

# Claremont Bank Surgery Newsletter

## April 2018

### NEW FY2 (Foundation Year Two) Doctor:

Dr Richard Fourie is our new FY2 Doctor who will be starting with us on the 18<sup>th</sup> April. He is a fully qualified Doctor and is doing his GP training within the Practice. Please assist in his learning and agree to an appointment if offered one.

### Summers coming!

If you are going abroad this summer, please remember to fill in our one of our travel risk assessment forms and hand it in at reception, we will then make you an appointment to see the nurse.

Please contact us 6-10 weeks before you go away so we can ensure you have enough time to see the nurse!

### Autism Awareness Month

April is World Autism Awareness Month with 2nd of April being World Autism Awareness Day.

A lack of autism awareness can lead to misunderstandings about the reasons that a person with autism may behave a certain way. This can sometimes increase anxiety and depression in people with autism.

There are around 700,000 people on the autism spectrum in the UK.

At least one in three autistic adults are experiencing severe mental health difficulties due to a lack of support



## CLAREMONT BANK WALKING GROUP

**\*\*Always the first and third Tuesday of the month\*\***

60 minute walk, starting and finishing at Claremont Bank Surgery.

Meet at 10:30am



### Physiotherapy Self-Referral

You can now book a telephone appointment with a Physiotherapist for a number of muscle, bone and joint problems without seeing your GP first.

These are short 10-15 minute appointments in which you will be assessed and advised for the problem you have.

If a course of treatment is required, you will be referred to the local Physiotherapy Service.

As of the 3<sup>rd</sup> July 2018, people across Telford and Wrekin and Shropshire who need GP out-of-hours medical help or advice will need to call 111. The current number for Shropdoc will no longer be in use from that date.



### 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.
- ♥ If you would like to speak to her regarding any of this, please ring on **01743 248244**. Becky is available most **Wednesdays and Thursdays between 9am and 4:30pm**. 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.