

Keeping You in the Picture

Spring 2019

BARCROFT NEWS

Primary Care Network

The Barcroft Practice has joined forces with Avon Valley Practice, Castle Practice, Cross Plain Health Centre, Millstream Medical Centre and St Melor House Surgery to form their Primary Care Network (PCN) named Sarum North PCN. This network will also involve community health care professionals who are shaping the future of Primary Care in our Local Communities.

Farewell

We are sadly saying goodbye to our Practice Manager, Mrs Duro after 11 years of managing the Practice. We wish her all the best in her new business venture.

New Staff

We have recently appointed a Prescription Clerk/HCA to our hard working team who will be helping to process your prescription request and will see patients as part of their medical review.

It's OK to talk about mental health

In fact, we should be talking about this more. Many of us experience low ebbs at some point in our lives, when having someone to talk to can make a real difference to how we feel and help us move forward. Our mental health is just as important as our physical health, so it's time to take action. In order to provide more of the support individual's need, practices in our area are training existing staff as Mental Health Support Workers (MHSW) to provide a listening ear, together with practical information on a range of topics and activities that can help. Upon the recommendation of your GP (who is responsible for any clinical intervention), you will be given the opportunity to make an appointment with our MHSW's, who at **Barcroft** will be **Stacey or Jo**.

Admitting you have a mental health problem is a victory over it, NOT a defeat by it.

How to keep safe in the sun

We love the sun and the possibilities this brings but whilst most people wouldn't go to the beach without sunscreen and a hat, it's the everyday activities such as walking to the shops or jogging that can catch us out, so it pays to take care of your skin.

Five areas we shouldn't forget to cover when out in the sun:

- The skin around the eyes and eyelids
- Top of the head/hair parting
- Tips of ears and behind our ears
- Back of hands and the tops of our feet
- Area around the "v" or décolletage

Welcome Home – Army rebasing

This summer will mark an important event for Wiltshire as we welcome service personnel and their families who are returning from Germany to make their homes in the local area. For civilians please check the catchment area where you live, then register with the practice of your choice.

Avon Valley Practice:	www.avonvalleypractice.co.uk
Barcroft Medical Centre:	www.barcroftmedical.co.uk
Castle Practice:	www.thecastlepractice.co.uk
Cross Plain Health Centre:	www.crossplainhealthcentre.nhs.uk
Millstream Medical Centre:	www.millstreamsurgeriesalisbury.nhs.uk
St Melor House Surgery:	www.stmelorhousesurgery.co.uk

Top tips:

- You can register online as well as at the Practice; either way proof of identity will be required.
- Our local prescribing policy is up to 28 days medication per issue, so please allow sufficient time to cover your needs when re-ordering.
- Signing up for SMS (text services) enables us to communicate with you as quickly as possible and we recommend you do so asap.
- Downloading the MiDoS app (see below) is an easy way to discover more about nearby health and associated services, including opening times and directions.

We look forward to you joining us.

Coming soon – MiDoS

MiDoS is an easy to use search tool that helps you locate real time information about NHS and other local services. Because it is post code based, all you need to do is type in your location on your computer or mobile phone and MiDoS will inform you which services are closest to you. Say you are on holiday in Cornwall and need to find a local surgery, dentist, hospital or pharmacy fast. Not only will MiDoS tell you where they are and when they are open, it provides information such as whether they are taking on new patients too. MiDoS can also be used to find information about local clubs, activities and events. Better still, you can access MiDoS direct from our website from July, so watch this space!

JOB VACANCIES

The Barcroft Practice has a position for a new Practice / Business Manager 2.5 days a week. For further information see NHS jobs or email wccg.barcroftpracticemanagement@nhs.net

Brainteaser (source – www.brainden.com)

If it were 2 hours later, it would be half as long until midnight as it would be if it were an hour later. What time is it now?