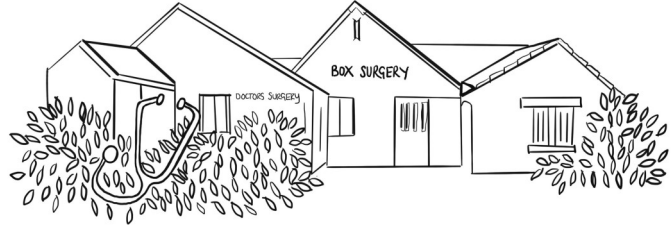


Box Surgery Newsletter

AUTUMN 2023



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Patient Triage Update

We launched our new online consultation tool 'AccuRx Patient Triage' on the 14th of August. Thanks to everyone for their feedback, which has been largely very positive from our patients – we continue to develop and adapt to deliver a sustainable service for our patients and hard-working staff. We are delighted that many patients are finding it easier to access our service, who had previously been unable to navigate the 8am phone rush. We recognise that no solution fits all, and as a reminder, if you are unable to access the online system you can simply phone our reception team as before who will complete the form on your behalf.

Thanks to the information you provide when completing the online form, we have been able to answer many patient's queries directly and promptly, without the need to wait for an appointment – and in general, those that have needed an appointment have been able to book more flexibly with shorter waiting times than previously. As always, such changes take time to embed and we will continue to review our process and look for improvements for both our patients and staff.

Flu Vaccinations 2023-2024

We will be running joint Covid and flu vaccination clinics from 30th September, initially for patients who are eligible for both vaccines.

Invites will be sent in the next couple of weeks to all eligible patients. This will be by text invite where we hold a mobile number and we will phone those patients where we do not hold a mobile number.

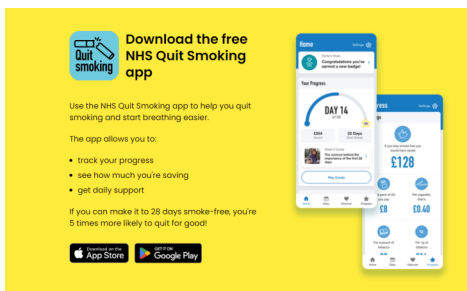
Please check with reception or email boxsurgery@nhs.net if you think we may not hold your up to date mobile number. If emailing please confirm your full name and date of birth for verification purposes.

Stoptober

Starting on 1st October, quit smoking this Stoptober. There's never been a better time to quit. Stopping smoking is the best thing you can do for your own health and those around you. Research has shown that if you quit for 28 days, you're 5 times more likely to quit for good.

Download the free NHS Quit Smoking app. The app allows you to:

- Track your progress
- See how much you are saving
- Get daily support



Primary Care Network (PCN) Updates

We continue to work with 4 other surgeries in Chippenham and Corsham as part of our Primary Care Network (PCN).

There are several PCN teams that are already very successfully providing additional services to our patients. These include the First Contact Practitioner physiotherapy service, as a reminder patients can be booked directly usually on the same day for a consultation about musculoskeletal problems. The Living Well Team work in the community providing support where there are social issues arising from health problems. The PCN pharmacy team are working alongside practices in several areas including medication reviews, blood pressure monitoring and updating medications following hospital attendance.

The Urgent Care Centre (UCC) service is another PCN project. This is situated in the New Road site in Chippenham and provides additional capacity for same day consultations that are accessed by all 5 surgeries in the PCN. Within this team there are doctors, a nurse practitioner, physician associates and paramedics. GPs from the 5 surgeries also work at the Urgent Care Centre on a rota basis. So far this project has been running on a trial basis on Mondays and Fridays with potential to expand this service throughout the week in the future.

The PCN employs several Physicians Associates. They work both in the GP surgeries and at the Urgent Care Centre. Physician Associates are medically trained, generalist healthcare professionals, who work alongside doctors and provide medical care as part of the multidisciplinary team.



Shingles Vaccination

Who can have the shingles vaccination?

You are eligible for the shingles vaccine if you are aged 70 to 79. The vaccine is not available on the NHS to anyone aged 80 or over.

From 1st September 2023, more people will be eligible for the vaccine. As well as people aged 70 to 79, you'll be eligible:

- When you turn 65 (if you turned 65 before 1st September 2023, you'll be eligible for the vaccine when you turn 70)
- If you are aged 50 or over and have a severely weakened immune system

Will I be contacted when I am eligible?

Yes—Box Surgery will contact you via text to inform you that you are eligible for the vaccine and please contact the surgery to arrange an appointment. However, if you have not yet received a text but you are aware you are at the eligible age please contact the surgery to arrange an appointment.

What is shingles?

Shingles, also known as herpes zoster, is a painful skin rash caused by the reactivation of the chickenpox virus (varicella-zoster virus) in people who have previously had chickenpox.

It begins with a burning sensation in the skin, followed by a rash of very painful fluid-filled blisters that can burst and turn into sore before healing. Often an area just one side of the body is affected, usually the chest but sometimes the head, face and eye.

For more information about shingles or the shingles vaccine, please see the NHS website:

[Shingles vaccine overview - NHS \(www.nhs.uk\)](https://www.nhs.uk/healthcareprofessionals/immunisation/vaccines/shingles-vaccine-overview)



Pneumococcal Vaccination

Who can have the pneumococcal vaccination?

Babies—1st dose at 12 weeks and a booster dose at 1 year

People aged 65 and over—1 dose when you are 65

Children and adults at higher risk of getting ill—at least 1 dose (some people may need extra doses or regular doses)

Will I be contacted when I am eligible?

Yes—Box Surgery will contact you via text to inform you that you are eligible for the vaccine and please contact the surgery to arrange an appointment.

What is the pneumococcal vaccine for?

The pneumococcal vaccine helps protect against some types of bacterial infections that can cause serious illness like:

- Meningitis
- Sepsis
- Pneumonia

Introducing our Doctors

GP Partners

Dr Andrew Girdher

Male GP

MBChB DCH DFFP DRCOG MRCGP University of Birmingham 1996

I first came to Box Surgery in 2007 to cover the then Dr Jones and enjoyed it so much I became a permanent feature. I have an interest in Medical Education, Appraisal and Mentorship and over recent years have been involved in Health Commissioning for our wider population in Wiltshire. I enjoy all sport in my spare time, both watching and playing it. I'm delighted to be part of a wonderful team in a beautiful part of the world.



Dr Terry Cottrill

Female GP

BMedsci BMBS MRCGP DRCOG DFSRH Nottingham University 2001

I qualified in 2001 from Nottingham University and worked in hospital posts in the Midlands, Wiltshire, Somerset and Australia. I completed my GP training in Bath and have been at Box Surgery since 2007, initially as a locum, then a salaried GP and taking on a partnership role in 2015.

I enjoy all aspects of General Practice particularly GP education and supervise the GP trainees at the surgery. I represent Box Surgery within the Primary Care Network helping to develop local patient services.



Dr David Jones

Male GP

MBChB (Hons), BSc (Hons), MRCGP Warwick University 2015

I am a GP Partner at Box Surgery and work across the scope of general practice with a particular interest in skin lesions and chronic respiratory disease. I am Box Surgery's lead for safeguarding, complaints and nursing.



Associate GPs

Dr Debbie Eaton

Female GP

MBChB MRCGP (2003) DFSRH Manchester University 1993

I spent the first 10 years of my medical career working abroad and travelling, before leaving hospital medicine to become a GP. I am very much a generalist and have a holistic approach to medicine. Interests include fitting coils and implants and performing minor surgery and steroid injections. I also work at MOD Corsham, the Lipid Clinic at the RUH and as an Out of Hours GP.



Dr Sarah Vaughan

Female GP

MBChB DRCOG MRCGP University of Liverpool 1995

After growing up in London, I graduated from Liverpool Uni a rather large number of years ago and worked in different parts of the country before finding my way to sunny Wiltshire and our lovely Box Surgery. I have a husband and two teenagers and I spend my spare time reading, writing book reviews, hiking, and attempting to clear our excessive amounts of clutter.



Associate GPs continued...

Dr Jonathan Brown

Male GP

MBBS MRCGP BA (Hons) Newcastle upon Tyne 2009

I did part of my GP training at Box Surgery and liked it so much I decided to stay. I am particularly interested in lifestyle medicine. Outside of work, I have a penchant for cycling, pugs, Beethoven and Italian TV.



Dr Deborah Flather

Female GP

MBChB BSc (Hons) MRCGP Bristol University 2010, BSc Natural Sciences (1st Hons) Open 2004.

I came to medicine by a slightly convoluted route as I went to Bristol medical school after having my children and following my husband around the world for several years during his military career. I completed my GP training in Bath in 2015 and joined the fantastic Box Surgery team as a salaried GP 5 years ago. I enjoy being at the forefront of NHS services and have an interest in women's health and fit contraception implants. When I am not at work you will find me either in my garden, out running or walking in our beautiful countryside, unless Bath Rugby is playing, in which case I can be found at the Rec.



Dr Josie Hindle

Female GP

MBChB MRCGP DRCOG University of Birmingham 2010

After working for a couple of years as a doctor in New Zealand, I moved to Bath to take up GP training in 2014, and first started work in Box as a GP registrar in 2017. I have been here since then and love living and working in such a wonderful part of the country and working alongside a great team. Particular interests of mine are Women's Health and Mental Health.

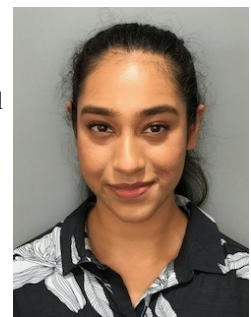
**Physician's Associate**

Miss Janisha Patel

Female Physicians Associate

BSc Medical Physiology University of Leicester 2020, MSc Physician Associate Studies UWE Bristol 2022

I have been with Box Surgery since November 2022 as a newly qualified Physician Associate, I work alongside the doctors as a general medical practitioner and aid the GPs in the diagnosis and management of our patients and I feel very grateful to be working in such a kind, supportive and varied team. As a non-prescriber I like to consider alternative therapies with a holistic approach to medicine and I am particularly interested in gut health, diet and nutrition. In my spare time I enjoy cooking/baking (and subsequently eating) and like to stay active with yoga, walking and strength training.



Movember

Movember is an annual event involving the growing of moustaches during the month of November to raise awareness of men's health issues, such as prostate cancer, testicular cancer and men's suicide.

For more information on this event or how to get involved, please see the Movember website: [Movember - Changing the face of men's health - Movember](#)



Christmas and New Year Bank Holidays

Please note that the surgery will be closed on the following dates over Christmas and New Year, in line with the Bank Holidays:

Monday 25th December CLOSED

Tuesday 26th December CLOSED

Monday 1st January CLOSED

Please ensure you check your medication stock a couple of weeks prior to the Christmas break to ensure you have enough to cover you whilst the surgery is closed.

Please speak to your local pharmacy to see when they are closed over Christmas or if they are open on reduced hours.

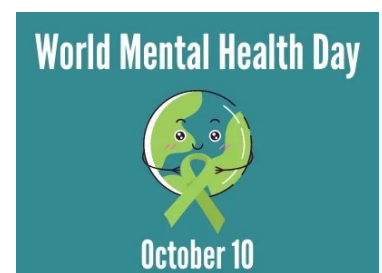
World Mental Health Day— 10th October 2023

A day to raise awareness of mental health problems. To share information about the support available. And to reach out to people who might be struggling. If we all work together, World Mental Health Day can change, and even save, lives.

[World Mental Health Day - Mind](#)

[Mental Health: NHS Talking Therapies – Box Surgery](#)

[Wiltshire Mental Health Inclusion Service – Box Surgery](#)





Box Surgery

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