**January 2019 Newsletter**

**Claremont Bank Surgery**

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**Prescription Ordering Direct**

The POD service has been developed and used across England to help you to request your medication(s) easily without the need to go into your GP Practice or Pharmacy.

You will speak to one of our dedicated and fully trained prescription clerks, who deal with your prescription request and any queries that you may have. They will ensure that you have the correct quantity of medications, reducing the amount of waste generated.

Please note: The POD team is part of NHS Shropshire Clinical Commissioning Group based in Shrewsbury, and is not employed directly by your GP practice.

 The POD Team can access your medical records, but cannot book appointments etc. All of your records are accessed securely and confidentially in line with the Data Protection Act 1998 and the General Data Protection Regulations 2018.If you already have an arrangement with your community pharmacy for deliveries, this will not change. You simply need to request your prescription with POD, rather than with them directly.

**Since starting POD in October 2018, our surgery has saved the NHS £3605.49**

**Claremont Bank January 2019 Walks**

15th January

Meet at Claremont bank surgery at 10:30, have a 60 minute walk and finish back at the surgery.

We now have a **Health Coach and Social Prescriber - Anne-Marie Stokes** who works alongside our Care Co-Ordinator Becky Kelly. Our health can be affected by many things, like stress, loneliness or financial struggles. Our Life coach works to help people reduce their non-clinical concerns to improve their health and quality of life. ​

Anne-Marie also holds sessions for Help 2 Quit and Help 2 Slim.

Please contact the surgery if you require any more information or would like to book an appointment on **01743 248244**

**NHS HEALTHCHECKS**

If you are between the ages of 40 and 74 you may be eligible for an NHS Health Check with Anne-Marie Stokes. The check should take about 20 minutes and is based on straightforward questions and measurements such as age, sex, family history, height, weight and blood pressure. There will also be simple blood tests to measure your cholesterol and if required glucose levels.

**Community and Care Co-ordinator – Becky Kelly**

Becky aims to deliver a friendly and informative support to patients regarding non-medical matters. This is mainly emotional support, help at home and social activities.

Becky facilitates support groups for carers and a bereavement group. They are usually on a Wednesday every 6-8 weeks. These will either be at Claremont Bank Surgery or Whitehall Medical Practice. Please contact us if you are interested on 248244.

Becky is available most **Wednesdays and Thursdays between 10am and 5pm.** On her non-working days, please leave a message with a member of staff at reception and she will give you a call back as soon as possible.

Please contact the surgery if you require any more information or would like to book an appointment to see Anne-Marie on **01743 248244.**