



Aspen Medical Practice

Practice Newsletter

September 2019

Aspen Recruitment Drive

We have welcomed more receptionists, secretaries, prescription clerks and systems administrators to the Aspen team. We are delighted to have Garrett Bright, and Marcus Tippins joining our new Advanced Practitioners team. We have also expanded our Community Frailty team with Liz Griffiths who will be supporting patients and their families alongside Community Matron Rachel Bucknall. Julie Domaille our new Patient Advocate is settling in well.

We are also very happy to welcome on board our new Chief Executive Officer Deborah Matson-Beale.

Website Updates

www.aspenmedicalpractice.nhs.uk

We launched our new website in May. We have continued to add to and update it with useful resources and information.

The website is a valuable tool for patients on local services both NHS and in the Voluntary sector. Most of these are accessible through self-referral—including access to physiotherapy and counselling with Lets Talk.

Via the website you can also request sick notes, medications, and ask non urgent questions to the team, These are turned around within 48 hours. Please do not use this facility for urgent medical advice.

Please ask the reception team about registering for online services. This will allow you to view your blood tests directly, your medical history and

order medication.

Flu Clinics

On Saturday 21st September we will be having a drop in flu clinic for anyone aged over the age of 65. We will be open 9-12 at the Aspen Centre. Sadly the immunisations for those under the age 65 are not available until after the 11th October. We will have daily pre bookable clinics at all sites and on Wednesday 16th October we will be holding a prebooked clinic for all eligible patients at the Tuffley Community Centre 9.30-12.30

Eat Real Food Support Group

Our Patients following our Eat Real Food program are seeing fantastic results in weight loss, improved energy levels and improved blood test results.

Our Peer Support group (run by patients for patients) has been a great success., promoting eating real food and healthy lifestyles.

To attend our three educational sessions please ask reception or via the website.

To join our peer support group please see the website or reception for more information. They run monthly meetings and also have an active facebook group

<https://www.facebook.com/groups/429936314512686/>

Carers at Aspen

At Aspen we understand how difficult it can be for our carers. Please let us know if you are a carer so we can update our records and ensure you are

supported. We understand you may need flexibility around appointments and may need support and signposting to services.

We have appointed our new Patient Champion for Carers, Eve, who comes with a wealth of professional and personal experience.

Launch of Aspen Carers Support Group

We are also proud to launch our new



Support group for Carers. This will be held monthly with support from Gloucestershire Carers Hub. Join us on 13th November 2019 at the Aspen Centre 10.30-12.30 for an informal session of signposting, support, a listening ear and tea with light refreshments.

Aspen Park Run

Aspen Medical Practice have partnered with Gloucester City Park Run held on Saturdays at 9am. Come and join us, walking, jogging, running or pushing a buggy— all are welcome.

We recognise that staying active is good for the physical and mental well-being of our staff and patients.

Par run have kindly agreed to let us host an Aspen takeover on the 5th October –Hope to see you there!