# Stokenchurch Patient Group

## News March 2024

The SPG has been running some minor illnesses sessions for parents at Ibstone, Radnage and Stokenchurch Primary Schools. Paramedic Ronnie from the surgery spoke at these meetings about minor illnesses affecting children and the Pharmacy First initiative and there is more useful information for parents at the end of this newsletter. If you want to find a local pharmacy operating Pharmacy First, Google **“Pharmacy First Registered Pharmacies”**. Ronnie also said that she had seen about 25 cases of Whooping Cough so look out for that.

Dr Ben Chisholm has requested that the SPG looks at setting up some support groups for patients. Sometimes we all welcome a chat and John Lewis has set up a Community Café for anyone who wants to meet like minds. The next session is on Tuesday the 26th of March and after that, it is on the last Tuesday of every month, between 10.00 and 11.30. You will find them in a dedicated area in The Place to Eat.

We’re also hoping to work with the ‘Chatty Café’ charity in setting up something

in Stokenchurch. More information about that in our next newsletter.

The Bucks Breast Cancer Screening vehicle’s time is coming to the end of its stay at Stokenchurch and has had a very successful time. It will be back in 18 months but in the meantime, don’t forget that the Aortic Aneurism screening team will be visiting the surgery on the 26th of April, the 28th of June and 25th of October.

Men in their 65th year will be contacted by letter to take part. If you are over 66 and didn’t receive this service at 65, you can book a scan through the NHS link or contact the AAA department directly. This is based at the John Radcliffe hospital on 01865 572636. You’ll find more information on [Thames Valley AAA Screening](https://emea01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.ouh.nhs.uk%2Fservices%2Fdepartments%2Fgeneral-surgery%2Faaa-screening.aspx&data=05%7C02%7C%7C0233c8e730f743fa5b1f08dc226bfa31%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638423094371791976%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=Skbiu06cAlwQiK2dpvPV6%2BUhI7dJMBvojrRS94jkHTA%3D&reserved=0) [Programme - Oxford University Hospitals (ouh.nhs.uk)](https://emea01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.ouh.nhs.uk%2Fservices%2Fdepartments%2Fgeneral-surgery%2Faaa-screening.aspx&data=05%7C02%7C%7C0233c8e730f743fa5b1f08dc226bfa31%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638423094371791976%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=Skbiu06cAlwQiK2dpvPV6%2BUhI7dJMBvojrRS94jkHTA%3D&reserved=0)

Unfortunately, Liz Dicks the Social Prescriber is leaving the SMC but a new member of staff will be arriving soon, working with mental health issues. Further information to follow.

There’s other good news on the staffing front. One of the Poly Clinics is shortly to be adapted to house two more consulting rooms for new GPs joining the surgery. There is a scheme whereby newly qualified doctors who are considering becoming GPs can work in a practice for 3 years under the guidance of experienced GPs. This programme is run in conjunction with the Oxford University Medical School.

The following SMC times and dates might be useful for you:

The dispensary will be open Monday to Thursday, 9am to 1pm and 2pm to 6.30pm and on Fridays from 9am to 2.15 but note that the surgery will be closed for training on the afternoon of Wednesday the 17th of April and the 10th of May from 1pm.

Our next SPG committee meeting will be held at 7pm on April 30th at the Stokenchurch Surgery.

### CONTACT:

We have a Stokenchurch Patients Group Facebook page up and running so check that out for information and comments. https://[www.facebook.com/StokenchurchMedicalCentrePG.](http://www.facebook.com/StokenchurchMedicalCentrePG)

Otherwise, you can contact us on the following email.

Stokenchurchpatientsgroup@outlook.com

Or leave a note in the Comments books in the Stokenchurch Library or at the surgery. Copies of the Newsletter and the comments book can be found in the SPG folder on the wall of the surgery lobby. The one with the large red exclamation mark next to the prescriptions box!

# Minor Illness and Injury

There is a daily minor illness clinic at the surgery in addition to the GPs available. This is staffed by Paramedic Ronnie and Nurse Karen. They will see you and your children for issues with ears, throats, chest/breathing, eyes and a myriad of other problems.

The following information is designed to help you at home with your children and the pathways that are open to you for getting treatment for you or your child whether that be GP, Pharmacy or self-help. You can pick up a leaflet with the following information at the surgery.

# Infectious diseases Information

**When will your child be non-contagious? Chicken Pox** - Until crusted over (~5 days) **Head Lice** – Until after treatment **Impetigo** – 48 hours after treatment **Scabies** – Until after treatment

**Whooping cough** – 48 hours after antibiotics **Diarrhoea and Vomiting** – 48 hours after resolution **Scarlet Fever** – 24 hours after antibiotics

## Immunisations

**By the time your child is at Primary school they should have had 5 vaccination appointments. If your child has not had any of the below, please contact us for an appointment.**

**8 weeks old** – 1st 6 in 1 (diphtheria, tetanus, Hep B, Hib, polio & whooping cough) Men B and Rotavirus

**12 weeks old** – 2nd 6 in 1, Pneumococcal, Rotavirus

**16 weeks old –** 3rd 6 in 1, Men B

**1 Year –** 1st MMR, Hib, Men C, pneumococcal and Men B

**3 years old –** 2nd MMR and 4 in 1 (Diphtheria, Tetanus, Polio and whooping cough.

**Pharmacy First – You can go to the pharmacy directly or be referred by the GP or 111.**

**The conditions they cover are:**

**Ear pain Aged 1 – 17yrs**

**Impetigo Aged 1 year and over Infected insect bites Aged 1 year and over Shingles Aged 18 and over**

**Sinusitis Aged 12 and over**

**Sore throat Aged 5 years and over Urine infection Women aged 16-64 Other useful self-help links**

[**https://www.what0-18.nhs.uk/**](https://www.what0-18.nhs.uk/)

[**https://eric.org.uk/childrens-bowels/**](https://eric.org.uk/childrens-bowels/)

[**https://familyinfo.buckinghamshire.gov.uk/**](https://familyinfo.buckinghamshire.gov.uk/)

**Mental Health**

### https://[www.kooth.com/](http://www.kooth.com/)

**Youth Enquiry Service – Counselling Charity**

[**www.yeswycombe.org**](http://www.yeswycombe.org/)