

SWAN MEDICAL GROUP

SOCIAL PRESCRIBING TEAM

You can request a referral to the Social Prescribing Team via your GP, Nurse or Care Co-ordinator

You will then be contacted by a Social Prescriber to book a surgery appointment. This will be an opportunity for you to talk about what support you need.

The team will then be able to signpost you to the right services, organisations or groups that could help you.

Things we could help with include:

Mental health support

Exercise

Carer support

Financial or housing stress

Food bank referrals

Social isolation

Parenting and family support

Education and school support

...and anything else that is impacting your wellbeing.

We would like to lend a helping hand so please get in touch.



Swan Autism Ambassadors

Autism
Ambassador
Southampton - Hampshire
Isle of Wight - Portsmouth
2022-2023

Here at SMG we have several 'Autism Ambassadors'.

This means we can:

- Offer accompanied appointments, which can be tailored to specific needs.
- Help with integration into the local community.
- Signpost to a wide range of services and support.

Just ask a member of staff for a call from one of our Autism Ambassador's and a member of the team will be in touch to discuss your needs.

We recently introduced Surgery Pods to all waiting rooms in Swan Medical Group surgeries.

The pods contain a Blood Pressure Monitor, scales and an easy to use touchscreen. The touch screen has various health questionnaires where you can submit your BP readings, weight,

BMI, smoking status and so much more. All of the results go straight into your medical record and are monitored by our clinical team.



Please do have a look and give it a try next time you are in the surgery.

East Hampshire Dementia Festival

Friday 10 March 2023



www.easthants.gov.uk/dementia-festival

East Hampshire Dementia Festival - 10th March 2023

East Hampshire dementia festival is on Friday 10th March at the festival hall in Petersfield. If you have a loved one who has been diagnosed with dementia there is so much help to support you at the East Hampshire Dementia Festival.

Come along to a relaxed and informative event and learn how to live well with dementia.

Find out more: <https://www.easthants.gov.uk/dementia-festival>

Dispensary Patients

If you live more than 1 mile from a pharmacy, you will be eligible to use our Dispensary service. The main benefit of this, is that you would have the opportunity to collect your medication straight from the Dispensary based at our Liss or Liphook Surgery sites.

Joining our service will ensure a more streamlined process with regards to medication ordering, monitoring, dispensing and general patient overview. Your medications will subsequently be solely managed within the surgery, for your convenience.

We currently have over 1000 patients using this service, managed by our team of qualified Dispensers. If you are interested or would like to know more, please contact the surgery.



Future Planning

Future Planning: Your wishes

Have you thought about sharing your wishes for your future care?

The Future Planning: My Wishes document allows you to record your care wishes and have them shared with key services. This ensures that the clinicians caring for you have all the information they need to make the best decisions, including what's important to you.

Planning for the future can be a difficult conversation to have, especially when this may explore possible medical emergencies. Use of the 'Future Planning: Your Wishes' leaflet by clinicians in community, hospice and hospital settings have shown the leaflet to be a great ice breaker. Patients have also found this to be the case when trying to have these planning conversations with family members and friends.

Completing the form and passing it to your GP is great.

Starting the conversation with your GP, district nurse, clinical team or nearest and dearest is even better.

Head over to: <https://www.futureplanning.org.uk/mywishes.html> for more info.

Cancer Awareness Month

March is a month where we spread awareness on several different cancers. See below for a snippet of information on these or head over to: [Cancer awareness month calendar | Cancer Research UK](#) to find out more about specific Cancers and how to spot the symptoms. By knowing the signs, we can catch cancer earlier and potentially save lives.



Ovarian cancer has four main symptoms:

1. Persistent stomach pain
2. Persistent bloating
3. Difficulty eating/feeling full more quickly
4. Needing to urinate more frequently

If you have any of these symptoms or are concerned, please speak to your GP. Detecting cancer early can save lives.

Friends and Family Test

We just wanted to take a moment to remind you of the 'Friends and Family Test'. We have tablets in all of our waiting rooms and often send text messages to those who have recently had an appointment, to complete a short survey on whether you would recommend our surgery.

It is really helpful to have your thoughts on our services and see how we are doing.



Early stage prostate cancer may not cause any signs.

Symptoms commonly noted during the advanced stage include:

1. Frequent urination, Difficulty starting or stopping urine stream and decreased force of urination
2. Blood in semen
3. Pain or discomfort in the pelvic area
4. Bone pain



Colorectal cancer is a cancer in the colon or rectum.

The most common symptoms of Colorectal Cancer are:

1. A change in bowel habit - Diarrhoea, constipation
2. Narrowing of the stool that lasts for more than a few days
3. Rectal bleeding or blood in stool
4. Persistent abdominal discomfort

King Charles III Coronation - Bank Holiday - Monday 8th May 2023

This is a reminder that we will be closed on the above date following the coronation of King Charles III on the 6th May 2023.



Rate Our Service

We want to hear from you! Visit: [Overview - Swan Medical Group - The Swan Surgery - NHS \(www.nhs.uk\)](#) to rate our surgeries, staff and services.

We appreciate you taking the time to leave a review and it is helpful for us to know how we are doing. If you have a few minutes and would like to leave a review, please head over to the above link to do so. Thank you for your continued support.

Afternoon Closure for Training

Swan Medical Group surgeries will be closed on

Thursday 30th March 2023

From

12:30pm - 6:30pm

If you are unwell during this time and would like medical advice, please call the Out of Hours Service on **111**.

For anything **urgent**, please call **999**.

We will re-open at our normal time on Friday 31st March 2023.

All staff clinical and non clinical will be attending educational training. This event is organised by:

The Hampshire and Isle of Wight Integrated Care Board



Royal College of
General Practitioners



Armed Forces Veteran
friendly accredited
GP practice

**We are an Armed Forces veteran
friendly accredited GP practice.**

This means that, as part of the health commitments of the Armed Forces Covenant, we have a dedicated clinician who has a specialist knowledge of military related health conditions and veteran specific health services. This is important in helping ex-forces to get the best care and treatment.

If you are ex-forces, please let your GP know to help ensure you are getting the best possible care.
To find out more, ask your nurse or GP.



Are you a Military Veteran?

WHAT IS A MILITARY VETERAN?

Veterans are defined as:

'Anyone who has served for at least one day in HM Armed Forces (Regular or Reserve) or Merchant Navy Seafarers and Fishermen who have served in a vessel at a time when it was operated to facilitate military operations by HM Armed Forces.'

If you or a family member is a military veteran or is a dependant of someone currently serving, please let your GP or Reception know today.

We want to make sure that you receive the help you are entitled to and deserve.

Travel Service

We are pleased to inform you that our travel service has now been reinstated. You will need to complete a Travel Form and submit this with plenty of notice before travel. A Nurse will then contact you to arrange an appointment if needed, and offer any vaccinations or advice required.



SMG Health Week

As part of Health week in January, the Partners at SMG treated the staff to some delicious freshly made smoothies from a local Health & Wellbeing business, Thrive. We also provided lots of lovely fresh fruit for all staff to enjoy!

The staff have also been getting involved in Park Runs and are certainly setting the bar for a healthier New Year!

