

# PRINCE OF WALES & PORTESHAM

## SURGERIES



### **New Site Operations Manager.**

I would like to take this opportunity to introduce myself. My name is Ros Fuller and starting in April I will be taking on the role of Site Operations Manager at Portesham Surgery. Matt Bell will be leaving for pastures new at the end of May, and I would like to thank him for all his work with the surgery over the last year.

Prior to starting at Portesham Surgery, I was a secondary science teacher for sixteen years, teaching in the UK and Spain. Having previously been a patient of Portesham Surgery myself, I joined the Patient Services Team, over two years ago. I have since worked across both practice branches during the merger, and afterwards as Patient Services Team Leader. I am really looking forward to starting my new role and supporting the wonderful team we have at the surgery and our patient community.

### **Fundraising for FeNO**

We are currently fundraising to purchase a FeNO machine for the

practice. FeNO (fractional exhaled nitric oxide) is a test that measure the levels of nitric oxide in your breath and is used to help the more accurate diagnosis of Asthma. We currently borrow a FeNO machine once a month and this is shared across both branches.

A FeNO machine costs around £3000 and we are in the process of organising events to help raise the amount we need.

One easy way to raise money is to use the easyfundraising app or website for your everyday online purchases. easyfundraising partners with over 8000 brands who donate a percentage of what you spend to our cause at no extra cost to you!

You can join by scanning the QR code or go to one of our Facebook pages for the web link.



### **Dispensary News**

Our amazing team in dispensary do a wonderful job ordering, organising and distributing medications for all our dispensing patients. In order to keep up with training needs and audits they will be closing from 12.00 – 18.00 on the last Thursday in every month. During this time, only acute medications can be dispensed, and we kindly ask that you ensure you organise any routine collections for an alternative time. Thank you.

### **National Walking Month.**

May is National Walking Month. This is an annual campaign dedicated to promoting the physical, mental, and environmental benefits of walking. Walking is one of the most accessible forms of exercise available to everyone, regardless of age or fitness level. It's easy to incorporate into daily life, and the benefits are enormous. Regular walking can:

**Boost your health:** Walking strengthens your heart, improves circulation, and helps maintain a healthy weight. It also lowers your risk of diabetes, hypertension, coronary heart disease and stroke.

**Improve mental well-being:** Physical activity, including walking, releases endorphins that help reduce stress, anxiety, and depression. A peaceful walk in nature can also boost your mood and clear your mind. More information about walking can be found at <https://www.nhs.uk/live-well/exercise/walking-for-health/> and <https://www.livingstreets.org.uk/get-involved/national-walking-month/> or see our display in the waiting room.

***There is also a friendly Walk and Talk group which meet at Portesham Village Hall every Tuesday at 10.15am. It is completely free and there is no need to book. It is low impact and suitable for all abilities.***

Surgery website → [www.princeofwalessurgery.co.uk](http://www.princeofwalessurgery.co.uk) On Facebook → Prince of Wales surgery and → Portesham Patient News.