



## Frithwood Surgery PPG Newsletter

### Health walks now weekly

Frithwood patients have welcomed the decision by the patient participation group to hold weekly health walks.

The 1.5-mile, low-impact route around Bussage, which finishes with refreshments at the Parish Council Rooms, has become something of a social occasion for those who regularly join Dr Tim Crouch, Jane Gregg and Jean Batten every Wednesday, from 10am.

Previously the walks took place on alternate weeks, but holding them every Wednesday makes it easy to remember when they're taking place. Find out how you can join the fun at Reception.

### Join the 100 Club!

Don't miss out on the Frithwood Surgery Patients' Participation Group's 100 Club.

Not only could you win cash from the £300 prize pot, but you'll be helping the PPG raise money for new medical equipment too.

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

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

<https://bit.ly/frithwoodfundraising>

### Friend us!

Don't miss the latest news. Follow us on Facebook

<https://www.facebook.com/FrithwoodPPG/> or give your email address to reception so that you can receive the newsletter in your inbox.

## Frithwood Surgery

45, Tanglewood Way, Bussage,  
Stroud. GL6 8DE  
01453 882868

### GP Partners

Dr Will Nattrass  
Dr Debbie Vest  
Dr Richard Hempson-Jones

### GP Non-Partners

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

Summer 2025



### Meet the new PPG Chair

Jean Batten is the new chair of Frithwood Surgery's PPG.

The mother of two grown-up children lives in Bisley.

She's worked in hospitality management, been a group credit controller and was at Bisley Bluecoat School for more than 20 years in various roles, including teaching PE.

Jean, a Frithwood patient for more than 40 years, says Dr Tim Crouch will be a big act to follow and is delighted he's staying on as treasurer.



### New kit for surgery

Funding from Frithwood's Patient Participation Group, raised by the 100 Club and patient donations, has enabled the surgery to upgrade the defibrillator available in case of a patient suffering a cardiac arrest.

This vital piece of equipment cost more than £1,500.

Frithwood's previous defibrillator was only suitable for those over the age of eight, while the new one can be used on patients aged one and more. Meanwhile, patient examinations and treatments are now more comfortable when carried out on an electric three-section bariatric couch. It can be adjusted to the right height and is wider than average to accommodate those with higher body weights and additional movement needs. The couch cost £2,650.



### New falls assessment service

#### Have you had a fall in the last year?

Frithwood's new Falls Assessment Service offers a 20-minute appointment with a practice nurse to identify risk factors and help prevent future incidents. If you've experienced "a series of events leading you to become unintentionally horizontal," you or a relative (with consent) can self-refer today.

#### Falls aren't just part of getting older.

Our nurse-led Falls Assessment can help identify causes and connect you with support. Self-referrals welcome and, with the patient's consent, relatives can refer too.

#### Ended up horizontal without planning to?

You're not alone — and we can help. Book a friendly 20-minute falls check with our nurse to look at what might have caused your fall and how to prevent another.



**Nurse Practitioner Liz Halley**

### Christmas party for over 75s

The much-enjoyed Frithwood Surgery PPG Christmas Party for the over 75s returns this year.

Eastcombe Village Hall will be hosting this special event on Saturday December 13, starting at 2pm.

If you'd like to go, have a chat with the reception staff.

### Surgery updates

Dr Brian Smith is providing GP cover at Frithwood while Dr Will Natrass takes a sabbatical.

Changes have been made to the appointment system to reduce the deluge of calls at 8am on a Monday.

The weight loss drug Mounjaro® (Tirzepatide) is not currently available to be prescribed by GP practices in Gloucestershire.

This medication was approved by the National Institute of Health and Care Excellence (NICE) in the UK in December 2024. It works by mimicking gut hormones released by the body after eating, telling your brain you are full. It should only be used together with behavioural support, which includes a reduced-calorie diet, increased physical activity and psychological support. To find out more about the availability of Mounjaro, visit the Gloucestershire NHS website: <https://www.nhsglos.nhs.uk/your-health-services/healthy-communities/weight-loss-medication>



## Frithwood face



**Name:** Christopher Webb

**Job:** Administrator Apprentice

**What I do:** Whenever hospital letters come into the practice, be it email, letter or electronically, I add the diagnosis to your medical record. In addition, whenever you see a doctor and they refer you, I'm one of the people who send the referral to the specialist.

**Why my work is important:** Overall my job it to make sure that every medical appointment you have is smooth and that the specialist has the information required so that you are diagnosed and treated in the shortest period of time.

**Top health advice:** It's better to work out regularly at a moderate pace than to push too hard just once and burn out.

**Most frequent thing you**

**hear:** Oohh, that Dr Nattrass is SO nice.

**Favourite way to exercise:** The body builder split at the gym: So first day chest, shoulder and triceps

Second day Back and biceps  
Third day legs and abs

**When I'm not working:** Listening to music, playing football and gaming.

**Most surprising fact about me:** I can play the piano and I achieved a black belt in karate.

**Favourite sport:** Football (Liverpool all the way)

**Favourite music:** Personally, I prefer the classics like Mozart and Beethoven.

## Young people's mental health

Useful contacts:

**Teens in Crisis** 01594 372 777 or text 07520 634372

[www.ticplus.org.uk](http://www.ticplus.org.uk)

**Self Harm Helpline** 0808 801

0606, text 07537 410022,

[www.gloucestershireselfharm.org](http://www.gloucestershireselfharm.org)

**On Your Mind Gloucestershire**

Text: 07984 404388

**Young Gloucestershire**

[www.youngglos.org.uk](http://www.youngglos.org.uk) or self-refer by calling 01452 501008

**Link Chat**

A virtual service for young people aged 16 to 25. It supports young people by matching them with a youth worker who can provide regular one-to-one telephone/online calls.

**Link Chat+**

Gives the option of face-to-face appointments for 16 to 25-year-olds

**GPs and nurses at Frithwood Surgery are always available to talk to young people about how they are feeling.**



## Glorious gardens to visit

Make the most of opportunities to visit beautiful gardens in the Cotswolds this summer.

Thursday July 24: Richmond Villages, Painswick, 10am to 3pm

Sunday July 27: 1 Sandy Lane, Charlton Keynes, 1.30pm to 5.30pm

Wednesday July 30: Lasborough Park, near Tetbury, 10am to 4pm.

For more information and to book, visit

[www.ngs.org.uk](http://www.ngs.org.uk)

## First aid well received



Following suggestions from a couple of grandparents, the PPG organised a very successful 'First Aid for Children' training evening in March, aimed at people within our community who look after young children. The session was open to anyone caring for young children and wanting to improve or refresh their first aid skills and was very well attended. The training was expertly delivered by Sophie McCracken and well appreciated by her audience who gave us fantastic feedback. A further session was held in July. Please let us know if there are any particular health topics that you would like covering at future events.

## Shows must go on!

Don't miss Bisley Flower Show and Fete on Saturday August 23. This traditional event starts at 1pm in the Show Field, off Cheltenham Road in Bisley. GL6 1AX.

There will be a marquee bursting with exhibits and a variety of stalls, including bric-a-brac, books, cakes and plants.

Visit [www.bisleyflowershow.com](http://www.bisleyflowershow.com) for a flower show schedule.

Oakridge Show takes place a couple of weeks later on Saturday September 6, from 12noon to 4.30pm, at the village hall and on the playing field.

