



Compass House
Medical Centres

PATIENT NEWSLETTER

Welcome to our bimonthly patient newsletter . Our aim is to keep you informed of services at Compass House and give you important insights into getting the most out of the practice.



Practice Update

Thank you to all of our patients for your support over the past year, we know how challenging it has been during COVID for each and every one of you. We have had to make many changes to our service during this time to protect our vulnerable patients and staff. These measures include patients wearing a mask at all times in the Practice, using the hand sanitiser on entry and social distancing within the waiting room. As a Practice we continue with the enhanced cleaning we have in place between every patient to minimise the risks and seeing COVID symptomatic patients that need a face-to-face appointment in specially allocated rooms. All of this is likely to continue for the foreseeable future and is necessary for us as a practice to adhere to the national regulations and guidance.

We have continued to see patients throughout the pandemic and work hard to provide the best service we can within those parameters – the support and kind words from you all boost the team and we are really grateful for the continued support of our patients and Brixham community.

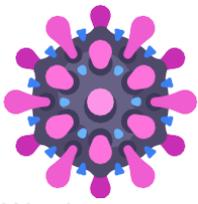
Our new GP Registrars

We would like to introduce you to our two new GP registrars Dr Tosin Alegbeleye & Dr Peter Bone.

GP registrars, are fully qualified and registered doctors, having passed out of medical school and completed their 2 years of preregistration in hospital, they are fully registered doctors on to the GMC list and are able to diagnose and treat patients with chronic diseases under the supervision of other GP's if required.

While they work towards completing their 3 year GP registration course they will be working a number of days each at both our Brixham & Galampton surgeries seeing patients in their own clinics.





Flu vaccine update

We have now started taking bookings for our 2021 Flu vaccination season which we will be administering at both our Brixham and Galmpton surgeries from mid-September. We had been waiting on guidance to see whether this could be co-administered at our RICC Covid vaccination site alongside the Covid booster vaccine, but unfortunately this guidance has still yet to be released and we don't want to leave our patients without protection against the Flu so we have taken the decision to hold the clinics locally.

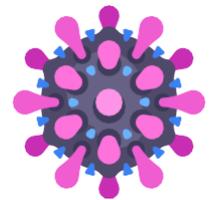
By running the clinics from our Practice sites this also means we can start vaccinating anyone aged 50 and over and those younger than 50 in an "at-risk" group from Mid-September rather than in cohort order which will be how the Covid booster vaccinations will be running. (More detail on this below)

Like last year we will run the clinic's at our Brixham surgery daily between 1pm-2pm and 5pm-6pm on a Monday & Thursday. We will also run clinics at Galmpton on a Wednesday between 1pm-2pm.

These clinics do not coincide with any other appointments, which means we can safely accommodate patients having their flu vaccine without mixing with patients attending for other appointments, ensuring social distancing measures. There will be a one-way system through Brixham during these clinics for your protection, staff will advise you where to go when you arrive.

To help keep the clinics running smoothly we kindly ask that patients attending arrive at the time of their appointment, have their preferred arm ready for vaccination and ensure they are wearing a mask. Queue marking lines will be set out on the floor to ensure social distancing measures.

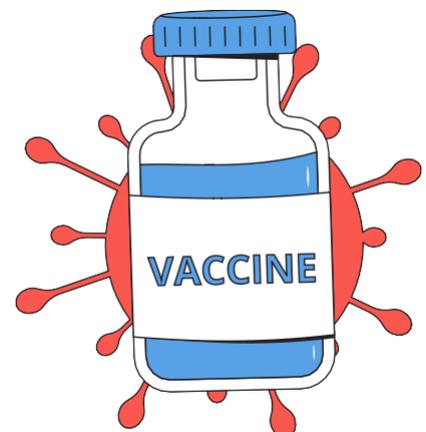
As with all appointments if you develop COVID symptoms prior to your appointment please DO NOT attend the surgery.



COVID booster vaccines

From September 11th we will also be starting our COVID booster vaccinations at RICC. This is for those patients age 50+ or in one of the at-risk categories, which is the same as this year's flu eligibility. Much like the start of the Covid vaccine programme we will be vaccinating in cohort order starting with those most at risk and working our way down through the eligible groups in the same order. We expect to have finished all booster vaccinations by end of December / beginning of January.

Invites will be sent out to book appointments when your cohort is due. There needs to be a minimum of 26 weeks between your second dose and the booster. All booster vaccinations in Torbay will be Pfizer, regardless of the first vaccine you were given and the 15- minute wait after the vaccination will still apply.



Op COURAGE: The Veterans Mental Health and Wellbeing Service



If you're due to leave the Armed Forces, just left the Armed Forces or left many years ago and are struggling with your mental health or wellbeing, expert help is available from Op COURAGE: The Veterans Mental Health and Wellbeing Service.

What will happen when you contact Op COURAGE

To make sure you get the right care and support, you will first have an assessment by someone who understands the specific needs of the Armed Forces community.

The service offers a range of treatment, which includes-

- Working with Defence Medical Services to make sure you get mental health care and support as you transition from the military to civilian life
- Recognising the early signs of mental health problems and providing care and treatment for this
- Therapeutic treatment for more advanced mental health conditions and psychological trauma
- Intensive emergency care and treatment if you're in a crisis
- Helping you to access other NHS services if needed, such as Improving access to psychological therapies' (IAPT) and eating disorder services
- Working with charities and local organisations to support you with your wider health and wellbeing needs, such as housing, relationships, finances, employment, drug and alcohol misuse and social support.



The service can be contacted directly by yourself or you can ask you someone else, such as a family member or friend, to do this on your behalf.

The service offers a range of treatment, which includes:

For more information, visit the NHS website at www.nhs.uk/opcourage

Do you have a BMI over 30 and are looking to make some lifestyle changes to become healthier?

Locally in Devon several weight management support programmes have been set up to help people who are looking to improve their health through weight loss. This can be via digital programmes or face-to-face depending on what you would prefer.

The aim of these programmes is to give you the support and information needed to make healthier long term lifestyle changes, reduce your BMI and intern reduce your risk of serious long term health conditions.

If you are interested in being referred to one of these programmes, then please speak to our Patient Care Advisors who will assist in booking you in with one of our Nursing Team to discuss the best referral pathway to suit you.



Mythbusters: The Truth About Unpaid Carers

Often people tell us they're worried about reaching out for help because of rumours they've heard about what it means to register as a Carer. Below are some common myths and rumours about caring and the facts to ease your concerns and worries.

"I only look after a relative or a friend/neighbour. Am I a Carer?"

Yes! You could be helping with household tasks such as cleaning or cooking, administering medication, organising and transporting someone to medical appointments, providing personal care or providing emotional support. You could be doing it once a day, a couple of times a week or all the time. There are no time limits to being a Carer. If you look after someone you love or care about, you may not consider yourself a Carer. Caring is something we do as parents, partners, children, sisters, brothers and friends, often without question, or the need for a label.

"Is it true that only adults can be Carers?"

No! Anyone of any age can be a Carer, and there are over 700,000 carers under 18 in the country. We have support for young carers here in Torbay (details below), these services can help give young carers support by offering a place to offload, organising days out & arranging care for their cared for as well as many other services.

Young Carers Service 01803 895299

admin@torbayyouthtrust.org.uk

torbayyouthtrust.org.uk

or

Young Adult Carers Service (YAC 16 - 25) 01803 852421

torbayyac@nhs.net

www.facebook.com/torbayyac



"Will registering as a Carer affect my benefits?"

Registering as a Carer will not affect your benefits. Also many of the businesses in Torbay support Registered carers through the Carers Discount Scheme Contact Torbay Carers Services Signposts Information Line on 01803 666620 for further information, signposting and support.

"Is it true that you can only be a Carer if the things you help with are physical, like helping someone to get dressed or making them a meal?"

It is true that many Carers undertake tasks to help the person they care for, such as helping them to get dressed or sorting out their meals. But the truth is, many people caring for someone often help with tasks such as supporting them with their emotional wellbeing.

"Is it true that if I register as a carer I won't be able to stay employed or continue studying?"

Caring can of course be hard and time-consuming, so often people find it difficult to continue working or studying. However, registering as a Carer means you can get access to the support you need to enable you to continue working, studying and caring, if that is something you wish to continue. Carers often tell us that they want to stay in employment or continue with their academic or career paths, and the support and advice we offer can help you to achieve this.

For further information on support available to carers please call the Practice and ask to speak to our Carer Support Worker Sarah, she can discuss the support available for carers, refer to local services and signpost where needed.