

Spring 2024

## Practice Update

We will be **closed** on the May Bank Holiday -  
Monday 27 May 2024

If you require urgent medical help during this time please dial 999. For other medical help call 111 or visit <https://111.nhs.uk/>  
We will re-open as usual on Tuesday 28 May 2024.

### Dr Sally Gayer

It is with great sadness that we inform you that Dr Sally Gayer is leaving general practice at the end of the month.

Dr Gayer joined Summervale Surgery in 2002, initially as a partner at the site at Wharf Lane.

We will miss her greatly but wish her well on her new adventures.

Dr Gayer is very grateful for all of the lovely farewell cards and messages she has received from patients.



NHS

Less than  
half of people  
in England  
are aware that physical  
activity can reduce  
symptoms of anxiety



Better Health every mind matters



NHS

Over two  
thirds of people  
in England  
felt their mood boosted  
after doing physical  
activity regularly



Better Health every mind matters

# Changes at the Surgery

**Dispensary phone lines:** We no longer accept prescription requests on our dispensary phone line. Please order your prescriptions via the NHS App or by dropping your repeat prescription slip in to one of the post-boxes at the surgery. There will be an answerphone service between 11am and 1pm for **queries only**. We will aim to get back to you within 2-3 working days. The number remains 01460 53049.

**Blood samples ordered by Secondary Care:** Blood samples requested by secondary care (following hospital appointments, clinics or consultants) now have to be taken at the Investigation Hub at Chard Hospital. It is NHS England's policy that all hospital related blood tests need to be taken in an Investigation Hub. We apologise for any inconvenience their decision causes.

## It's in the bag!



April was Testicular Cancer Awareness month, so we wanted to include some useful information in this edition of the newsletter to help raised awareness of this disease.

Around 2,400 UK men are diagnosed with testicular cancer each year and cases are on the rise – twice as many British men get it now as they did in the mid-70s. In fact, testicular cancer is the most common cancer of men aged 15-49 in the UK. The good news is that over 98% of men with testicular cancer in the UK are cured. However, it is not good news

that surveys indicate almost a quarter of men wouldn't visit their GP if they found a lump. Unfortunately survival rates do drop if the cancer has spread beyond the testicle. Therefore it's vitally important to contact the surgery immediately if you discover any of the following:

- a hard lump on the front or side of a testicle
- swelling or enlargement of a testicle
- an increase in firmness of a testicle
- pain or discomfort in a testicle or in the scrotum (the sac that holds the testicles)
- an unusual difference between one testicle and the other.

Cancer awareness

# Summervale Surgery Patient Participation Group (PPG)



*Summervale Surgery Patient Participation Group (PPG) continue to want YOUR VIEWS so they can help the surgery improve. The PPG have a comments box in the waiting room specifically for you to get in touch with them. Look for the PPG board located next to the blood pressure machine! These comment slips are collected directly by a member of the PPG, so you can be certain of your comments going directly to the group.*

***Patient Survey 2024:*** *During March, patients in the waiting room may have come across PPG members encouraging them to give their views on the service they receive at Summervale Surgery. We were delighted with the number of responses that were generated and these responses are now being analysed. We hope to bring you the results of this very soon!*

## Just a reminder—we offer online consultations

You now have the choice of using an online consultation to ask about an existing condition or medication, ask about a symptom or referral for a test, discuss a test result, or seek advice about something else - such as a fit note or travelling abroad.

Visit our practice website [www.summervalesurgery.co.uk](http://www.summervalesurgery.co.uk)

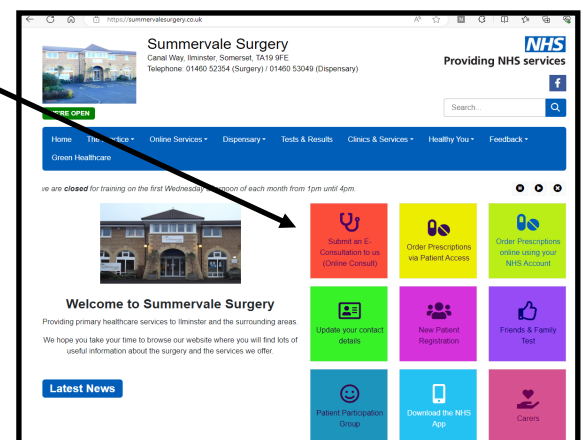
On the home page click the square red tile.

Choose the relevant section for your need or request. This may lead to sub-sections containing advice and a 'Contact your practice about...' section. Select this.

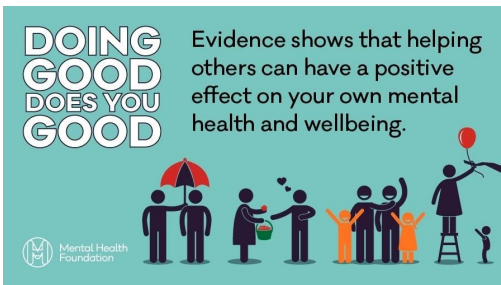
You will then need to check several 'consent' boxes. Fill out the information requested - the questions will vary depending on the specific issue you have raised. You may be asked to free input some information in your own words. Finally, input your personal details so we can identify, and respond, to you. Then submit your online consultation.

The surgery reviews every online consultation and will decide on the most appropriate care. This might be: an email or text reply with the required information, a prescription, a sick note, a follow-up phone call to ask further questions or a face-to-face appointment with a healthcare professional.

**Important: Online consultations are for non-urgent queries only - we will endeavour to get an initial response to you within 2 working days.**



# The health benefits of... altruism



Altruism can be defined as the attitude of caring about others and doing acts that help them, even though you may not get any benefit for yourself.

There is some evidence to suggest that when you help others, it can actually promote physiological changes in the brain linked with happiness.

Helping others can also improve our support networks and encourage us to be more active, help us feel a sense of belonging, make new friends and connect with our community. This, in turn, can improve our self-esteem.

Helping others, especially those less fortunate than yourself, can help put things into perspective and make you feel more positive. There is some evidence that being aware of your own acts of kindness and the things you are grateful for can increase feelings of happiness, optimism, and satisfaction. Acts of kindness have the potential to make the world a happier place, and it may also encourage others to do the same! The benefits of helping others can last long after the act itself, both for you and them. So if you are able to fetch some shopping or walk a dog for a neighbour, make a cup of tea for a tired looking friend / work colleague or make time for a natter with someone who may be lonely, every act of altruism helps.

---

## Our thoughts on climate change — Recycling of Books

Patients may well have noticed that we have a bookstand in the waiting room, with a selection of pre-owned books which can be taken for a donation. Opting for a used book over a new book helps reduce carbon emissions and prevents perfectly good books ending up in landfill sites - where they can take decades to break down. In addition, it means extra books are not printed while the same perfectly good book rots on a shelf. These books still have great stories to tell, and whilst we are unable to undo the emissions from their initial production, we can ensure a carbon neutral future by keeping them from needlessly going to waste.

Recent book sales have totalled £130.00 for Macmillan Cancer support—another great reason to pick up a book next time you visit the surgery!



Summervale Surgery, Canal Way, Ilminster TA19 9FE  
Tel: 01460 52354

