



NEWSLETTER APRIL 2024

A STATEMENT FROM ST PETERS SURGERY

Dear patients of St Peter's Surgery,

I am writing on behalf of the practice to ask for your help.

The practice is in the middle of an ongoing dispute between the Hampshire and Isle of Wight Integrated Care Board (H&IOW ICB) and our landlords regarding the rent payments on the surgery premises. This dispute has been going on since 2016 and despite our best efforts a solution has yet to be found to allow the two parties mentioned to reach a compromise. Unfortunately, this has now reached crisis point and the Landlord has given our practice notice to vacate the building if a solution is not found by the 10th of September.

We wanted to make you aware that if this issue cannot be resolved there is a real possibility that St. Peters surgery will have to close. Drs Aryn Kadri, Adam Malaczynski and I had believed it would never come to this and have been working very hard to resolve the issues between all involved however, last week, our landlord set the above deadline for when agreement must be reached. We know this will be a concern for many of you and we want to emphasise that the practice team will be continuing to provide services whilst working very hard in the background to resolve the situation.

We have a lot of local support including many politicians, which is one reason for this letter. We wanted to share what is going on before it all goes public in the media in the next few days. This is a challenging time and there is much uncertainty we want to assure you that the practice team is working hard to keep St Peters going. We believe there is a way through this, and we would value your active support in providing statements of support for us. Please send to the practice e mail hiowicb-hsi.stpeterssurgery@nhs.net or drop letters into the surgery.

We are holding an open forum for our patients to come and discuss this with the team, our landlord and local councillors on Monday 20th May 7pm-9pm at St Patricks Catholic Primary School. We extend our thanks to the school leadership team for the use of their hall.

We will continue to keep you updated on the situation as and when there is new information to share, we ask that you do not call reception to ask questions regarding this issue so that our team can continue with their normal duties.

Dr Ali Robins on behalf of the St Peters Practice



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COGNITIVE BEHAVIOURAL THERAPY COUNSELLING

St Peters Surgery launched a new counselling service in September 2022 to offer therapeutic support for our patients. Since then, our counselling service has increased in capacity by enrolling 5 trainee counselling therapists, alongside our full-time therapist – Mr Wayne Parsons. Our trainees include Piers, Sam, Dora, Nick, and Louise. In addition, we welcomed a new starter to the trainee counselling team in April named Keira.

Wayne Parsons oversees and delivers our counselling service at the surgery. He is a qualified Person-Centred Counsellor and Psychotherapist, with additional qualifications in Cognitive Behaviour Therapy and Anger Management.

After 20 years of working therapeutically and pastorally with young people, Wayne joined the team at St Peters in September 2022 to set up and run our counselling service, since then the service has met with over 400 patients. The service offers talking therapy for people 12 years plus, giving space and time for patients to explore and process any thoughts, feelings, and behaviours that they are working through. The counselling service has a team of therapists working within the surgery, some are volunteering as part of their training hours for additional qualifications. Wayne enjoys connecting with people of all ages and backgrounds, he is passionate about offering emotional health support to people, especially those that wouldn't naturally see themselves talking to a counsellor. In his spare time, he likes socialising with friends and family, keeping active running, swimming, and paddle boarding.

Patient referrals are made predominately from surgery clinicians, though patients can self-refer. Referrals are processed often within one week and most patients are seen within 2 weeks of the referral. This includes an initial message of contact introducing the service and asking for patient availability.

*Wayne Parsons
Counsellor/Psychotherapist*





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HEALTH AND WELLBEING COACHING SESSIONS

Our health and wellbeing coach, Katie, has moved on from St Peters and we wish her well with her future endeavours. Her replacement are two health and wellbeing coaches named Terri Butcher and Mark Hancock. They will be offering consultations and advice regarding fitness, weight management, diet, and pre-diabetes, diabetes, PCOS, insulin resistance and non-alcoholic fatty liver disease. Generally, our clinicians will refer patients to our coaches following a consultation, in which they will then be contacted for an initial introduction.

Terri will be working Fridays at St Peters Surgery seeing patients face-to-face. Terri's background is predominantly in Primary teaching and education, but her passion lies in helping people to make improvements to their health and wellbeing in order to live optimally. Her aim is to empower people to take charge of their own physical, mental, and emotional health. She believes in a holistic approach to wellness and hopes to assist in changing people's health outcomes for the better. In addition, Terri has recently acquired a Diploma in Psychotherapy and has a keen interest in self-development techniques, Neuroscience, Diet and Nutrition.

Terri Butcher – H&W Coach



She is currently researching the Mind-Body connection and Alternative Therapies for Healing. In her spare time, she enjoys walks in nature, listening to podcasts, Yoga and Meditation. She is very much looking forward to working with our patients to help them achieve their goals.

Mark Hancock - H+W Coach



Mark started his Monday sessions remotely via Zoom on Monday 22nd April. He is a qualified Health Coach who works to help others to achieve their goals. He has been running support groups for 4 years.

After initially working on a voluntary basis, Mark developed and delivered a healthy lifestyle 6-week course for the NHS to support those suffering with Type 2 Diabetes. He has delivered over 30 groups to help individuals make changes to their lifestyle, with many significantly improving their HbA1c, other health markers, and reducing their medication needs. In recent times they've widened the criteria to include many other conditions such as High Blood Pressure, Polycystic Ovary Syndrome, Obesity, and Fatty Liver Disease. In his spare time, he enjoys running and is a Run Director for *Parkrun* in a voluntary capacity.