



Theatre Royal Surgery Spring Newsletter 2021

www.theatresurgery.com



March 2021 You can download a copy of this newsletter from our website.

We would like to thank our patients for their understanding and cooperation during the COVID-19 Pandemic.

Coronavirus (COVID-19) Pandemic

COVID-19 has presented many challenges for the surgery to overcome and we have had to adapt the way that we carry out the daily running of the surgery to combat this.

In line with the national government guidance regarding the Coronavirus pandemic, our Doctors and Practitioners are still conducting the majority of initial appointments on a telephone triage basis. You may of course then be seen on a face to face basis thereafter if it is felt necessary or we may ask to conduct a video consultation with you.



At the current time, due to the need to control who is entering the building, when and in which area, the surgery doors are currently still closed. We are still asking that you try to phone the surgery with any queries you may have in order to reduce the footfall into the surgery to keep our staff and patients needing to attending the surgery safe. If you are asked to attend the surgery for an appointment, please ensure that you continue following the 2 metre social distancing rules set out by the government.

We understand that this may be frustrating for some patients but we continue to thank you for your ongoing support and cooperation.

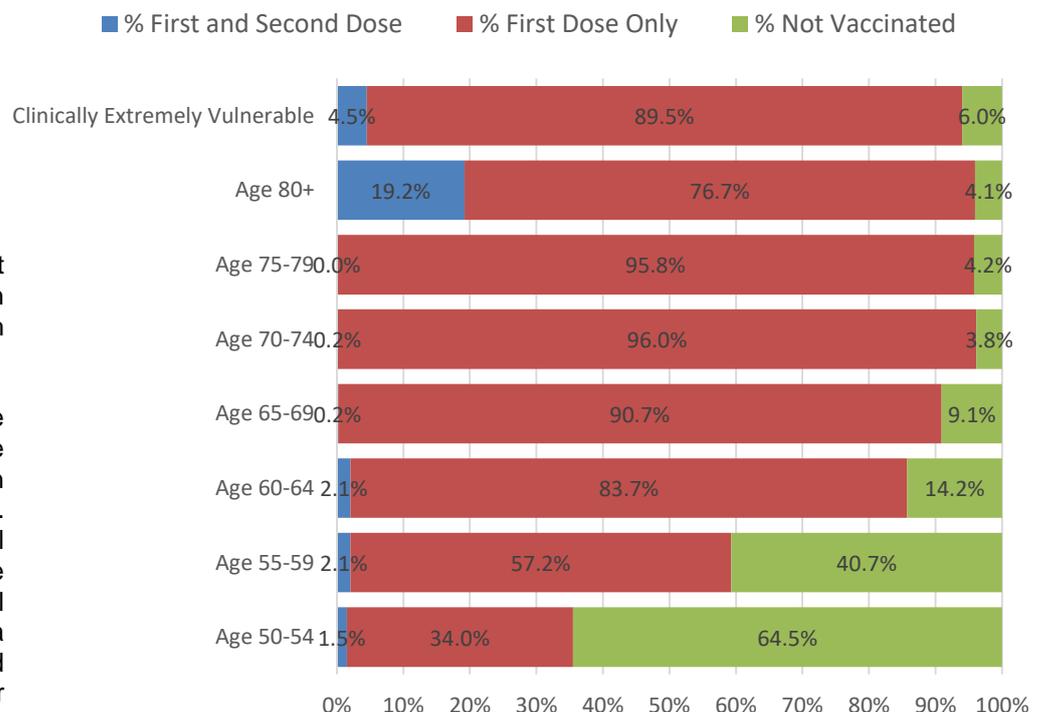
Covid-19 Vaccination Programme



The chart to the right shows the vaccination uptake as of the 17 March 2021 for our practice.

Swanton Morely is the designated COVID vaccine site for all practices within our Primary Care Network. There are also national vaccine sites that are further afield. The national sites are booked through a central booking hub and you will be sent a letter or text message from NHS

England inviting you to book. Swanton Morely will contact you directly in the form of a text message or phone call. If you cannot travel further afield please don't panic, Swanton Morely will contact you in due course. Please try to avoid contacting the surgery regarding your vaccination, you will be called when it is your turn. Thank you for your understanding.



Staff Update

We are sad to inform our patients that **Dr Rosbergen** has retired as a GP partner with the surgery as of March 2021. Many of our patients will know Dr Rosbergen as he has been a GP Partner at Theatre Royal Surgery since 1999 and we are sure that this news will sadden many of our patients, as it has the staff at the surgery. He will be with the surgery as a locum GP during the summer but we wish him the best of luck in his new adventures and look forward to seeing him on locum clinics.



We are however looking forward to welcoming **Dr Vincent Omorogbe** as a full time GP partner as of April. We are sure that he will make a fantastic addition to the partners and we will look forward to his arrival.

Alongside the addition of a new GP partner we will also hopefully have a new **Physician Associate** joining us as a replacement to Hannah Brierley and we hope that they should start their role in the spring.

Sadly we will also be saying goodbye to **Dr Laura Chambers** in April who joined us in March 2020 as she will be moving onto pastures new. We will be sad to see Dr Chambers leave but are pleased to have **Dr Krupa Patel** re-joining us; as our patients are aware Dr Patel started her maternity leave in March 2020 and we are delighted that she has once again taken on her salaried GP position upon her return.

Macmillan Telephone Buddies



Going through cancer can be an isolating experiencing at any time, and especially when you have to shield or social distance from friends and family. This is why the Norfolk and Waveney CCG have teamed up with Macmillan to provide a service called the "Telephone Buddy Service".

The service will match people living with cancer to a trained volunteer who understands what they are going through. Phone calls can be provided weekly for up to eight weeks and provide invaluable support to people living with cancer.

The service can be accessed by visiting: www.macmillan.org.uk/telephonebuddies or by calling 0808 808 00 00 (7 days a week, 8am-8pm).

Covid-19 Vaccination for Carers

If you are the main carer of an older or disabled person who is clinically vulnerable please register your status with Norfolk County Council. The eligible criteria includes carers who are:

- A parent/primary carer of children and young people who are disabled/clinically vulnerable to COVID-19
- Young carers aged 16+ of people who are elderly or clinically vulnerable
- Caring for someone with severe mental illness



If you fit any of the criteria above please visit apps.norfolk.gov.uk/carervax or call 01603 257256 to ensure that your details are registered so that you can be offered the vaccine in line with cohort 6 as per the national guidance.

The Rowan Project

The Rowan Project is a new service offering counselling to those impacted by sexual abuse, including current, historical and/or childhood sexual abuse.

The Rowan Project are a firmly established Domestic Abuse Charity and are aware of the close links between the two types of abuse.

The service is available to everyone aged over 16 and up to 18 sessions of counselling are offered remotely via phone or Zoom due to the current COVID guidelines. Self-referral can be made over the phone or alternatively, if you would prefer, via email.

Further information can be found on the website at: <https://daisyprogramme.org.uk/sacounselling>



Transition of the Surgery Website – Coming Soon

In the spring the surgery will be transitioning the website over to the use of "Footfall". This platform has been designed to support patients in navigating through the website to find what they need. A short video on how this system works is available at: youtube.com/watch?v=2ftrkKpXzcE



Need Help with Digital Technology?



Do you know someone or have a relative that may benefit from some support using digital technologies?

Age UK have recognised that older people may be struggling with the ever evolving technology and in order to help they have created the 'Lets Get Digital' scheme.

Over 12 weeks one of their Digital Inclusion Volunteers will teach people how to use a device (tablet or iPad); this will include things such as setting up WhatsApp and answering video calls from family and friends and more advance things such as online shopping and setting up an email account. If they do not have a device then Age UK will loan them one for 12 weeks and then they will be given the option to either purchase the device or be assisted in finding a device more suited to their needs.

If you know someone who would benefit from this please contact Emma Parker (Online Supporting and Enabling Coordinator): emma.parker@ageuknorfolk.org.uk

Caring Together

Caring Together is a charity service that supports carers of all ages across Norfolk, Cambridgeshire and Peterborough. This means that the service supports adults and children that look after a family member, partner or friend who needs help because of a disability, illness, mental health problem or addiction who cannot cope without their support.



As of 04 January 2021 they have launched a new service whereby they will be providing support for carers and those they care for to get to appointments for the Coronavirus vaccine when it is your turn. If there are any carers encountering problems attending appointments for their vaccine then please contact Caring Together who will be able to provide support: 0345 241 0954 or email hello@caringtogether.org



Recovery College

Are you experiencing mental health challenges and would like to learn from others that may have shared lived experiences?

Or, are you supporting someone that is experiencing these challenges?

Would you like to attend free online courses about wellbeing, mental health and recovery?

If yes then attending NSFT Recovery College could be for you.

Anyone over the age of 16 experiencing moderate to severe mental health challenges or long-term difficulties can attend. Carers, supporters, NSFT staff and staff members from the third sector can also attend.

To register for the courses contact RecoveryOnline@nsft.nhs.uk or search "NSFT Recovery College" on the internet.

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Open 8am to 6pm Monday to Friday