



## Spring Orchard Surgery Newsletter August 2019

### Primary Care Networks

On July 1<sup>st</sup> we started working in a new way with our neighbouring practices. This new organisational structure (the Sarum West Primary Care Network) is formed from 7 similar rural practices with a combined population of 31,000 patients. Our practices are The Orchard Partnership, Courtyard surgery, Hindon surgery, Mere surgery, Tisbury surgery, Silton surgery and Sixpenny Handley and Broadchalke surgery. These practices have signed an agreement to work collaboratively and some health services in future will be designed and managed via the PCN, rather than by individual practices. The government are keen to improve how healthcare is delivered in community settings, and the PCN is a major stepping-stone to helping us achieve this.

### Diabetes update

Understanding how to manage your diet is a pivotal part of good diabetic control. The overwhelming feedback from the recent diabetes group consultations was that it is often bewildering when trying to understand how to eat well with diabetes.

Responding to this feedback, we have secured funding to run an X-pert course (the recommended training course for people with Type II diabetes) locally. The course starts on **Wednesday 16<sup>th</sup> October, 9:30 - 12:00 with weekly sessions for 6 weeks in total.** The venue is **The Greater Good Pub**. There are places for **20** people who have been diagnosed with Type II diabetes and have not been on the X-pert course before. Please let reception know if you would like to take part in the course.

Feedback from previous attendees is that is fun, interesting and helps you have the confidence to make good dietary choices which improve your diabetic control. It is free, and the offer to run the course in Fovant is a brilliant opportunity for providing clinical services on our doorstep.

Also, if this course is well attended, it helps demonstrate that we should be providing services closer to home for all our patients, and we can then push for other courses and services to be provided locally in future.

Dr Lindsay Kinlin