



Mayor of Solihull opens refurbished Hampton Surgery

The Mayor and Mayoress of Solihull Councillor Mike Robinson and Mrs Jenny Robinson opened the newly refurbished surgery on Thursday 5th January 2017. They were joined by representatives of the George Fentham Trust, Patient Participation Group, Solihull CCG representatives and the practice staff to celebrate the completion of the new reception area, improved access and additional consulting room. The improvements to the surgery were cofounded by the George Fentham Trust and the NHS England Premises Improvement Fund.

Drs Rodger Charlton & Ryan Prince, GP Partners at the surgery said "We are extremely grateful to the Fentham Trust, Solihull CCG & NHS England for allowing us this opportunity to considerably improve the patient experience at Hampton surgery"

Martin Cadman, Chair of the George Fentham Trust said "The Trust is very pleased to be able to support the extension to Hampton surgery and help maintain the provision of GP services within Hampton in Arden. This development is in keeping with our Founders' last will set out in 1690".

John Doidge PPG member & representative of the Hampton Parish Council and Vice Chair of Hampton Surgery said "I am absolutely thrilled to see the new facilities and waiting area, it is a big improvement"

The practice wants to extend thanks to all the patients at the surgery for their patience during the improvement works.

Online Services for Patients

HAMPTON SURGERY offers a range of services online via its website: www.hamptonsurgery.co.uk

- Booking of some GP appointments
- Cancelling of appointments
- Requesting repeat prescriptions
- Informing us of a change of address / updating your contact details
- Viewing your summary care record (medication / allergies / sensitivities)
 - Viewing some of your medical records (read-coded information)

If you are not already registered for this service, please contact Reception. A form will need to be completed (available on our website) & proof of ID is required.

**IF YOU OR SOMEONE YOU KNOW NEED THIS NEWSLETTER TO BE MADE
AVAILABLE IN A BIGGER PRINT PLEASE CONTACT THE SURGERY ON
01675 442510.**



Is Reception a little busy – please feel free to use our self-check in screen situated in the waiting area which is very simple to use



Step into a New Year of Healthy Eating

What a better start to the New Year than feeling fit & healthy. We all feel it, the extra pounds after a season spent relaxing and enjoying the festivities, but this year NHS Solihull Clinical commission Group (CCG) are encouraging people to 'take action' and turn your resolve to results.

Be realistic about what you want to change in your eating habits & lifestyle choices, you don't have to cut back on everything, small changes can make all the difference. Take notice of your five a day and ensure you are eating the right things, particularly moderate your intake of salt, sugar and carbohydrates.

For more advice and healthy recipes go to <http://www.nhs.uk/livewell/healthy-eating/Pages/Healthyeating.aspx>

Do you think you maybe a carer? If you look after your partner, or a relative or friend who is ill or disabled, you are a carer (regardless of your age), even if you don't think of yourself that way. There are many ways that you might care for someone.

For instance you might:

- *be on hand 24 hours a day to provide care
- *drop round each day to keep someone company or cook their dinner
- *visit a relative who lives far away once a month to see how they're doing.
- *arrange hospital appointments for someone

Whether you've cared for the person for a long time, are temporarily helping them (for example, while they recuperate from an operation), or have just become a carer, please ask the surgery for what support is available for you or contact the carer's support centre in Solihull on 0121 788 1143 or www.solihullcarers.org

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