2) A BETTER HEALTH *telephone* appointment 2 weeks later with our nursing team

Please make sure you have provided your **7 days of Home BP readings** ahead of your appointment by responding to the text or email we may have sent you or by completing this form via the surgery website:

<https://alresfordsurgery.co.uk/downloadable-resources/>

Paper copies are available from reception if you are not able to do this.

If you do not have your own machine, we recommend you purchase one. These are freely available at the chemist or online and cost around £15.

Important changes to local hospital services

Have you heard about the plans for a new hospital for the Hampshire region?

With significant suggested changes to the acute hospital services in and around Basingstoke and Winchester.

A public consultation on the proposed options is currently in process.

The consultation runs from 11 December 2023 for 14 weeks until midnight 17 March 2024.

Have your say at:

<https://www.hampshiretogether.nhs.uk>

NHS App

Have you downloaded the NHS App yet? Did you know you can now book a range of appointments with us, directly through the app.



Covid Spring Booster Campaign

We have been made aware that there will be a Spring booster campaign for Covid, which will commence in mid April.

You are eligible for this booster if you are;

- adults aged 75 years and over
- residents in a care home for older adults
- individuals aged 6 months and over who are immunosuppressed (as defined in tables 3 or 4 in the [COVID-19 chapter of the Green Book](#))

We will be in touch directly with patients who are eligible to organise this vaccination.

Pharmacy First - Prescription-only medicines without seeing a GP

Pharmacy First will enable community pharmacists to supply prescription-only medicines, including antibiotics and antivirals where clinically appropriate, to treat seven common health conditions without the need to visit a GP.

The 7 conditions are:

Sinusitis

Sore throat

Earache

Infected insect bite

Impetigo (a bacterial skin infection)

Shingles

Uncomplicated urinary tract infections in women.

For further information, see:

<https://www.england.nhs.uk/2024/01/over-10000-nhs-pharmacies-begin-treating-people-for-common-conditions/>

Bank holiday closures

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.

May we take this opportunity to wish all our patients a very Happy Easter. 🐣🐰🌸