# SEPTEMBER 26 NEWSLETTER

Albany surgery

## SURGERY UPDATE

CALL 01626 334411
EMAIL enquiriesatalbany.L83034@nhs.net

Welcome to the latest newsletter. Autumn is now upon us and schoolchildren are returning to school following their summer holidays. This is always a busy time of year for the Practice with flu and covid vaccinations imminent. In this newsletter we will highlight Urology Awareness, Sepsis Day, the Lifestyle and Wellbeing Fair.

### NEW PRACTICE MANAGER ARRIVING SOON

Following the departure of our long serving Practice Manager, Trudi Morrison, our new Practice Manager will be arriving soon. Further details on the new manager will be given in the October Newsletter.

### PPG NOTICEBOARD

Albany Surgery PPG has a Noticeboard in the Main Entrance, to the right of the Reception Desk. You can catch up on all of the latest news there. Notes from each PPG Meeting are on display on it.

The next meeting of the Patient Participation Group will be in November/December. Details as to when will be given in the October Newsletter.

### NATURE 4 HEALTH

This is a 6 week nature-based wellbeing programme running in partnership with Albany Surgery and the Kingskerswell and Ipplepen Health Centre.

The first Albany cohort, with 9 participants, met each week to explore local parks together. Community transport took the group to a different park each week, which meant everyone could take part, including participants using mobility scooters.

The course is gentle by design, time to slow down, to notice the natural world and to reconnect with what feels meaningful. For many that was a new experience.

Alongside nature, the group itself became an important part of the experience.

Interested in joining a future cohort?

Nature 4 Health is a gentle, supported course– no fitness level or special kit is needed, and you can take part at your own pace.

To find out more please email Clare or Emma.

clare@immense-in-nature.com emma@immense-in-nature.com

The next Albany course starts on Tuesday 8th September.

### FEEDBACK

We welcome feedback of any kind - this is used to improve the service we provide for our patients and to identify what works well.

How to leave feedback:

COME IN | CALL | LETTER | EMAIL

Additionally, anonymous feedback can be given as Friends and Family feedback. To complete this, please visit our website (**www.albanysurgery.co.uk**) or fill out a Friends and Family feedback card at our main reception.

### WORLD SEPSIS DAY
### 13th SEPTEMBER 2026

This aims to raise awareness about Sepsis and advocate better prevention, early recognition and treatment. Sepsis has a high mortality rate and there is a low awareness of Sepsis symptoms (ranging from 7%- 50% depending on area)

Sepsis is a medical emergency that happens when the body has an extreme response to an infection.

Common warning signs:

Shivering—fever or very cold body temperature
Extreme pain or general discomfort
Pale, mottled, discoloured, clammy or sweaty skin
Sleepiness – confusion or disorientation (slurred speech or hard to wake up)
High heart rate or weak pulse
Shortness of breath or rapid breathing

Albany surgery

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COME IN Grace House, Scott Close, Newton Abbot, TQ12 1GJ

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**In August 2026**
**181 appointments were cancelled or patients did not attend.**
**A total of 4305 appointments were available across the clinical team**
**1590 online triage forms were received of which**
**852 had an appointment booked,**
**224 were given advice and guidance**
**147 had medication issued**

## UROLOGY AWARENESS MONTH

*Every September, Urology Awareness Month shines a spotlight on urology diseases.*
*There are many urology diseases. From urology cancers, including– bladder, kidney, prostrate, penile and testicular cancers to the benign conditions including incontinence, urinary tract infections (UTIs), erectile dysfunction and kidney stones.*
*This awareness month is an opportunity to bring together the urology community– from researchers, urologists, nurses and allied healthcare professionals, influencers and decision makers, to patients and their families– and all those with an interest in urological diseases.*
*Ways to protect your urological health:*
*Stay hydrated*
*Eat well and exercise*
*Get screened*

*www.the eurologyfoundation.org*

## LIFESTYLE AND WELLBEING FAIR
*For people living with and beyond cancer*

**TUESDAY 20th OCTOBER 2026 9.30-13.30hrs**
**NEWTON ABBOT RACECOURSE**

WHAT IS IT ABOUT?
This event brings together local organisations, NHS professionals, and community support groups to showcase the wide range of support available for people affected by cancer– including advice on physical activity, financial matters, mental health and wellbeing.
Connecting with others who understand what you're going through can make a real difference– providing reassurance, comfort and a sense of belonging.
Visitors can drop in at any time between 9.30am and 1.30pm. There will be 2 short talks during the morning, one on nutrition and healthy eating during and after cancer treatment (10.30am)
We look forward to welcoming you on the day.

**Free event and free car parking** **Light refreshments** **Speakers on diet and exercise** **Exhibitors promoting Local Support Services**

**Advice & Guidance on Education & Self– Management** **The Lodge Cancer Support & Information Centre**

**Opportunity to speak to other people affected by cancer**

## NATIONAL EYE HEALTH WEEK

**21st– 27th SEPTEMBER 2026**

**Vision really matters. Sight is the sense people fear losing the most, yet many of us don't know how to look after our eyes.**

**National Eye Week aims to change all that. The importance of good eye health and the need for regular eye tests for all is essential. Half of all sight loss in the UK is avoidable through early detection. How can we better protect our eyes?**

- **20-20-20 rule—it is hard to avoid screens, but every 20 mins we must. Every 20 mins look for 20 seconds at an item roughly 20 metres away.**
- **quit smoking**
- **eye tests every 2 years, in UK eye tests are free for many**
- **by better nutrition**

## THE PATIENT PARTICIPATION GROUP

The PPG continues to write this newsletter and supports Albany Surgery in many ways. We welcome new members who are passionate about improving the care their surgery provides. Current patients of all ages and backgrounds are invited to apply. The next PPG meeting is to be confirmed but will take place in November/December. It will take place in the Ground Floor Meeting room. We would love to see you there.

How to apply:

Pick up an application form at the surgery

**albanysurgery.co.uk/patient-participation-group**

**If you would like a copy of any previous newsletters, please see our website (www.albanysurgery.co.uk) or ask a member of Reception**


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