



**Easter Bank Holiday
2021**

Opening Times

Good Friday—closed.

**Easter Saturday—
closed.**

Easter Monday—closed.

If you need medical care whilst the surgery is closed, please contact the out-of-hours service or phone an ambulance if you have a medical emergency.

Staff Changes at Roborough Surgery— The biggest change is that Dr Kim Wade has left Roborough Surgery where she has worked for many years as a GP Partner. She has moved to Oakwood Surgery as a salaried GP.

Dr Stephen Gokhale—some of you will recognise him as he has been a Locum GP at Roborough Surgery for a few years. He works at the surgery on Mondays.

We also welcome Dr Rebecca Pugh and Dr Jennifer West to the Roborough Team.

We have welcomed some new colleagues in the Reception Team.

Our Research Administrator, Nicki, has left for an exciting new role within the Research Team at Deriford Hospital.

A graphic with a blue background. At the top, it says "Consult our doctors online" in white. Below that, it says "Our eConsult service lets you:" followed by two bullet points: "Request advice and treatment from our practice online" and "Get self-help advice for hundreds of common conditions". At the bottom, there is a green button that says "GET STARTED". The background of the graphic shows a person's hand typing on a laptop keyboard.

How to contact the surgery electronically

Whilst we do not have the capacity to have an e-mail address, patients can message Roborough Surgery directly with any NON-URGENT messages, queries, sick note extension requests etc. using the 'Consult Our Doctors Online' button on Roborough Surgery website.

Please would patients consider using this system. We endeavour to respond as soon as possible.'

COVID update— we are pleased to say that members of our admin and nursing teams have been very much involved with the set-up and provision of COVID vaccinations across the City. All surgery staff have worked tirelessly during the pandemic, whether from home or at the surgery or a combination of both to provide the best service we have been able to during the pandemic. As lockdown is coming to an end and there appears to be light at the end of the tunnel, we urge you to abide by the restrictions which remain in place, for the well-being of everyone. We accept there are still restrictions within the surgery and we would like to remind everyone to remain polite and respectful of surgery staff if it seems to be taking longer for someone to answer your call, answer the bell when attending the surgery etc. If you do have a concern or aren't happy please remain polite whilst you are directed to speak to the appropriate person. Thank you.

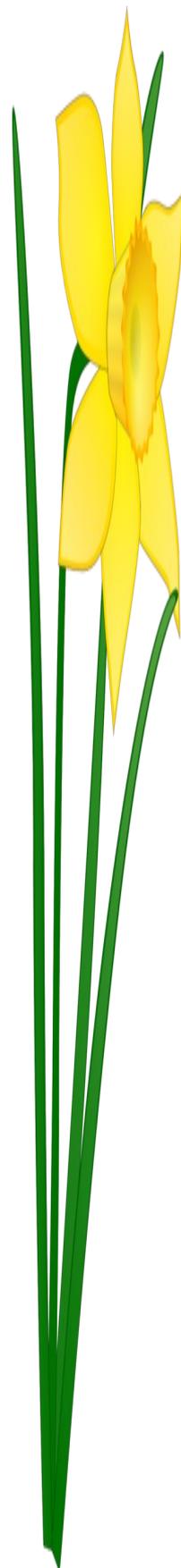
The Wolseley Trust—Health Futures (Social Prescribing) is a service for over-18s who could do with some non-medical support to improve physical and mental health well-being. **It is not for mental health crisis.** They can provide help and information for a number of areas including benefits/debt, support groups and befriending. You can speak to your GP for a referral or else self-refer by contacting healthyfutures@wolseleytrust.org or telephone 01752 203673

As the clocks go forward to welcome Spring and lighter/brighter days—April brings not only Easter but also some health awareness days which may be of some help. These include:

Stress Awareness Month—for more information visit the website at: <http://www.stress.org.uk/national-stress-awareness-month-2018/>

World Health Day—7th April—commemorates the founding of the World Health Organisation (1948). The WHO has been in the news on a daily basis over the last 12-months as the world fights the pandemic. Its aims include:

- **Promote Development** - poverty is linked to poor health; by promoting development, poverty falls and the overall health of a given population improves.
- **Fosters Health Security** - WHO takes steps to increase health security by reducing health risks from outbreaks of new, existing & mutating diseases.
- **Strengthens Health Systems** - in poorer countries many health systems are inadequate. WHO strengthens these systems through various means which may include the provision of funding, access to drugs and relevant technology, data collection systems and trained staff.
- **Harnesses information, research and evidence** - WHO uses evidence as a sound basis for setting health priorities, strategies and measuring results. In consultation with leading health experts, WHO provides authoritative health information.
- **Enhances Partnerships** - WHO works closely with many health organizations around the world.
- **Improves Performance** - WHO also strives to improve the performance of its own organization. In order to improve the performance or effectiveness of an organization there needs to be clear results which can be measured and compared.



We wish you a Happy Easter and if you do indulge in a chocolate egg—did you know that plain chocolate is healthier than milk chocolate?