

# Cranleigh Gardens Medical Centre

Autumn 2020

Welcome to the latest installment of the Cranleigh Gardens Medical Centre Newsletter.

## Thank You

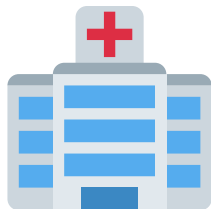
We would like to thank all our patients for their support and patience during these difficult times.

2020 has seen numerous changes to healthcare services due to the current COVID-19 Pandemic.

We understand this can make attending the surgery for appointments more worrying. However Cranleigh Gardens will continue to monitor the procedures that have been put in place to keep patients safe.

Cranleigh Gardens Medical Centre  
Cranleigh Gardens,  
Bridgwater  
TA6 5JS

Surgery: 01278 433335  
Prescriptions: 01278 427092



## In This Issue

- Staff Update
- Book your Flu Vaccination
- Prescription Ordering
- Autumn-Winter Care
- Lucy's latest recipe

### *New Website Launch*

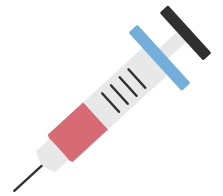
Dr Dillon has been working behind the scenes creating a new Website for CGMC. The new website has Health Advice and Forms to allow patients to submit various requests without having to attend the surgery. For our latest news and updates at the practice please refer to;

[www.cranleighgardensmc.co.uk](http://www.cranleighgardensmc.co.uk)



*Healthy Snacking with Lucy*

# Our Clinical Team



At Cranleigh Gardens Medical Centre and Westonzoyland Surgery our aim is to provide our patients with the highest quality healthcare services and resources. To maximise your healthcare we would like to introduce you to the new faces to the surgery - both clinical and administration to ensure you are able to book with the most appropriate clinical member at the practice.



---

## Staff Update

In our previous issue, we shared Dr Gilmore-White's retirement having worked for many, many years at Cranleigh Gardens + Westonzoyland Surgery. Shona is enjoying retirement, with new puppy Merlin keeping her busy.

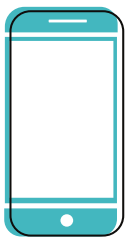
It is with great sadness we have had to say goodbye to Dr Bunce, who has accepted a position at a new surgery, closer to home. However we have welcomed three new members to our clinical team Dr Macdonald (female) Dr West (female) and Dr Myat (male) to CGMC.

Patient's who have attended the surgery for nursing appointments may have met new nurse Charlotte. Charlotte will work two and a half days a week to bolster our busy nursing team.



---

## Text Notifications



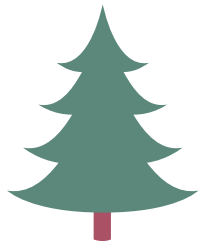
Some of you may be familiar with our Text Services, where we would remind patients of their appointment times 24 hours prior to them. However this can now be tailored to provide other communications.

Please contact reception OR head to our website to update your contact details and consent.

By accepting text notifications, staff are able to request further information if providing a telephone consultation, send documents and short messages when we are unable to reach you.



# Surgery News Cont.



## Stay Safe This Winter - COVID-19

As we enter the chillier time of year, it is important that we make plans to ensure we can avoid any unneeded stress, as even the healthiest of us can struggle during this time of year. Below we have prepared a list of small tips to ensure you can stay safe this winter - as we not only face the usual cough, colds and flu - but struggle to distinguish from COVID-19 symptoms.

Remember to have your Flu Jab - it takes two weeks for the Flu Jab to become effective. Ensure you have your Flu Jab early to ensure you maximise the benefits! You may be entitled to a Free NHS Flu Jab depending if you're a carer, work in the NHS, have certain health conditions or over 65.

Have at least one hot meal a day - with plenty of warm drinks to keep warm and hydrated.

Ensure you have the correct surgery details, so that you or a loved one can call the Doctor if you become unwell and have the essentials stocked in your medicine - over the counter pain relief and first aid supplies.

Follow all government guidelines for COVID-19. This will mean if you develop a high temperature, continuous cough, loss of taste and loss of smell, to isolate yourself and contact 119 to organise a test.

If you do feel unwell and are offered an appointment at the surgery, please remember you will need to wear a face covering during your appointment. Please contact reception to book appointments and to be updated on surgery procedures.

Remember to check in on the vulnerable who may be too worried to ask for help. They may need further help with shopping or perhaps feel lonely during these colder and more difficult times.





# Surgery News Cont.



## Additional Clinics

We temporarily had to reduce some of the clinics we hold at Cranleigh Gardens Medical Centre earlier this year, due to the COVID-19 outbreak. This meant we were unable to open for evening appointments & Saturday mornings for working patients unable to attend our normal hours. We aim to offer these again in the upcoming months.

We would also like to highlight we are able to offer Joint Injections. Please book a routine appointment with a Doctor to discuss further.

## Awaiting Results?

All tests vary in the length of time it may take for them to return.

You are the best person to check your results. Please don't just rely on the surgery to contact you.

When test results are received, a Dr is needed to oversee them before filling in your patient records with a suggested plan of care.

It is best to phone the surgery for results in the afternoon.

---

## Prescriptions

We would like to inform patients that from September 14th our Prescription Line opening hours will change. The phone lines will still open Monday to Friday between the hours of 09:30-13:30.

If you cannot order your medications in these times, please note you can submit on the website, where you don't need a Log In.

You can also post your requests through our letterbox.

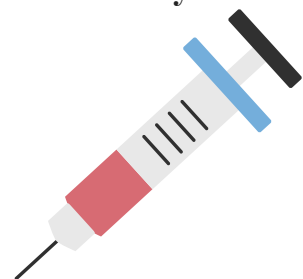


## Flu Clinic's

We would like to remind patients to book in for their Flu Jabs.

The surgery has multiple clinics running this year for all who are eligible - including the child nasal flu vaccination.

Please contact reception to book an appointment or ask in your appointment if you haven't already.





# Surgery News Cont.

## Children Returning to School?



We understand that many of you may be worried about your child returning back to school. Whilst schools have safety precautions in place for their return to education, it's still an unsettling time if your child becomes unwell.

If your child has any of the following symptoms of coronavirus, a high temperature, a new continuous cough, loss of taste/smell; Do not send them to school.

Please keep your child at home for 10 days (from them becoming unwell) and contact 119 - to request a test. Your household must also stay at home for 14 days.

Please refer to our website for more detailed instructions and visit our facebook page to keep updated on current guidelines.



## Practice Statistics



Are you curious about what goes on behind the scenes? Practice Manager Richard Reed has gathered data between May-August, on various tasks and appointments carried out at Cranleigh Gardens Medical Centre.

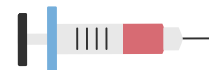


**We have received 37055 Incoming Phone Calls**



**We have provided 2753 Face-to-Face Appointments**

**Our Nurses have undertaken 2839 Blood Tests**



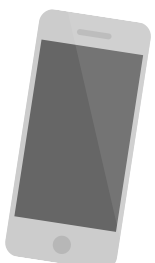
**We have carried out 242 Asthma Reviews**



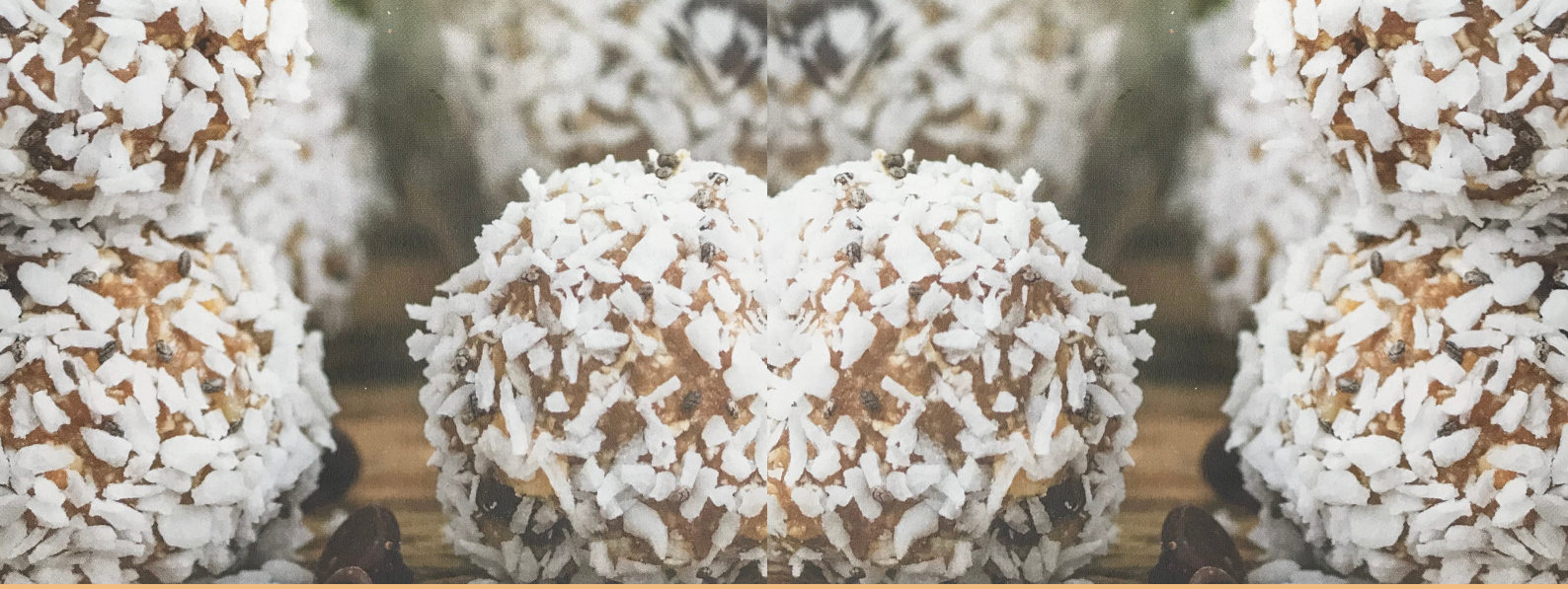
**We have completed 186 Home Visits**



**We have issued 39,000 Prescriptions**







## Healthy Snacks on The Go



*With life returning to a little more normality and children heading back to school, why not try whipping up your own snacks, rather than resorting to your usual cupboard stash.*

### Ingredients;

110g Cashew Nuts | 150g Rolled Oats | 2 Medium-Ripe Bananas |  
50g Ground Almonds | 3 tbsp Dark Chocolate Chips | 1/2 tsp  
Cinnamon | 1/4 tsp Salt | 6 tsp Shredded Coconut | 1 tbsp Chia  
Seeds

### Recipe

Makes | 25 Balls

Prep Time | 20 Minutes

Place Cashew Nuts into food processor/blender and pulse until a paste is formed.

Add in the oats, before pulsing again. Followed by the bananas.

Stir into Ground Almonds.

Add in the chocolate chips, cinnamon and salt.

Roll heaped teaspoon amounts into balls, then roll in coconut and chia seeds.

Pop balls onto a tray/box and store in the fridge - They should keep for about a week.



*Tip? You can tailor these snack balls to your own preference. Switch up the nuts, add in dried fruit. Change the seasoning or type of chocolate chips.*