



## IMPERIAL NEWSLETTER

WINTER 2023



**The Imperial Patients Group (IPG) is one of the earliest patient participation groups in Devon helping to improve our patient's experience.**



IPG provides a vital link between the surgery team and patients. We have a small committee that works to advise, fundraise, and support the staff.

We would be very pleased to have more people join the IPG Committee which meets about 4 times a year. It is a very interesting opportunity to discover how the surgery functions and be able to give the surgery feedback, practical support, and suggestions to enhance patients' experience.

Alternatively, you can take part "virtually" whilst in the comfort of your own home, by means of completing a survey or two per year to help us to improve the way we work, and the services we offer. You can also join an online forum where we can work together to ensure we are able to continue offering the best service possible.

If you are interested in joining our patient group or virtual group, please email us [imperialprescriptions@nhs.net](mailto:imperialprescriptions@nhs.net)

## Calling all Carers.....

Becoming a carer can happen gradually or it may have been a sudden change in circumstances. Please let us know if you are a carer - we can support you. Looking after yourself is an important part of making sure that you can maintain your own health and wellbeing while being a carer. You can also register for free with Devon Carers who can offer advice, support, and information. You can call them on 03456 434 435 or visit their website <https://devoncarers.org.uk/>

Devon Carers also produce a seasonal magazine which you can view here:  
<https://devoncarers.org.uk/information-and-advice/magazine/>

Did you know that unpaid carers aged 16 and above are now eligible to book their free Covid-19 booster and flu vaccinations at the Practice? Contact us to book in.

Here are some support groups available, run by Devon Carers:

### Face-to-face Peer Support Groups

Please find below towns where the groups take place to see which is most convenient to you. Once you have spoken to the Peer Support team, they will send you updates on dates, times and venue addresses.

**November:** Bideford / Bovey Tracey / Exeter / Exeter – Neurodivergent Carers / Exeter – Wonford / Exmouth / Okehampton / Sidmouth / South Molten / Torrington / Totnes

**December:** Barnstaple / Braunton / Exeter – Wonford / Ivybridge / Killerton / Newton Abbot / Okehampton / Teignmouth

**January:** Bideford / Crediton / Exeter / Exeter – Neurodivergent Carers / Exeter – Wonford / Exmouth / Kingsbridge / Tiverton / Totnes

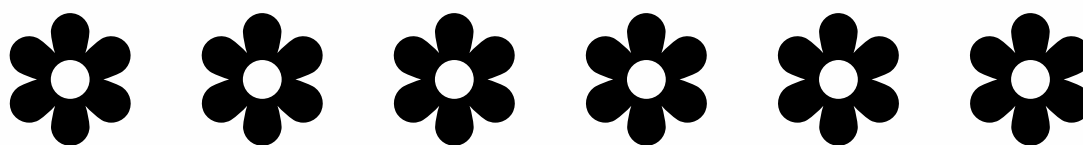
**February:** Barnstaple / Cullompton / Exeter / Exeter – Wonford / Dawlish / Ilfracombe / Ivybridge / Newton Abbot / Okehampton / Ottery St Mary / South Molton

### Online Zoom Peer Support Groups

Please find below dates and times when these online groups take place to see which is most convenient to you. Once you have spoken to the Peer Support team, they will send you updates on availability.

<b>Games Night</b>	Tuesday	07/11, 21/11, 05/12, 16/01, 06/02, 20/02	7.30pm - 9.00pm
<b>Autism Group</b>	Wednesday	01/11, 06/12, 10/01, 07/02	10.30am - 12.00pm
<b>Dementia Group</b>	Monday	13/11, 11/12, 15/01, 12/02	10.30am - 12.00pm
<b>Mental Health Group</b>	Wednesday	22/11, 31/01, 28/02	12.00pm - 1.00pm
<b>Mental Health (evening Group)</b>	Tuesday	14/11, 12/12, 09/01, 13/02	7.30pm - 9.00pm
<b>Male Carers</b>	Wednesday	08/11, 13/12, 10/01, 14/02	2.00pm - 3.00pm
<b>Craft Group</b>	Thursday	09/11, 14/12, 18/01, 15/02	11.00am - 12.00pm
	Tuesday	28/11, 23/01, 27/02	7.30pm - 9.00pm
<b>Parent with Dementia Group</b>	Thursday	16/11, 14/12, 18/01, 22/01	7.30pm - 9.00pm
<b>Open to All</b>	Thursday	30/11, 25/01, 29/02	10.30am - 12.00pm
<b>Living Room Disco</b>	Thursday	07/12, 01/02	7.30pm - 9.00pm
<b>*NEW Neurological Conditions</b>	Thursday	11/01, 08/02	7.30pm - 9.00pm

\*Group for carers of people with neurological conditions such as MS, Parkinsons, Huntington's, MND etc.



## Hearing aid batteries

We now stock hearing aid batteries – brown and orange.

Please show your card to the receptionist and then we can supply you with batteries.





# POSTURAL STABILITY Exmouth Library

## STRENGTH & BALANCE CLASS

part funded by the NHS

### Open to anyone who:

- Has recently had a fall
- Is unsteady on their feet

### What you will receive:

- Ongoing reviews
- 6 weeks free and then 18 weeks at the subsidised rate of £3.00
- Peer support
- Resources

Weekly starting:  
**Wed 3rd Jan  
2024**

**10.15 - 11.15am**

**CALL SEACHANGE 01395 446896 TO BOOK**



**SEACHANGE**

HEALTH & HAPPINESS FOR ALL



Make the change at Seachange. [www.seachangedevon.org](http://www.seachangedevon.org)

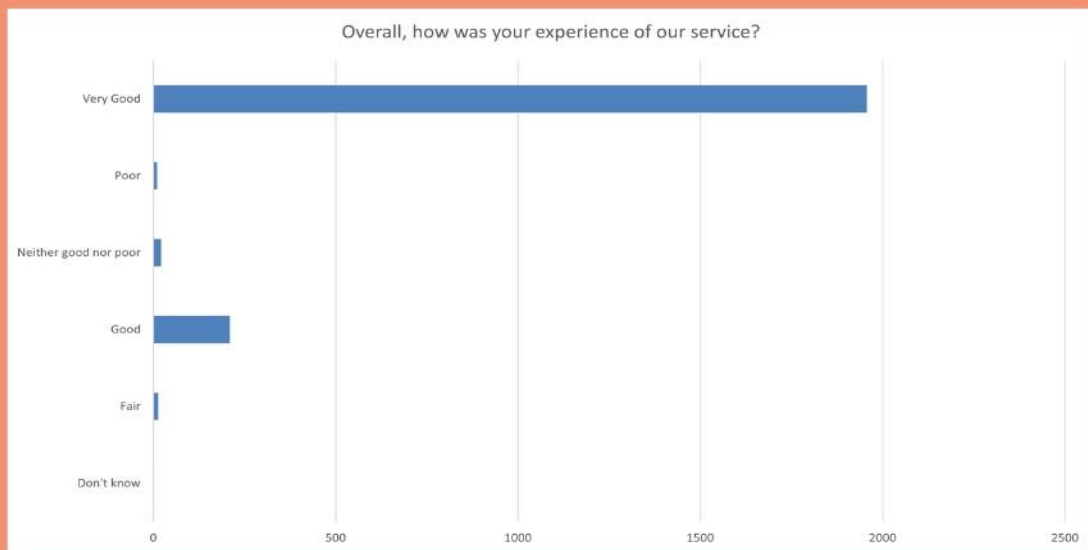
Call: 01395 446896 Email: [help@seachangedevon.org](mailto:help@seachangedevon.org)





**Imperial**  
MEDICAL PRACTICE

## Friends and Family Results Feb 2023 - October 2023



**Proud to be a  
parkrun practice**

In linking with Exmouth parkrun event

Imperial Medical Practice

is certified as a

**parkrun practice**

parkrun UK and the Royal College of General Practitioners (RCGP)

Date:

Chrisie Wellington  
Global Head of Health and Wellbeing  
parkrun UK

Dr Andrew Boyd  
Clinical Priority Leads: physical activity & lifestyle  
RCGP

Dr Zoe Williams  
Clinical Priority Leads: physical activity & lifestyle  
RCGP

### Parkrun Practice

We are proud to be a Parkrun Practice and our team are proud to be able to get involved with our local community and promote good health and wellbeing.

If you would like more information about our local parkrun event, check out the website here

<https://www.parkrun.org.uk/exmouth/>

## IMPERIAL SURGERY FUNDRAISING



MANY THANKS TO  
ALL PATIENTS AND  
FRIENDS WHO  
CONTRIBUTED SO  
FANTASTICALLY TO  
OUR CAKE SALE...  
RAISING AN  
AMAZING £423.00

GREAT TO BE ABLE  
TO DO THESE  
EVENTS AGAIN



# *Dear Santa:*

**£1 per  
ticket**

**I would really like to win  
Imperial Medical Practice's  
Christmas Raffle**

**The following have kindly been donated and  
are up for grabs:**

**First prize: Christmas Food Hamper**

**Second prize: Tesco Pamper Hamper**

**Runners Up:**

- **Deli on the strand £10 voucher**
- **Bottle of bubbly**
- **£30 Simply skin voucher**
- **£10 Denise Ford hairdressing voucher**
- **£20 The Wax Wife voucher**
- **2x 45 min treatment vouchers for The  
Clinic**
- **Caramel – product or voucher for the shop**
- **Tropic product**
- **£20 Nidra 108 voucher**

**Draw date 15th**

**December 2023**



**Imperial**  
MEDICAL PRACTICE

*Thank you, Santa. I'll leave some milk  
and treats for you. Save some for Ms.  
Claus.*

**All proceeds to Imperial Medical Practice for buying medical  
equipment. Thank you for your support and good luck!**



## ATTENTION!!!! ALL KNITTERS.....



More great ways of fundraising for the Practice ..... our wonderful knitting team raised a stunning £65.50



Also the Raffle raised an astonishing £567.80 – massive thanks to all that contributed. This allows the Practice to buy minor ops equipment which means will be running minor ops clinics within the surgery.



# 3 reasons **NOT** to miss your appointment



1

## **Help other patients**

If you book an appointment but do not attend, another patient will miss out.

## **Reduce our workload**

Failure to attend or to cancel an appointment increases administrative work.



2



3

## **Save the NHS money**

According to Government data, a GP appointment costs up to £50. Missed appointments waste money that you have invested in the NHS.

## **How can you help?**

Here are 3 simple ways you can help us to reduce the number of wasted appointments:

1. Encourage family members and friends to attend or cancel their appointment.
2. Write down your appointment and/or add to your phone calendar. Even better, set a reminder.
3. Always cancel unwanted appointments, no matter how late in the day.


**Thank you for your co-operation, support and help.**

**Help us to Help you!**

# **Be seen at the right place, at the right time....**

Our team are working hard to get everyone the help they need. Please remember 999 is for life-threatening emergencies only.

[#HelpUsToHelpYou](#) by choosing the right service  
[#ChooseWell](#)

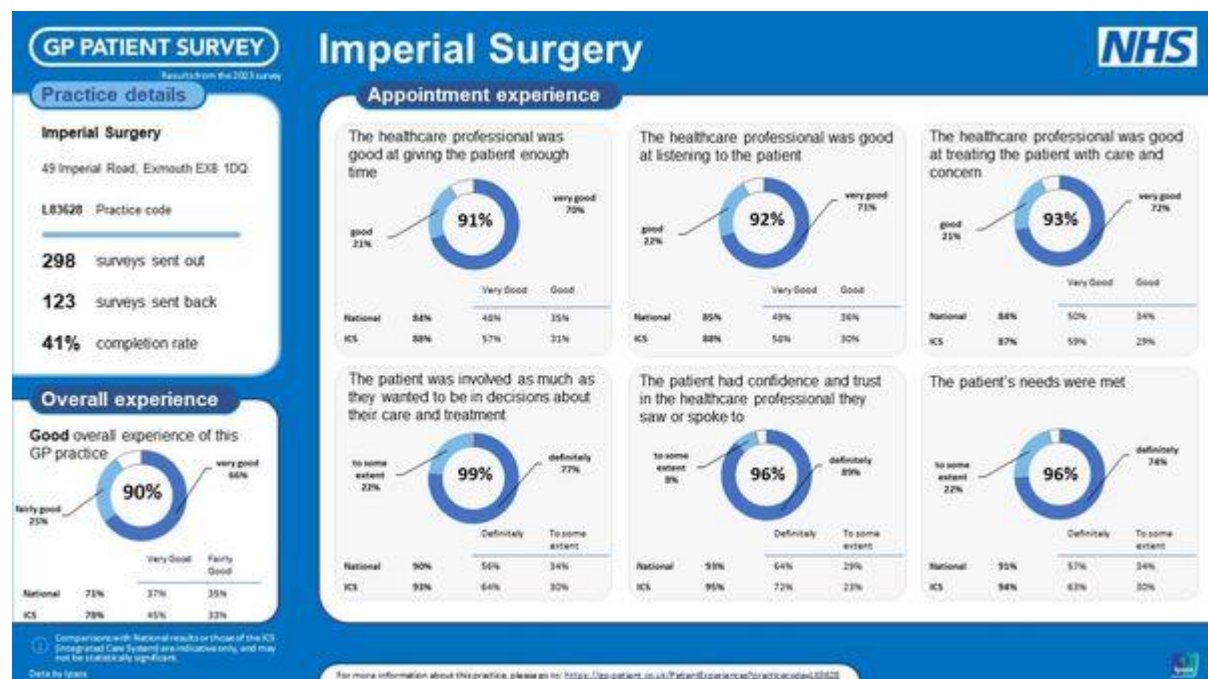
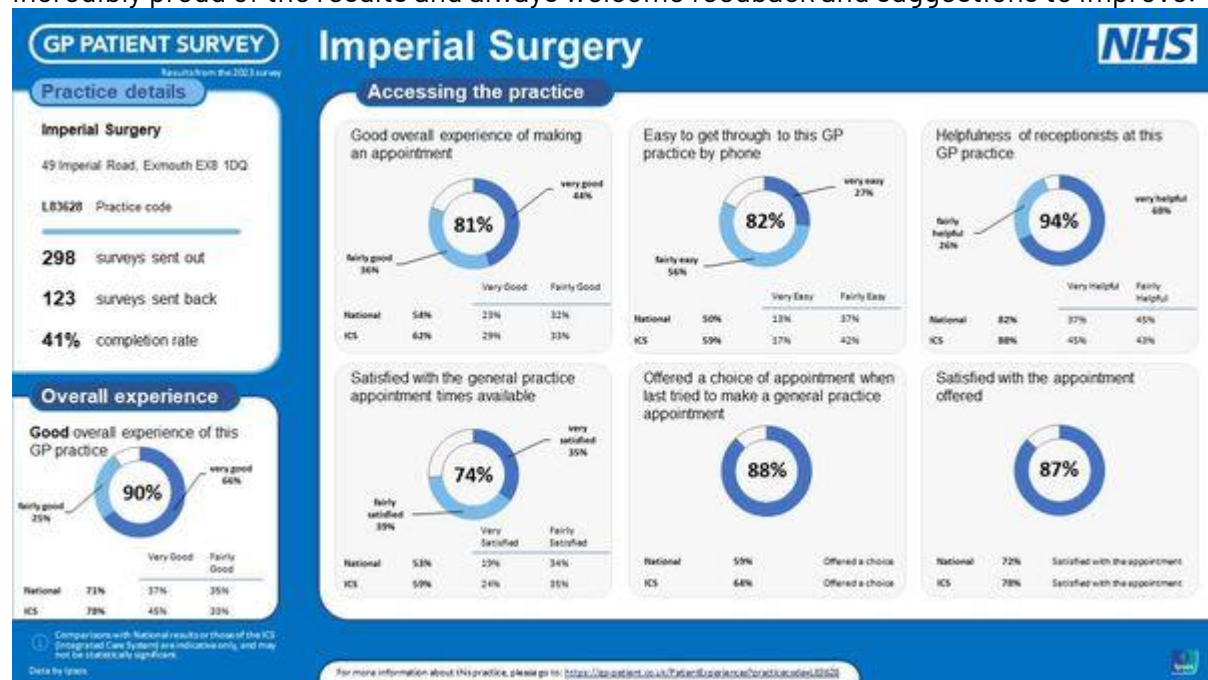
**Injured or unwell? Use the right service** 

 <b>Self-care</b> <ul style="list-style-type: none"><li>• Grazed knees</li><li>• Sore throat</li><li>• Coughs &amp; colds</li></ul> Visit <a href="https://www.nhs.uk">nhs.uk</a> for self-care advice	 <b>Pharmacy</b> <ul style="list-style-type: none"><li>• Headaches</li><li>• Upset stomach</li><li>• Aches &amp; pains</li><li>• Bites &amp; stings</li></ul>	 <b>NHS 111</b> <p>Visit <a href="https://111.nhs.uk">111.nhs.uk</a> or call 111 for advice and support</p> 24 hours a day 7 days a week	 <b>GP</b> <p>Call your GP for symptoms that won't go away</p>	 <b>Minor Injury Unit</b> <p>Urgent but not life-threatening</p> <ul style="list-style-type: none"><li>• sprains</li><li>• fractures</li><li>• burns</li></ul>	<b>999</b> <b>A&amp;E</b> <ul style="list-style-type: none"><li>• Unconscious</li><li>• Breathing difficulties</li><li>• Stroke</li><li>• Heart attack</li><li>• Heavy bleeding</li><li>• Severe burns</li></ul>
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**#ChooseWell**

## PATIENT SURVEY

A big thank you to all patients who completed this recent GP Patient Survey. We are incredibly proud of the results and always welcome feedback and suggestions to improve.



Your suggestions and feedback are important to us. Please feel free to share these via our email [imperialprescriptions@nhs.net](mailto:imperialprescriptions@nhs.net) or via our website page <https://www.imperialmedicalpractice.co.uk/contact-us>

We also welcome reviews on our services. Please share your reviews here and via the google review page also:

<https://www.nhs.uk/services/gp-surgery/imperial-surgery/L83628/ratings-and-reviews>



### Vaccination Info Corner....

Shingles (also known as herpes zoster) is caused by the dormant chickenpox virus spreading to an area of skin served by one of the nerves. It results in clusters of extremely painful and itchy, fluid-filled blisters. These blisters can burst and turn into sores that eventually crust over and heal. These blisters usually affect an area on one side of the body, most commonly the chest, but sometimes also the head, face and eye.



From 1 September 2023, the vaccine programme is being offered to the following:

- healthy people aged 70 to 79 years who have not yet been vaccinated
- people aged 50 years and over with a severely weakened immune system
- healthy people aged 60 to 70 years will become eligible for the vaccine over the next 5 years, when they turn 65 or 70 years

You will remain eligible for the shingles vaccine until your 80th birthday, unless you have a weakened immune system; people with a severely weakened immune system remain eligible for vaccine. The sooner you have the vaccine, the earlier you will be protected.

The [timeline for the phased implementation of the change to eligible age for immunocompetent patients](#) is available on GOV.UK.

UK Health Security Agency

**MENINGITIS**

**Around 1 in 8  
new students  
are unprotected  
against  
4 deadly types  
of meningitis**




**13% of new students** missed their free MenACWY vaccine in school and remain unprotected

**NHS**

**9 out of 10**

unvaccinated children  
can catch measles  
if someone in their  
class has it

Check your child is up  
to date with their  
MMR vaccinations



The diseases that these vaccines protect against, such as measles, polio and meningitis, can be life-changing and even deadly. No parent wants this for their child especially when these diseases are easily preventable. **Please don't put this off**, check now that your children are fully up to date with all their vaccines due.

**Follow us on Facebook for updates and information**

We need you to join our mission to reach 1000 followers on Facebook!

Having more followers allows us to share information effectively and efficiently. We can also share any updates or changes with you so you are one of the first to know.

You can also help us by following our page and sharing it with your family and friends too. You can invite people to follow our page by pressing the three dots and then INVITE your friends to like our page!

