

JULY 2018

NEWSLETTER
FOR THE
PATIENTS OF

Birchwood

MEDICAL PRACTICE

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www.birchwoodmedicalpractice.co.uk

MODALITY PARTNERSHIP

New developments at your GP surgery mean there will soon be improved health care services and ways of working for all. You may be aware that in January 2018, three GP practices in East Surrey joined together to create a new division of a GP super partnership called Modality Partnership.

The group of East Surrey practices include Birchwood Medical Practice, Smallfield Surgery in Smallfield and Townhill Medical Practice in Caterham. All practices are fully committed to NHS values and the provision of excellent care to their registered patients.

In the future, you can expect to experience service developments that will help improve access to appointments at GP surgeries. Modality Partnership have been at the forefront of developments in primary care and have been nationally recognised for their achievements in this area.

Recently they were part of an NHS England national programme, set up to transform care patients receive from their GP practice. This includes offering

more care services closer to home including setting up community outpatient services, to reduce the need for patients to attend hospital. It is expected that patients and staff will benefit from these changes and help to secure the future of our GP services in the East Surrey region.

A super partnership is an organisation that combines the advantages of small GP practices working closely in local communities with the medical and technological opportunities of a larger scale operation.

IMPROVED ACCESS FOR PATIENTS

East Surrey Clinical Commissioning Group working with all the East Surrey GP practices can now offer extra pre bookable GP appointments up to 8.00pm, seven days a week. For Birchwood Patients these appointments are at Hawthorns Surgery, 1 Oxford Road, Redhill, Surrey RH1 1DT. These appointments are pre-booked by ringing Birchwood in the normal way.

DEVELOPING COLLABORATIVE WORKING IN GENERAL PRACTICE

Developing Collaborative Practice in Primary Care The Birchwood Medical Practice is one of eight GP practices in the East Surrey area who have started working with NHS organisation Altogether Better to develop a model of 'collaborative practice'.



This work, which has won awards from the College of Medicine for its innovative approach, starts with an invitation from the practice to the people registered with them who might be interested in gifting their time to work alongside the team as Practice Health Champions.

In collaboration with practice staff, Practice Health Champions help develop a range of non-clinical offers and activities which support people to adapt, cope and live well with the challenges they face, which could include living with a long term condition, being a carer, loneliness, low mood, bereavement or any number of needs that don't necessarily require ongoing clinical support but might be better helped by the social support that champions can offer. As a result, people become more resilient and better able to manage their health, which means everyone's lives are better, not just patients but champions and practice staff, too.

In GP practices around the country where this work is happening many hundreds of different types of ideas have been developed within these new extended practice teams. This has included a diverse range of new offers within the practices including working together to increase uptake of screening and flu services, knit and natter, arts and crafts, gardening and allotments, local history walks, coffee mornings, memory groups, reading aloud, games, social outings, health campaigns, telephone buddying, pain groups, stroke support, relaxation....you name it! As well as developing their own ideas and offers with practice staff, champions have helped to amplify other sources of support in the local community connecting people up to opportunities they might not have been aware of, for example support offered by local voluntary sector organisations.

In April we sent out text invitations to become a Practice Health Champion. If you are interested in working with us in Birchwood as a champion then email altogether.better@swyt.nhs.uk for more information.

IAPT SERVICES

IAPT (Improving Access to Psychological Therapies) provides help and support for people over 18 years (who are register with a GP in East Surrey) who are experiencing mild to moderate mental ill-health. This includes stress, low mood, anxiety, panic attacks, depression (including pre and post natal) obsessive compulsive disorder, phobias, post traumatic stress and eating difficulties (not severe). Search IAPT services in East Surrey. Leaflets are also available in the practice.

STAFF NEWS

Dr Sophie Rowlands joined Birchwood as a salaried GP at the beginning of May.
Dr Elizabeth Mearns has left the surgery after 9 years service.

Current Birchwood list size: 16,740

Useful Information...

East Surrey Hospital	01737 768511
Crawley Hospital	01293 600300
Emergency Dental Line	0845 271 2040
Family Planning	01293 772053
Midwives	01293 768511 ext 6822

OUT OF HOURS

If you require a doctor urgently when the surgery is closed...

DIAL 111

Disclaimer

This newsletter is published by Birchwood Patient Participation Group with the support of practice staff. Whilst every attempt has been made to ensure accuracy and validity of information and opinions provided in this newsletter. Neither the Practice nor the PPG accept responsibility for events arising from the use of the information provided.