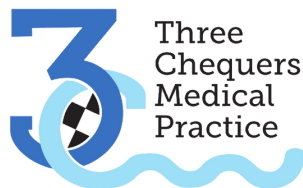


Christmas  
2022



# THE PRACTICE INSIDER

## Dr Essigman retirement

Dear Patients, I would like to say goodbye as I am retiring at the end of April.

That I started my life in banking is a little known fact! This was a transition (via many years of medical training I hasten to add!) that I never regretted and moved to Salisbury in 1995 with my wife, Sarah. I thoroughly enjoyed my time as a Partner in a local rural GP Surgery. I subsequently joined Endless St in 2015, first as a locum, then as a salaried doctor and in 2017 became a partner of the, then, newly formed Three Chequers Medical practice. I have also been heavily involved in GP Education in Wessex in my role as a Programme Director.

As I approach retirement, I think back fondly of my time as a GP: the relationships that have formed, the fun times, the sad times, and sharing all those moments with so many people which often left me deeply touched by their courage, determination and resilience in the face of adversity. Being a GP is a real privilege. I want to take this opportunity to thank all my colleagues, staff and patients for allowing me to be part of this amazing profession.

General Practice has undergone so many changes since I started, yes, it was just hand written notes then, and those changes continue. We face extreme challenges today and I cannot pretend that I am not welcoming my retirement in this climate and am looking forward to new adventures that lie beyond.

I will be leaving very confident in the knowledge, that the Team that together make Three Chequers Practice are well placed to continue delivering an exceptionally high level of care. They have the qualities and skills to remain flexible and adaptable to the changes that are imposed on the profession.

Thank you everyone, I am going to miss you. I hope that my legacy lives on in the future professional lives of the many trainee doctors I have supervised in my time as a GP.

Dr Martin Essigman

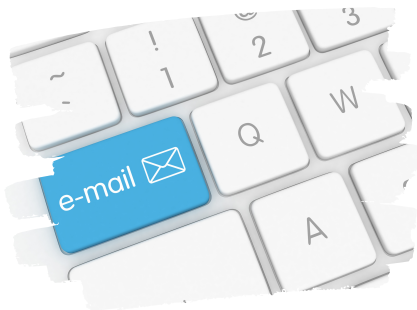


# Important Update

## Re-authenticating your email address

Following a routine review of our records, we have decided that, in order to best ensure the security of our patient's data, we need to re-authenticate **all patient's** email addresses.

This will help us to ensure that you, and only you, will receive emails from us about your health, treatment, and appointments.



### What to Expect

#### **1. You will have received an email asking you to verify your email address**

This will come from a Practice email address **and** it will mention that it has been requested by us.

*If you have deleted this, or not actioned it - contact the practice on [three.chequers@nhs.net](mailto:three.chequers@nhs.net) with your name, date of birth and address and we can individually re-send these verification messages.*

#### **2. Click the link in the email**

If you are happy with the information contained within the email, click the link

#### **3. Verify certain details that match with our records and click "Verify"**

You will be asked to verify your Date of Birth and re-type your email address - these must match our system

#### **4. Your email is automatically re-authenticated**

In the coming weeks, you will receive an email from us to create a "Secure" link between the surgery and your email address. This will allow us to send more detailed information to you via email.



It is recommended that you do not use shared email addresses as your email address on your medical record, however, we understand that some of our patients wish to continue to do so. In these circumstances, we ask that you provide us with written consent that you accept that the other person (people) with access to the shared email may see your information.

**From Thursday 1st December, we will no longer communicate via email with an 'unverified' email address. Patients who have verified their email address will be communicated with using encrypted email messages.**



# Welcome, Dr Moody

Please join us in welcoming our newest GP Partner, who started in the role at the beginning of September.

Many of you will have seen or spoken with him over the past few years but, for those who would like to know more, he's prepared a small introduction for your reading pleasure!

*'I qualified from the University of Birmingham in 2013 and completed my Junior Doctor years locally, at Salisbury District Hospital. I joined Three Chequers Medical Practice as a GP Registrar in 2017 and became an employed GP a year later in 2018.*

*I grew up local to Salisbury, in Wellow, and attended school in Romsey. I married in 2016 and have a young family, with whom I live locally.*

*I am a big Football (and Fantasy Football) fan and support Everton, after my father, who was a Liverpoolian. If I was not a Doctor working in the NHS, my ideal job would be as a Football pundit - I am confident that I'd be much better than the majority of the 'professionals'!*

*I maintain a strong interest in weightlifting and (if time & COVID restrictions allow) try to get to the Gym 3 to 4 times per week.*

*I am very excited to become a GP Partner at the Practice and hope I can emulate the longevity of my recently outgoing colleagues.'*

**Dr Pete Moody**

## Endless Street & Three Swans Surgery

Friday 23rd December 2022

8.00am – 6.30pm

Saturday 24th December 2022

To

**CLOSED**

Tuesday 27th December 2022

Wednesday 28th December 2022

8.00am – 6.30pm

Thursday 29th December 2022

8.00am – 6.30pm

Friday 30th December 2022

8.00am – 6.30pm

Saturday 31st December 2022

To

**CLOSED**

Monday 2nd January 2023

## Winterslow Surgery

Friday 23rd December 2022

8.00am – 6.00pm

Saturday 24th December 2022

To

**CLOSED**

Tuesday 27th December 2022

Wednesday 28th December 2022

8.00am – 6.00pm

Thursday 29th December 2022

8.00am – 6.00pm

Friday 30th December 2022

8.00am – 6.00pm

Saturday 31st December 2022

To

**CLOSED**

Monday 2nd January 2023

## Porton & Old Sarum Surgery

Friday 23rd December 2022

8.00am – 12.00pm

Saturday 24th December 2022

To

**CLOSED**

Tuesday 27th December 2022

Wednesday 28th December 2022

8.00am – 6.00pm

Thursday 29th December 2022

8.00am – 6.00pm

Friday 30th December 2022

8.00am – 12.00pm

Saturday 31st December 2022

To

**CLOSED**

Monday 2nd January 2023



# Car Parking



As most of our village patients will know, Porton & Old Sarum Surgery and Winterslow Surgery benefit from a small amount of free on-site parking for patients to use to attend their appointments or collect prescriptions.

For patients who use the city-centre sites, please be aware that we do not provide **any** on-site parking for patients - the surgery has a small amount of **staff-only** parking, predominantly for clinical staff who must be able to travel to care homes or housebound patient's residences where they are not able to attend the surgery. ***Patients found to be parking in the Surgery's Staff Car Park will be issued with a fine without exception.*** On Friday 16<sup>th</sup> December, the Surgery's Staff Car Park at Three Swans will be re-lined in **RED** to make it clear where the surgery's boundary is.

The Pay & Display parking to the rear of **Three Swans Surgery** is privately owned and **is not affiliated with the Practice** - patients parking here should be aware that fees are payable for this Car Park.

Though we strongly encourage the use of Public Transport, walking or cycling when attending appointments - we understand that some patients need to bring their cars; the most convenient Pay & Display car parks to our City Centre Surgeries are:

- College Street Car Park (3 minute walk to Endless Street)
- Salt Lane Car Park (1 minute walk to Three Swans)

The surgery will not be able to assist with any fines relating to improper parking or insufficient fees.

## Community Pharmacist Consultation Service

You may have noticed, when calling the Practice about a minor illness, that the receptionist you have spoken with has asked if you would like a call back from a Community Pharmacist - this is part of a relatively new NHS England scheme to divert some acute work from General Practice to a more appropriate Primary Care Professional.

We have recently made arrangements with **two local pharmacies** - Sarum Pharmacy & Tesco In-store Pharmacy - to help us provide this service and hope that, **with your cooperation**, this will free up some much-needed time for our GPs to see and treat patients with more complex or urgent needs.

The CPCS referral will be offered to patients (aged 1+) suffering with minor illnesses / ailments as shown below:

Bites & Stings	Congestion	Eye issues	Ear issues
Gynae / Thrush	Hayfever	Allergies	Pain
Skin	Throat / Tonsils	Swelling	Cold & Flu

## 'Green' Inhalers

Many of our patients with Asthma will have, recently, received a message from us to inform them that we are changing their usual prescription to a more eco-friendly alternative.

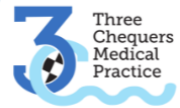
One traditional inhaler produces as much Carbon Dioxide equivalent as a 175-mile journey in a petrol car; the newer-style inhalers are over 40 times more environmentally friendly with 1 inhaler producing the equivalent of a 4-mile journey.

Visit the Asthma section of our website for more information:

<https://3chequers.co.uk/asthma>

During **December**, we would like to invite patients to request their medication slightly earlier than usual. This will allow us additional time to fulfil your prescription, in time for the festive period.

We are grateful for your patience and co-operation in allowing **extra time** for your prescriptions during this busy period.



We are now on

**Facebook!**

'Like' us to follow

**@3ChequersMedicalPractice**

**Three Chequers  
Medical Practice**

*Festive Jumper Day!*

**15th, 20th & 22nd December**  
in aid of the Salisbury Hospice Charity



## **A message from the Practice...**

2022 started with continued efforts on the vaccination front, where we operated mini-clinics from the Bourne Retail Park on Southampton Road. By the end of January, nearly 11,000 patients had passed through our doors for their COVID-19 vaccination. These clinics were staffed predominantly with our own staff working additional hours on Saturdays.

Spring and Summer brought a return to pre-pandemic 'normality' (if there is still such a thing!) and the relaxation of many rules that we had followed so rigidly for the past 2 years.

2022, however, resolutely refused to be a year of relative calm - the war in Ukraine; soaring prices for essentials and, more recently, a surge in cases of Invasive Group A Strep - all issues which have effected all individuals and businesses, General Practice is no exception.

2021 had been a busy year - but 2022 was a year where 'busy' was being redefined on an almost daily basis, with record numbers of telephone calls being received by the Practice and requests for urgent appointments soaring.

Despite all of this increased demand, a nationwide shortage of GP's and the increasing difficulties of recruitment in all areas - our staff have, once again, showed incredible resilience, commitment and expertise - we are very lucky, and grateful, to have such a wonderful team.

We would also like to thank you, our patients. In a year where we have been busier than ever, we have been blown away by the messages of kindness and support that we have received.

**Finally, we would like to wish you a very Happy Christmas and New Year, with the hope that 2023 is a joyful and healthy year.**