

# LANGPORT SURGERY

## NEWSLETTER

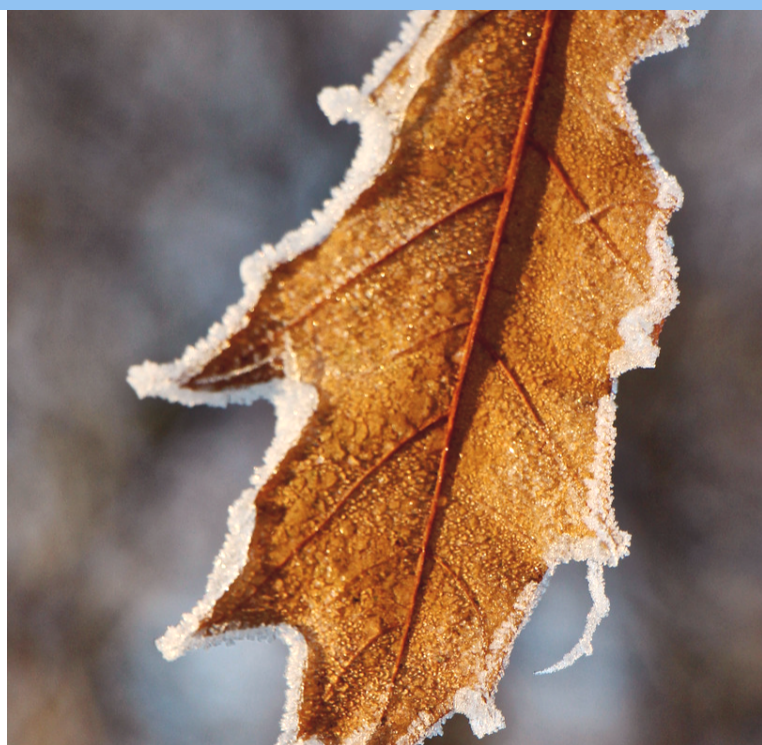
### Text Reminders



The law is changing regarding storing and using personal data.

You will now need to 'opt-in' if you wish to continue to receive text reminders.

Consent forms are available in the waiting room or you can complete an electronic form via our website. [www.langportsurgery.co.uk](http://www.langportsurgery.co.uk)  
If you don't opt-in you will no longer receive text reminders.



## Urgent Care Team – Welcome Julia

Langport Surgery have recruited an additional Urgent Care Practitioner, Julia Barrett, to join our team from February. Julia is a qualified emergency care paramedic and has a variety of clinical experience including managing minor illnesses, home visiting and emergency care.

The urgent care team see patients who require a same day, urgent medical appointment.

We are lucky to have a variety of skilled clinical staff at the surgery who all bring different expertise so it is important to tell us a little about the reason for your visit so that you are seen by the most appropriate person.

Our reception team have all received specific training to ensure we direct patients to the best service or person for their particular problem. Anything you say to the receptionist is always strictly confidential.



# Community Agents and volunteers

Louise Smith is a Community Agent working for Langport and Ilminster GP practices. The community agent is a highly trained individual living in the parish 'clusters' they support. They help to bridge the gap between isolated, excluded, vulnerable and lonely individuals and statutory and/or voluntary organisations which offer specific solutions to identified needs.

If you think you could support this work by volunteering to help these patients or have ideas or information about support groups please pass on your contact details to our reception team and Louise will get in touch.



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**SOMERSET COMMUNITY  
AGENTS ARE WARMING  
UP THE COUNTRY**

## Living Well

Langport Surgery are supporting patients to become more active. **'CLICK into Activity'** aims to get inactive patients who are either overweight (BMI 25+), diabetic, pre-diabetic or have high blood pressure to increase their activity levels through a supported 12 week activity program. Contact reception on 01458 250464 if you fit these criteria and are looking to become active.

**Digital diabetes prevention research project:** This uses technology to encourage increased activity via a smartphone app or a fitness tracker. If you are currently inactive and have been diagnosed as pre-diabetic or have a BMI of 30 - 34.9 please contact reception who can book you in for a blood test.

