



# Theatre Royal Surgery

## Autumn/Winter Newsletter 2022

[www.theatresurgery.com](http://www.theatresurgery.com)

**November 2022** You can download a copy of this newsletter from our website.

**Did you know you can request an appointment via our website?**  
[www.theatresurgery.com](http://www.theatresurgery.com)

### ZERO TOLERANCE

**NHS staff should be able to come to work without fear of violence, abuse or harassment from other staff or the general public. Please may we remind you of our ZERO tolerance policy with aggression and verbal abuse towards our staff. Please remember we are human; we are trying our best and it is the whole of the NHS that is under severe pressure at the moment. Thank you for your continued respect towards our staff.**

### Coronavirus (COVID-19) Pandemic

Due to an expected increase of COVID-19 over the winter months, it is recommended to continue wearing a face mask in clinical spaces until we advise otherwise. This is to protect our staff and patients. There have been significant outbreaks across primary care in recent months and therefore we will be adhering to the guidelines given to us by the Infection Prevention and Control team and our clinical staff will continue to wear a face mask during face to face appointments.



We thank you for your understanding and cooperation.



### COVID Booster Vaccinations

The autumn COVID booster is being offered to those at high risk of the complications of COVID-19 infection who may not have been boosted for a few months. People aged 50 years and over, those in care homes and those aged five years and over in clinical risk groups are being offered the boosters as well as front line health and social care staff, those who care for vulnerable individuals and families of individuals with weakened immune systems. Although restrictions have eased, COVID-19 is still out there and the vaccine offers the best defence against becoming seriously unwell, staying out of hospital and passing on the virus to loved ones and others around you.

### Staff Update

**Michelle Coogans**, our Healthcare Assistant (HCA) started her maternity leave last year and has decided not to return when her leave comes to an end, we have however filled this vacancy with our HCA **Kayleigh Armes**. Although we are sad to hear that Michelle will not return, and wish her the best of luck in the future, we are pleased to welcome Kayleigh and she has already settled into her new role with ease. We also have **Matthew Cushion**, another HCA, who we will be welcoming at the end of October who has replaced **Liz De Rijk** who has sadly moved on to pastures new. We are sure that both will prove a huge credit to the Theatre Royal Surgery nursing team.

As well as the new additions to our clinical team, we have also welcomed **Beth Gregory, Lauren Spracklin, Chelsea Monument and Laura Knowles** as new receptionists and they have settled into their new role very well, we are sure that you will get to know their friendly faces behind the reception desk when attending the surgery. Our reception apprentice **Alex Milligan** reached the end of her apprenticeship with us a couple of months ago and has moved onto new ventures and we wish her the best of luck for her future.



## Monetary Donations

We are fortunate to occasionally receive monetary donations from patients which we always use for purchasing items that will benefit patients in some way. Our most recent purchase has been replacing an old wheelchair with a brand new one. If you have mobility problems and need the use of a wheelchair whilst you are in the practice, then please ask our receptionists.



### The Green Light Trust

The Green Light Trust is an organisation that uses the power of nature to support people who may be struggling with their mental health. They believe that everyone should have equitable access to the power of nature. More information can be viewed at their website:

- <https://www.greenlighttrust.org/> •

## NHS Health Checks

Aged between 40 and 74? Contact the surgery reception team to book your NHS Health Check now. They can be used to help you prevent diabetes, heart disease, kidney disease, stroke and dementia.



### The Good Grief Trust



The Good Grief Trust are an organisation designed to support people who are newly bereaved people. Their hope is to find people useful information, helplines, advice and encouraging stories – the workers have all lost someone close to them and they wish to be able to help people in their most difficult of times and to find a way for them to move forward with their lives. If you feel like you require this service, their details can be found below:

- <https://www.thegoodgrieftrust.org/> •

## Dereham Cancer Care

A specialist support centre is located on Cowper Road in Dereham and is staffed by volunteers who offer support, friendship and information to cancer patients and their families and carers. The center is there for a cuppa and chat with a volunteer and they do also offer therapies. They also stock a wide range of booklets from Macmillan Cancer Support covering cancer types, treatment options, living with cancer, nutrition and well being.



The centre is also able to offer the loan of equipment including wheelchairs and other aids.

They are currently open for drop in between 10am and 12 noon Monday, Tuesday and Thursday. Other times are by appointment. They can be contacted on:

- 01362 288089 • [enquiries@derehamcancercare.co.uk](mailto:enquiries@derehamcancercare.co.uk) • [www.derehamcancercare.co.uk](http://www.derehamcancercare.co.uk) •

### Qwell Mental Health Support



If you are aged 18 or over you can contact Qwell to talk to a professional, engage in community support or access self-help articles in order to help improve your mental wellbeing. They are a free to access, safe and anonymous service. Visit their website for further details:

- [www.qwell.io](http://www.qwell.io) •

## New Staff Introduction

As of August we had four new full time GP Registrars joining the practice on a six month placement. Please see a small introduction from them below:

*"My name is Maria and I am a GP trainee who will be working at Theatre Royal Surgery for the next six months. I grew up in Norfolk and studied at Cambridge University. I enjoy tennis, travelling, and walks in the countryside with my two dogs. I really look forward to meeting you all and getting stuck in!"*





*“My name is Bacil and I completed my degree at the University of Cairo in Egypt in 2019. Since then I have worked as an Senior House Officer (SHO) in obstetrics and gynaecology at the Epsom & St Helier NHS Trust and an SHO in geriatrics and general medicine at East Sussex Healthcare. I am looking forward to starting my GP registrar placement at Theatre Royal Surgery in August and look forward to meeting everyone.”*



*“My name is Anirejuoritse Edema-Sillo; I like being called Ani. I have worked in hospital for about 10 years post graduation with the last two and a half years in the NHS. I look forward to an exciting experience at TRS.”*



*“I am working as a GP trainee in this surgery with the background experience of obstetrics/gynaecology and medicine. I am highly motivated, team oriented compassionate doctor and committed to provide best possible care to my patients.*

*At home I’m a multitasking mum of two who enjoys cooking and love spending quality time with kids. Reading books and listening to music are my favourite pastimes.”*

We look forward to welcoming four new friendly faces to the team.

## Norfolk Assistance Scheme

Are you worried about managing financially? The Norfolk Assistance Scheme can help you get support and financial assistance for food, energy, water and other essentials including white goods and beds. If you fall into any of these groups: reduced income, redundant – reduced working hours, unexpected expenditure, recently lost employment, struggling with utility bill arrears or need transport back to work you are eligible to apply.



- [www.norfolk.gov.uk/NAS](http://www.norfolk.gov.uk/NAS) • 0344 800 8020 •



## Dereham Men’s Shed

Men’s Shed in Dereham is a community group where men can enjoy activities similar to those they might do in their garden shed, only in the company of others. Members can create and learn new skills or simply chat and make new friends over a cuppa.

## Year Five Cambridge Medical Students

Some of our patients may have noticed and may continue to notice the presence of Year Five medical students that have been with the practice from Cambridge University. They have been with us and will be joining us again in January, March and May 2023.

They have been seeing our patients and overseen by our GPs at the surgery. We thank our patients for helping them whilst here on placement.



## Ukrainian Support

We understand that moving to a new country can be confusing and worrying, especially at such a difficult time. We want you to feel safe and supported here by making you aware of some of the different types of support that are available to you and some things that you can do to look after yourself.

Norfolk is a safe place to live and work, but just like anywhere, there could be people who want to take advantage of your situation with false promises of transport, accommodation and work, often hiding behind a friendly face.

If you ever feel unsafe, or are worried, the police are here to help and support you, please feel confident to contact them if you need help. In an emergency, dial 999 and ask for the police. If it is not an emergency dial 101.

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Open 8am to 6pm Monday to Friday