



Frithwood Surgery

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GP Partners

Dr Will Natrass
Dr Debbie Vest
Dr Richard Hempson-Jones

GP Non-Partners

Dr Dawn Harper
Dr Allanah Webb
Dr Bashir Tanko
Dr Sarah Sullivan

Frithwood Surgery PPG Newsletter

Into Spring 2025



Join the 100 Club!
(you'd be quackers not to!)

Bring excitement to your life by splashing out on a monthly flutter with the Frithwood Surgery Patients' Participation Group's 100 Club. Not only could you win a cash prize, but you'll be helping the PPG raise money for new medical equipment.

Blood pressure monitors, a specialist vaccine fridge, a dermatoscope, and a paediatric pulse oximeter are just some of the items that have been funded.

Take part by requesting a form from reception, or visiting:

<https://bit.ly/frithwoodfundraising>

Come to the AGM

Have your say on services provided at Frithwood Surgery and find out about the latest activities of its Patient Participation Group (PPG) on Wednesday April 2nd 2025. All patients are welcome at the PPG's Annual General Meeting, held at the practice in Tanglewood Way from 7.30pm.

Friend us!

Don't miss the latest news from the PPG. Join our Facebook page:

<https://www.facebook.com/groups/frithwoodppg> and Facebook group:

<https://www.facebook.com/groups/frithwoodppg>

Frithwood Face



Name: Pippa Williams

Job title: Practice nurse

What I do: Looking after patients with respect to vaccination programmes, respiratory reviews, baby vaccinations, wounds and dressings, health checks, blood tests, advice, and guidance.

Why my work is important: I enjoy helping people change their health outcomes by being supportive, educational, and involved. I love making a positive difference.

Top health advice: Enjoy life and get pleasure from it. Have all things in moderation, get enough rest and be kind to yourself. Do a good deed every day!

Most frequent thing you hear:

“I’ve looked this up on the internet”, “While I’m here....” And “are you still here!”

Favourite way to exercise: I have discovered pickleball. It is great fun and like playing table tennis on a badminton-sized court. I play tennis a couple of times a week and stagger around 5km.

When I’m not working: I walk my two cockapoos and see my grown up girls as much as I can. I love to go out to eat and have a cheeky gin and tonic. And I sleep!

Most surprising fact about me: I have a twin brother, and I am one of six. I still have my Blue Peter badge received for drawing a very bad picture of a shell duck.

Favourite sports: The six nations.

Favourite music: I really enjoyed the Illegal Eagles at the Subs. I saw Cold Play and Lady Gaga last year. I enjoy a bit of swing band too.

Sepsis – know the signs

Sepsis is a serious condition that results from a bacterial, or occasionally a viral, infection to which the body mounts a widespread immune system response potentially leading to the malfunctioning of various organs, shock and, in severe cases, death.

Usually our immune systems keep infections limited to one place, but if it is weakened, or the infection is particularly severe, the resulting inflammation can spread to the lungs, kidneys, heart and brain, causing failure in these organs.

Cases crop in the media from time to time, which is perhaps no bad thing as it raises public awareness and the need to spot possible signs of sepsis at an early stage.

Typical sources of infection that can lead to sepsis include, pneumonia, urinary tract infections, appendicitis, skin infections such as cellulitis and infections of the nervous system such as meningitis.

Those at risk of sepsis are:

- Those with a long term medical condition
- Patients already hospitalised with a serious illness.
- The very young and very old.
- Those with wounds and injuries.
- Those on drugs that suppress the immune system

Early treatment is important to halt the progression of sepsis. In infants the symptoms and signs may be more difficult to spot. If your child is unwell, the things to look out for are:

- Fever
- Pale
- Lethargic
- Feels cold
- Rapid breathing
- A rash that does not fade with pressure
- Confusion and reduced level of consciousness
- Convulsion
- Not feeding or drinking with poor urine output

In older children and adults, particularly with a condition listed above, if there is a severe infection coupled with confusion, shortness of breath, poor urine output and very low blood pressure, then the alarm bells should be ringing.

Rapid assessment and treatment is the key to avoid progression. Antibiotics and intravenous fluids are the basic treatment. If complicated by organ failure the situation is serious and admission to an intensive care unit may be required.

Worldwide, the incidence of sepsis is increasing. This is related to an ageing population and an increasing numbers of those with long term illness. In severe sepsis the death rate is between 20-30%. In septic shock this can be as high as 70%. To learn more go to

www.nhsinform.scot/sepsis Dr Tim Crouch

A cut above

Frithwood Surgery is now offering a vasectomy clinic on Saturdays.

The service is being run by Dr William Natrass and is helping to reduce the waiting list for the operation in Gloucestershire.

Specialisms at Frithwood

Pippa Williams (nurse) – Chronic Obstructive Pulmonary Disease (COPD) and Asthma

Teresa Berry (nurse) – Diabetes

Liz Halley (nurse practitioner) – Frailty/Ageing Well

Rebecca Stonelake (nurse) – Sexual Health

Sej Patel (pharmacist) – hypertension

Health walks

PPG members Dr Tim Crouch, Jane Gregg and Jean Batten will be resuming health walks in the Bussage area from the beginning of April.

The low-impact walks will be taking place on alternate Wednesdays and are designed to provide exercise and an opportunity to socialise for patients of Frithwood Surgery. For more information see posters that will be going up this spring.



The macular is part of the retina at the back of the eye. It's responsible for our central vision and fine detail.

In the UK nearly 1.5 million people of all ages have macular disease, with the most common being Age Related Macular Degeneration (AMD).

Macular disease usually does not cause total blindness but is often severe enough to stop driving, reducing vision so people are unable to recognise even familiar faces.

If you smoke or suffer diabetes, the greater your chance of developing it.

Some conditions are inherited. Optometrists can test for this eye disease and detect early signs of macular degeneration and in many cases refer people to hospital for further tests.

There is currently no treatment for 'Dry Age-Related MD, which is a slow deterioration of cells of the macular often over many years. 'Wet AMD' is caused by abnormal blood vessels growing into the retina. It needs fast treatment with special eye injections to prevent further sight deterioration.

The Macular Society supports those with these eye conditions, offering information and funding research. It can help with nutrition, lighting, treatments, vision aids, support groups, befriending, skills for seeing and counselling. Visit:

www.macularsociety.org, email help@macularsociety.org and info@macularsociety.org or call the helpline on 0300 3030 111, Monday to Friday, 9am to 5pm.

Frithwood catchment

Frithwood Surgery is currently looking to expand its practice boundary to take in more parts of the Stroud area.

The proposal is designed to secure the long-term future of the practice, which receives a payment for the number of patients it has registered.

Frithwood's request is to be considered by Gloucestershire Primary Care.

To hear more about the new catchment area, listen to a presentation on the Frithwood Surgery website:

<https://frithwoodsurgery.nhs.uk/news/new-catchment-area/>

Those wishing to comment on the proposal should email: frithwood.manager@nhs.net.

Young people's mental health

Useful contacts:

Teens in Crisis: 01594 372 777 or text 07520 634372
www.ticplus.org.uk

Self Harm Helpline: 0808 801 0606, text 07537 410022,
www.gloucestershireselfharm.org

On Your Mind Gloucestershire:
Text: 07984 404388

Young Gloucestershire:
www.youngglos.org.uk or self refer by calling 01452 501008

