

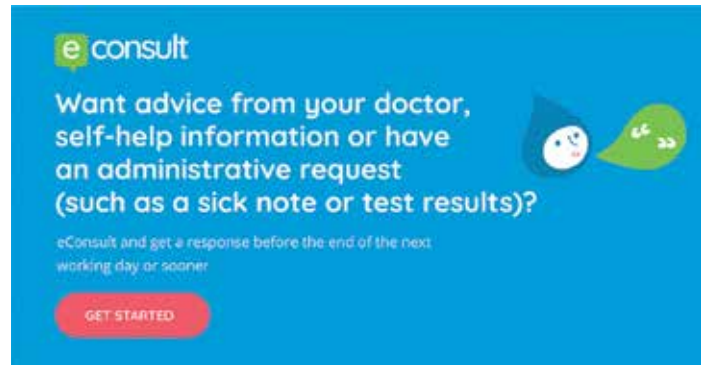
# Hughenden Valley & Chequers Drive Surgeries

Hughenden Valley Surgery, Valley Road , Hughenden,  
High Wycombe, Buckinghamshire  
01494 562189

## WE NOW PROVIDE ONLINE CONSULTATIONS

The service is available 24/7, however while under construction, the 'contact GP' options may be deactivated for maintenance at times (but only ever when we are closed)

To get medical advice or book appointments for yourself or your child, for any admin requests and for all prescription requests, just click the big blue box... *-This big blue box is reached at [www.mypractice.co.uk](http://www.mypractice.co.uk)*



- An inability to visit us in person will not stop us being able to care for you.
- We are now offering a brand new, cutting-edge, online consultation platform which will enable you to make contact with your doctor directly (without you having to visit us in person or telephone us at all) using your computer, or your tablet (iPad or similar) or your smartphone (iPhone or similar).
- If you do not have one of these devices at home, seriously, now is a good time to consider buying one!
- Naturally, there will be some medical issues that cannot be addressed completely in this way, and you may still be asked to come in, however, we anticipate that a significant percentage of visits to the surgeries will be completely avoided.
- Less visits = Less chance to catch (or spread) Coronavirus

Thank you for your understanding in this most difficult time,  
Keep Well,  
Hughenden Valley Surgeries

### Remember:

- Stay at home for 14 days if you have a temperature of 37.8 or if you have a new cough
- Call 111 if you feel unwell
- You do not need to contact 111 simply to tell them you're staying at home.
- To stop coronavirus spreading we have been advised that patients DO NOT attend the doctors' surgery without a prior booked appointment.
- (You may attend to collect and drop off prescriptions as usual provided that you are not self-isolating and do not have any Coronavirus symptoms at all)
- This is due to the need for us to triage every patient before booking an appointment, to ensure that nobody with Coronavirus symptoms attends the surgery.

# NAWA Covid-19 Support Team

**07857 932915**

On Sunday 15th March a group of local volunteers met to discuss how we, as a community, can support Naphill & Walter's Ash during the Covid-19 outbreak. It was an initial discussion to start the process and ideas will evolve as the situation changes and experience is gained.

The goal is to offer neighbourly support to residents in Naphill & Walters Ash who may be in need of non-medical assistance whilst self-isolating due to the Covid-19 outbreak. Hopefully this will complement the help that most residents will already be volunteering to their closest neighbours.

Who do we intend to help?

Anyone in Naphill & Walter's Ash who is self-isolating, whether or not ill with the coronavirus, and needs some assistance.

## Examples of such help may include:

- Fetching shopping
- Dog walking
- Posting letters
- Collecting urgent medication
- Sign-posting to other services and relevant charities eg. Silverline, Samaritans, Age UK, Kooth.



## What can we not do?

- We cannot offer medical advice or assistance.
- We will not enter the home of the person self-isolating.
- The health and safety of everyone is of paramount importance so please follow government guidelines with regards to contact and personal hygiene.

We have created a simple flyer to be delivered to every home which describes the help available and provides a central mobile contact number (see above). We will be placing posters in all businesses and gathering places throughout the two villages and at the doctor's surgeries.

If you would like some help please call, or send a text to, the mobile number above and a friendly local resident will answer and arrange for a volunteer to try and help you. PLEASE ONLY USE THIS NUMBER TO REQUEST HELP. If you would like to comment, please message via the Facebook page that has been set up for this purpose @ NAWA Covid 19 Support Page. Alternatively, you can email the team: [nawacoronahelpteam@gmail.com](mailto:nawacoronahelpteam@gmail.com) If you'd like to volunteer to help, please send an email to [nawacoronahelpteam@gmail.com](mailto:nawacoronahelpteam@gmail.com) stating your name, mobile number, email address and approximate location.

## Two things to finish on:

1. Please remember that this is a group of volunteers who are trying to help the community. Please be patient, polite and understanding as we navigate our way through the unknown.
2. Please continue to assist your own neighbours if you know they are in need or if there is a risk that they may feel isolated. Everything helps.

Thank you to our wonderful community for making this possible.

**For help, call 07857 932915**

To comment or volunteer, email us: [nawacoronahelpteam@gmail.com](mailto:nawacoronahelpteam@gmail.com)

To leave a Facebook message, go to: NAWA Covid 19 Support Page