



Aspen Medical Practice

Practice Newsletter

January 2020

New members of the Aspen Team

Our Aspen Team is growing and we are delighted to be building a diverse and progressive workforce, able to meet our patient's complex needs.

We have expanded our Frailty Team with our new social prescriber **Lena Podmore** who will be focusing her attention on those with complex health conditions and also supporting our Carer Community.

Liz Wheatman our Community Practitioner will be continuing to work within the Frailty team but has taken on an additional role doing home visits alongside the visiting GP each day.

Our Nursing team are joined by our new Practice Nurses and Health Care Assistants, **Jessica, Hazel, Magrietha** and **Rebecca**.

We are delighted to welcome **Julian Kingscote** to the team. Julian is a Physician's Associate and one of the first to be working in Gloucestershire.

Joining our excellent team of Advanced Nurse Practitioners is **Angela Amys**, a very experienced and local clinician.

Finally we are fortunate to be expanding our GP Team and welcome **Dr Charlotte Fisher** to Aspen. Dr Fisher is a GP Trainer and has recently relocated to the area.

Website Updates

www.aspenmedicalpractice.nhs.uk

We continue to add to and update the practice website 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

If you have not yet received your flu jab, Please contact reception to book an Appointment. We are starting to see flu in Gloucestershire with some recent outbreaks reported locally.

Eat Real Food

If your New Year's resolution is to prioritise your health and

wellbeing please look at our Eat Real Food Program on our website.

If you would like to attend the sessions on a Monday evening please ask at reception. These are open to all patients.

We have now expanded the program to a fourth session where you will be invited back at 3 months to discuss your progress and share thoughts and ideas.



Our excellent **Eat Real Food Support group** continue to run monthly with excellent feedback. For details of dates of meeting please see the website. They also have an active facebook group. <https://www.facebook.com/groups/429936314512686/>

We are excited to be joined by **Garrett Bright (ANP)** who will lead the sessions alongside Dr Kuok & Dr Wilson. He brings a lot of experience, knowledge and enthusiasm to these sessions and we are delighted to have him on board.

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.

Join us for our **monthly Carer Support sessions** on a Wednesday Morning (10.30-12.30) at the Aspen centre and our quarterly Twilight Support sessions on a Monday evening 5-7pm.

Details of dates, times and topics are in the Carers Section on our website.

These sessions are supported by the **Gloucestershire Carer's Hub**.



New Insomnia Treatment

Insomnia is a difficult condition to manage with medication often being ineffective or causing side effects. We understand how important sleep is to our health and wellbeing and are happy to now be able to refer to a new CBT online

service called **sleep station**.

Please see our wellbeing section of the website under Keeping moving



Proud to be a parkrun practice

and staying healthy.

RCGP Active Practice

We are pleased to announce we have become an **RCGP accredited Active Practice** promoting keeping active to our patients and staff.

Alongside our commitment to the **Gloucester City ParkRun** please see our website with other ideas on keeping active, strong, fit and healthy.

We know activities such as Walking, Running, Cycling, Yoga, Pilates and Sports help both Physical and Mental Health and lead to a reduction in chronic illnesses.

RCGP Armed Forces Veterans Accredited Practice

Our staff have received additional training on supporting those patients who have served in the Armed Forces. We understand the difficulties Veterans face and the resources and services available to them.

Please let reception know if you are

an Armed Forces Veteran to ensure you are added to our register and your records are updated accordingly.

Rachel Bucknell is our clinical lead for Armed Forces

Sunflower Lanyards

At Aspen medical Practice we recognise that not all disabilities are visible.

Our staff have received additional support and training to recognise those patients who use a **Sunflower Lanyard**.

Where possible we will try to ensure your healthcare is tailored to your individual needs with



reasonable adjustments made.

The Lanyards, recognised nationally, across many companies and establishments can be purchased online. To learn more about the scheme please visit their website.

<https://hiddendisabilitiesstore.com/>