Trinity Surgery

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| **Spring Newsletter 2022**  A lot has changed since our last newsletter in 2019, the surgery works very differently now to pre- covid. Some changes we hope you agree are for the better. In March 2020 the surgery closed its front doors, we however remained open and accessible throughout. We had to find new ways of helping and communicating with our patents. One of these was the introduction of a programme called ACCURX. Through this application, we are able to send out text messages, letters and sick notes, which patients can reply to. Clinicians also use Accurx for photos and video consultations as well as medical questionnaires to keep your medical record up to date. Accurx played a vital role in the covid vaccination roll out allowing out patients to book their own appointments.  Throughout the covid period, the surgery continued to recruit admin and clinical staff. The admin team welcomed Abbie, Nicola, Kelly, Monika, Lisa, Sarah and Jemma. The nursing team welcomed Nurse Practitioner Ellie and practice nurses Alex and Jenny. Winner and Malika are our clinical pharmacists they work closely with the clinical staff to review medications action hospital letters and discharge letters. We have a practice-based physiotherapist Arivu working for the practice. | |
| **Repeat prescriptions**  Trinity Surgery wholeheartedly believes that patients must have a free choice of where they choose to have their prescriptions dispensed. This practice would never direct a patient to any particular pharmacy. If you have any concerns regarding your freedom of choice, please speak to us and your designated pharmacy.  Since 2016 pharmacies are unable to order repeat medication on behalf of the patient. It is necessary for all patients to familiarise themselves with their repeat medication and the correct surgery ordering procedure to avoid any unnecessary delays. We strongly recommend that all patients’ sign up for our online services or the NHS app. Prescriptions can be re-ordered 21 days after the previous request. We advise that patients order their medication when they have around 7 days left. Either online, in writing via the prescription box at the surgery or posted to us. We are not able to accept repeat prescriptions by telephone or in person at the reception desk.  Some patients who are on stable medication are offered ERD (electronic repeat dispensing) This enables us to generate 6 months’ worth of prescriptions to your local pharmacy.  Current prescription charge is £9.35. 3 month pre-payment certificate is £30.25 and a 12 month pre-payment certificate £108.10. | |
| **Patients who do not attend**  Trinity Surgery is monitoring patient attendance to appointments. It is essential that if you are aware that you are unable to attend an appointment, you inform the surgery at least 30 minutes before your appointment, enabling it to be utilised elsewhere. | **Bank holiday closures**  Easter 2022  Good Friday 15th April Closed  Easter Monday 18th April Closed  Early may bank holiday 2nd May Closed  Queens Jubilee 2nd & 3rd June Closed |
| Trinity Surgery  29 St Augustines Road  Wisbech  Cambs  PE13 3UZ  Tel 01945 476999  Cancellation line option 2  Email [capccg.trinityadmin@nhs.net](mailto:capccg.trinityadmin@nhs.net)  [www.trinity-surgery.co.uk](http://www.trinity-surgery.co.uk)  Facebook - Wikipediafacebook.com/trinitysurgerywisbech | Opening times  Monday 8.30am -1.00pm 2.00pm -6.00pm  Tuesday 8.30am -1.00pm 2.00pm -6.00pm  Wednesday 8.30am -1.00pm 2.00pm -6.00pm  Thursday 8.30am -1.00pm 2.00pm -6.00pm  Friday 8.30am -1.00pm 2.00pm -6.00pm  Trinity Surgery will close every third Thursday of the month for staff training between 12:30pm and 5:00pm. |

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| Have your details changed  Please ensure that we have your correct contact details. It is vitally important that you keep us up to date with any change of address and phone number, failure to do so could lead to you being removed from our practice list. | |
| Pathology lab  The North Cambs pathology lab is located in the North Cambs hospital. They work on an appointment only basis and be contacted on 01945 488059. If you are happy to travel, the surgery can also book appointments into to the Peterborough City Care Centre. They often have evening and weekend appointments. Contact the surgery if you would like us to arrange this. | Sickness certificates  You do not require a doctor's sickness certificate for any illness lasting seven days or less. Your employer may however require you to complete a self-certification form (SC2) which is available from your employer or from GOV.uk. If your illness continues after 7 days you can request a medical certificate from your GP. Please telephone the surgery and request a call back. For continuation of an existing medical certificate, please complete the form on our website. Your sick note will be sent as a document attached text message. |
| Cervical screening  If you are a woman between the age of 25 & 64, you should be having a smear test every 3 years up to the age of 49 and then every 5 years between the age of 50 & 65. Cervical cancer can often be prevented. The signs that it may develop can be spotted early on, so it can be stopped before it even gets started. Around 900 women die of cervical cancer in England each year. However, many of those who develop it have not been screened regularly. Not going for cervical screening is one of the biggest risk factors for developing cervical cancer. If you would like to book for a smear test today please contact reception. | Urine samples  If you think you may have a urine infection, please telephone the surgery. One of our clinicians will call you back to discuss your symptoms. If you are requested to bring a sample to the surgery please bring a fresh urine sample to reception in a clean urine sample pot before 4pm – if you do not have a pot at home, the surgery will happily provide you with a free urine sample pot. The nurse will test the sample and telephone you later the same day advising you if a prescription is required. |
| Health trainer  Healthy you can advise with maintaining a healthy lifestyle as well as weight loss, exercise. For more information, please contact the surgery. We can refer patients without the need to speak to the doctor. | Social prescriber  The surgery works closely with 2 social prescribers. The social prescriber role was introduced a few years ago and has been very successful. They help our patients with everyday life, put patients In touch with agencies that help with finance and care and social events. |
| Self-care  Self-care is the best choice to treat minor illnesses, ailments and injuries. A range of common illnesses and complaints such as coughs and colds, sore throats, upset stomachs and aches and pains can be treated with a well-stocked medicine cabinet and plenty of rest | http://www.trinity-surgery.co.uk/website/D81622/files/self%20care%20website.JPG |



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| The Friends of Trinity Surgery is our patient participation group; the Friends help the surgery in many ways. They have raised a lot of money through organising a variety of events, which has allowed the surgery to buy much need equipment.  Over the past 12 years, the Friends have bought the surgery lots of much needed equipment; Most recent purchases include medical equipment for our Minor Surgery room, new chairs for all clinical rooms, a portable cooler bag for vaccines, infant probe oximeter, ear syringing machine, gynae stirrups, new wipe clean waiting room chairs and new digital scales.  Over the past 2 years, the friends have not been able to come in the surgery due to covid restrictions. They have still been active and have held virtual meetings.  The Friends are keen to recruit new members, if you feel you could spare hours a month please contact the practice manager Mrs Helen Clayton on 01945 476999 | |
| Minor Injuries Unit - North Cambs Hospital  The M.I.U. is open Monday to Friday from 8.30am -6.00pm It is a nurse practitioner led service where patients can be treated for minor injuries and illnesses. | |
| · Wounds – cuts, bruises, and if necessary tetanus immunisation can also be given  · Muscle and joint injuries – strains, sprains, limb fractures  · Earache (patients aged two-years and older)  · Sore Throat (patients aged two years and older)  · Minor head Injury (with NO loss of consciousness) | · Bites – human, animal and insect  · Minor burns and scalds  · Sports injuries  · Eye problems – removal of foreign bodies, conjunctivitis  · Cystitis (not male patients or children under 14 years, pregnant ladies or over 65) |
| If you are unsure whether your problem can be assessed/treated at a Minor Injuries unit, you can ring on Wisbech 01945 488068.Alternatively for medical advice you can call: NHS 111. | |
| Late pharmacies | |
| Tesco  Monday 08:00am-10:30pm  Tuesday - Saturday 06:30am-10:30pm  Sunday 10:00am-04:00pm. | Asda  Monday 08:00am-11:00pm  Tuesday - Friday 07:00am-11:00pm  Saturday 07:00am-10:00pm  Sunday 10:00am-04:00pm |
| North Brink  Monday - Saturday 07:00am –10:00pm  Sunday 08:00am-06:00pm | Well  Monday to Friday 9.00am -6.00pm  Saturday 9.00am -1.00pm |

Friends of Trinity Surgery