

The Tinkers Lane News.

Please fill the feedback form enclosed and hand back to reception to help us improve our communication with you.

POD and Online Prescriptions:

You can either call the POD or email using, to request your medication:

- ◆ **0300 30 35 090**
- ◆ **bswccg.podemergency@nhs.net**
- ◆ **<https://www.bswccg.nhs.uk/your-health/hospital-care/prescription-ordering-direct-pod>**

Alternatively you can register for online service by going to our surgery website tinkerslanesurgery.co.uk or pop into reception to collect the form.

Other Triage services available to you:

- ◆ DoctorLink [further info available at reception or on our website]
- ◆ 111 or 111 online.
- ◆ Urgent care at Great Western or Minor Injuries at Chippenham hospital
- ◆ A+E [in genuine emergencies]

COVID-19 BOOSTER VACCINES:

Our three most local services are:

- ◆ The Steam Museum
- ◆ Lyneham Pharmacy
- ◆ Cohens Borough Fields



If you had your original dose in another country, you'll need to call 119 and ask for the resolution service, who will be able to transfer your vaccine information to our national database.

Please call 119 or go on to the National Booking Service to book your booster.

**STAY
HOME**

**PROTECT
THE NHS**

**SAVE
LIVES**

HIGHLIGHT OF THE WEEK: COMBAT STRESS.

Combat stress is a registered charity which helps veterans with their mental health. They offer a range of community, outpatients and residential mental health services to veterans from every service and conflicts, focusing on those with complex mental health issues related to their military service. They do not provide urgent or crisis services. If you are in a crisis and need urgent help, please contact your GP, Samaritans on 116 123, or dial 999. They are available to help 24/7; their helpline number is 0800 13 81 619 or you could text them on 07537 173 683 or email: helpline@combatstress.org.uk

They set challenges to those who want to help fundraise or donate, this year they have planned March in March [1st March-31st March] and D-Day challenge on 5th June—7th June where you will go to Normandy with them to race across its picturesque beaches, finishing at the historic Pegasus Bridge on the 78th anniversary of D-Day, 6 June 2022. There is a 22-mile walk, 44-mile ultra-run and an 88-mile cycle to choose from.

SURGERY ANNOUNCEMENT:

We would like to express our congratulations to our student GP Dr Shahzad who is expected to qualify next month after passing her exams.

Dr Shahzad has been with us throughout the pandemic speaking to patients over the phone and in person.

We can't wait to see where she goes as a GP from here.

Meet our Clinical pharmacist's team..



From left to right: Nick, Andreea, Fehmeedah, Elaine, Rachel, Chris, Simble, Punita

Rachel Dolman is leader the clinical pharmacist team for the local Primary Care Network covering Malmesbury, Tolsey, Royal Wootton Bassett, Purton and Cricklade. In the team we have four clinical pharmacists, Andreea, Simble, Nick, Fehmeedah and Punita. The team has also expanded recently to include two pharmacy technicians, Elaine & Chris who support us with our work.

She specialises in working with chronic pain, particularly with an interest in fibromyalgia and work together with patients to reduce opioid usage as recommended by the latest NICE guidelines. We support patients with resources and a monthly group meeting for people to share their experiences and develop alternative strategies/treatments to manage their chronic pain condition.

The clinical pharmacist team role within the surgery is to use our pharmacological knowledge to support patients to improve management of long-term conditions, we complete routine medication reviews and support clinicians with medication and formulary queries. We are heavily involved with safety projects and network with local community pharmacies and care homes.

WANTING TO START GETTING HEALTHY...

Here are some tips from our Dr Tadevosyan:

Most people are aware of the benefits of exercise on their mental and physical health, however I often come across views such as only aerobic exercise is good for improving cardio-respiratory help. This view is not supported by the science. In fact latest research shows that anaerobic exercise can also be extremely helpful. What it means in practical terms, is that you don't need to always choose time consuming long walks or jogging over resistance exercises, things you can easily do at home, like weight- lifting or exercising using elastic bands. As a rule of thumb, if you've exercised enough to build some lactic acid (you will know this as it will give you some muscle aches for few days), then positive metabolic effects of exercise will be there.

Food before sport and exercise

Allow about **3 hours before** you **exercise** after having a main meal, such as breakfast or lunch. An **hour** before exercising, having a light snack that contains some protein, and is higher in carbohydrate and lower in fat, can help you perform during your training and recover afterwards.



Choose a snack that you'll digest quickly like:

- porridge
- fruit, such as a banana
- a slice of wholegrain bread spread thinly with a nut butter
- a plain or fruit scone with low-fat cheese
- yoghurt or non-dairy alternatives
- cottage cheese and crackers