

Sheet Street Surgery Newsletter

March 2024

Spring Newsletter

We are delighted to bring you the next addition of our newsletter, please keep reading to learn about what has been happening at the surgery and for updates to initiatives in the wider NHS community.

How we are helping you



The surgery is now an NHS App ambassador – the wealth of information you can access from the app is extensive. Test results, medical records, repeat prescription information, hospital referrals, waiting list information and so much more.



The Get U Better app is a great tool for any Muscular Skeletal Issue – with advice and exercises tailored to you by our team.

[Click image to access](#)

Surgery News



Our wonderful receptionist Elizabeth has been with us for 24 years in June. A huge Thank You to Elizabeth for her wealth of experience and for looking after both our patients and staff so well.

We have an amazing variety of specialists who support our GP and Nursing team – we have welcomed into the practice a Child Mental Health practitioner.

We also have 2 Physiotherapists (MSK), a dietician, wellbeing coach and social prescriber regularly on site, with many more specialists at our King Edward VII hub site.

We also welcomed to the surgery in February a new GP trainee Dr R Grewal who will be with us until August 2024.

How we are doing

We continue to work hard for our community...

57%

Increase in appointments from 35,000 in 2019 to 55,000 in 2023



2 doses of the MMR vaccine can stop your child becoming seriously unwell with measles



Make sure your child is up to date with their vaccinations

Thank you!

Thank you to our patients for using and providing us with feedback for the new e-consult services. The service is popular with around 140 e-consults received each week reviewed directly by a doctor and most responded to the same day with 100% responded to within 1 working day

People who help us help you



Pharmacy First NHS Scheme launched in January. Pharmacists are now equipped to provide advice and treatment and prescriptions where

appropriate for 7 common conditions including sinusitis, sore throat, earache, infected insect bites and stings, impetigo, shingles and Urine tract infections. Please visit our website for a list of local participating pharmacies.

PPG News

The PPG will be hosting digital keep in touch sessions at the surgery supported by our staff. Please pop into the surgery or visit our website for more details.

"Its a good service ...if it's not always urgent it is fantastic...I felt so taken care of. You all work so hard at sheet street and you all are amazing!"

Our choices
The choices we make effect the environment, our health and the health of those around us. We want to work together towards a greener NHS which is kinder to planet and to people and you can help!

Return walking aids
Sometimes we all need a helping hand but when you've finished with your walking aid, return it to one of our recycle boxes located at Frimley hospital sites.

Think about travel
With air pollution having a proven negative effect on health, consider if you could walk or cycle your journey and get the benefit of exercise too!

Recycle your insulin pen
PenCycling could not be simpler and is completely free of charge. A pre-filled Novo Nordisk pen can be recycled. Visit your local Boots pharmacy to learn more.

Recycle blister packs
Participating Superdrug stores accept blister packs for recycling. Why not check if your local store does.

Working together for a greener NHS