

# Frimley Health and Care



Newsletter - Issue 5

## The doctor will see you...in the evening or on a weekend

Local GPs are reminding patients that they can have routine appointments on weekday evenings and at weekends if they need to.

Since last year, surgeries across the Frimley Health and Care Integrated Care System (ICS) - from Slough in the north to Farnham in the south - have been offering increased access to GP services.

The change was made to further open up GP services to as many people as possible, recognising that large sections of the population can struggle to attend appointments during normal working hours.

The slots are not for walk-in or emergency appointments and patients should book their sessions by contacting their surgery during normal hours.

Sir Andrew Morris, Lead of the Frimley Health and Care ICS, said: "We want people across our health and care system to not only have the best possible health services – to treat their conditions and to support them in managing their own health – but also to have improved access to those services.

"Our General Practice partners have worked extremely hard to provide extra appointments to meet the needs of more of our population than was possible before. This will help to improve the health and wellbeing of our whole community and is a great example of the impact that health services can have when working more closely together."

Evening and weekend appointments are provided by GPs working together across communities, meaning that a patient may be seen at a different location than their usual surgery. GPs, Practice Nurses and other healthcare professionals will be providing the extra routine appointments, as well as specific services, such as blood tests, which can be requested at the time of booking.

More information about arrangements in each area can be obtained by either contacting your GP surgery directly or by visiting their website.

Anybody requiring urgent care in the evening or at weekends should call NHS111 and in cases of emergency, call 999 or attend the local hospital Emergency Department.

**NHS**

### We're here for you, for longer

GP and nurse appointments are now available in your area during the evenings and at the weekend.

To book an appointment, contact your practice.

For more information, visit [nhs.uk/GPaccess](https://nhs.uk/GPaccess)

Your NHS, here for you.

Sunil Limaye, GP

**NHS**

The right medical attention when you urgently need it

CALL 111

HELP US HELP YOU  
KNOW WHAT TO DO

**HELP US HELP YOU**

STAY WELL THIS WINTER

## An A to Z for people with osteoarthritis of hip or knee

A key aim of the Frimley Health and Care Integrated Care System is to ensure health and care services provide the right support to enable people to stay healthy and independent in their own homes for as long as possible.

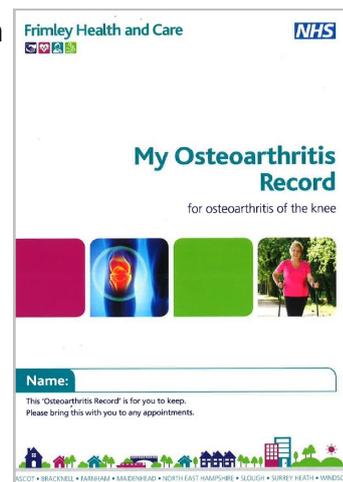
As part of this, patients, physiotherapists, GPs and consultants have been working with NHS commissioners across the system to create a complete resource to help osteoarthritis patients.

The result is 'My Osteoarthritis Record' a booklet which covers everything a patient should need from the moment of diagnosis. There are two versions - one for osteoarthritis of the hip and one for the knee.

There are many ambitions for the booklet. It is hoped that patients being diagnosed with osteoarthritis will be able to use the information, including dietary advice, specific physiotherapy exercises, weight management, expert contact details, and more, to better manage and even improve their own health. It is hoped not only that this reduce the numbers of people across the Frimley Health and Care ICS needing hip or knee surgery but also that those people who do require an operation will be much more informed and prepared, their expectations will be better managed and their recovery and rehabilitation will be easier and more positive.

Dr Martin Kittel, self-care lead for East Berkshire and one of the leading General Practitioners in the work, said: "For me the whole journey has been hugely educational and successful.

"Patients need support, so we created the term 'supported self-care'. The role of doctors is changing. We are now expected to support, coach and motivate patients to improve their self care. Knowledge is power. We give patients information, supporting them to be experts in their condition. We also balance information they find on the internet. Patients need support to know what to do in the 99.9% of time when they cant see a doctor."



## System rollout for mental health service for mums-to-be

Pregnancy is celebrated as a joyous and exciting time for a woman. Yet for some women it can be anything but that.

Feelings of stress, anxiety and depression can overwhelm any positive emotions, to the extent that one in five pregnant women experience mild to severe mental health problems in pregnancy or after birth.

To support those women affected, the Frimley Health and Care Integrated Care System has been working with mental health providers and is happy to announce that a perinatal mental health service is now available across the whole system, from East Berkshire to Surrey Heath and North East Hampshire and Farnham.

The service is for any woman who is planning a pregnancy, already pregnant or with a baby under 12 months and who has more serious or complex mental health needs.

Specialists will support the mother during the pregnancy and after the birth, will work with her, her family and other professionals, help her to enjoy the experience of pregnancy, birth, and early motherhood as much as possible, and ensure she and her family have the right support and information.

Patients are referred to the service. This can be by a health or social care professional, including a GP, obstetrician, midwife, health visitor or another mental health professional who was reviewed them.

The service is provided by: Berkshire Healthcare NHS Foundation Trust, Southern Health NHS Foundation Trust and Surrey and Borders Partnership NHS Foundation Trust.



## Have you had your flu jab?

The flu vaccine is available free to a number of 'at risk' groups, to help keep as many people fit and healthy this winter.

If you're not sure whether you're eligible, check here:

<https://www.nhs.uk/conditions/vaccinations/who-should-have-flu-vaccine/>

