

# Dyfi Valley Health Iechyd Bro Ddyfi



## September 2024

Dyfi Valley Health  
Iechyd Bro Ddyfi



### MINOR INJURIES UNIT

Available Mon-Fri  
8am-6.30pm

Call 01654 702224 to book  
You don't have to be registered with us to access this service

### Important dates for your diary....

Staff training, closed 12.30 –  
November 13th 2024

We are excited to inform you about a new feature available in the NHS Wales App - My Health Journal.

### What Are the New Features?

- \* Location in the App: Patients can find this feature under "My Health" > "My Health Journal."
- \* Patients can create personal journal entries with information about their health, such as notes from appointments, symptom tracking, and setting reminders for future health-related tasks. Each entry is private and stored securely within the app, accessible only by the patient. This information is not shared with GP practices or any healthcare professionals.



### Autumn Walks for Wellbeing

Step out and enjoy walking in nature for your health and wellbeing.

Join free local guided walks in autumn 2024, each starting and ending at the Bro Ddyfi Hospital Café in Machynlleth.

These are gentle walks for most abilities, including wheelchairs. A wheelchair will also be available for use.

Dress for the weather with shoes for walking led by trainee community volunteers and supported by Coed Ieol/Small Woods.

**Fri 27 Sept, 11am-12.30pm**  
A relaxed walk to spot the autumn season changes with warming drinks.

**Fri 4 Oct, 11am-12.30pm**  
Unwind and reflect with a gentle walk with some fun creative writing in nature.

**Fri 11 Oct, 11am-12.30pm**  
A relaxed walk to spot the autumn season changes with warming drinks.

**Fri 18 Oct, 11am-12.30pm**  
A social walk for those with chronic health conditions with Café and hospital nature spots.

**Fri 25 Oct, 11am-12.30pm**  
A relaxed walk to spot the autumn season changes with warming drinks.

**Fri 1 Nov, 11am-12.30pm**  
A walk to gather to create a simple wreath, celebrating the autumn season.

**Fri 8 Nov, 11am-12.30pm**  
Unwind and reflect with a gentle walk with some fun creative writing in nature.

Contact Rosie Strang to book your place, or just turn up on the day.

rosiestrang@smallwoods.org.uk 07966 07073

Connect with us for more local walks

CoedIeol/Powys



### Start tracking your health in the NHS Wales App today

My Health Journal allows you to create your own written journal entries within the NHS Wales App. You can write any information about yourself and your health, up to 4,000 characters in total length. This information is securely stored within the NHS Wales App and is only accessible by you.

### A Simple way to keep track of:

Making notes whilst at a GP or other health and care appointments.

Personal logs to track and monitor your health and wellbeing.

Set future dates as a reminder to yourself.



Download the NHS Wales App today by scanning the QR code or visit online at <https://app.nhs.wales/>

K00C-DH0W



### Fact of the quarter - Did you know....?

Dyfi Valley Health are now part of the Pen cycle Initiative—This means you can drop your USED prefilled pens with us here at dispensary and we will sort the rest!

The materials in these pens is high quality, long lasting material and are too good to waste.

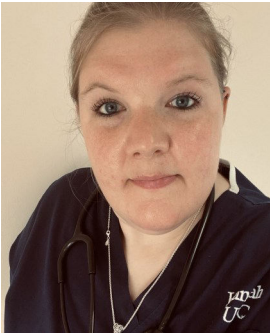
By finding new ways to reuse them, we can help put an end to the unsustainable use of earth's natural resources.

You return it, We recycle it

## Introduction to the team—Our Urgent Care Practitioner's



I qualified as a Paramedic with the Welsh Ambulance service in 2001 becoming the first Advanced Paramedic Practitioner in Powys in early 2015. After completion of my Masters degree in Advanced Clinical Practice in 2015 I left the ambulance service to work for Shrop Doc. As the head of their Urgent Care Practitioner program I supported and trained nurses and paramedics to work in primary, supporting them through mentorship and bespoke training programs. I then transitioned into working in primary care in Newtown medical practice before moving to Dyfi Valley health in 2019. Outside of work I enjoy spending time with my family and discovering new places to visit in the UK.



I was a paramedic for 10 years in Wolverhampton before going back to university for 2 years to do my advanced practitioners' course to allow me to work in primary care. Some people may have spotted me on the TV!

I am a farmers daughter from mid Wales and enjoy putting my wellies back on and helping out on the farm. I enjoy going to the cinema and trying out different restaurants with family and friends.

Our dispensary will be open **08:30 to 18:00** working days. Please remember to order any repeat medications in good time. We ask for at least **5 days** in order to get your medications ready as we do not keep all stock on site and extra time may be needed to order

### **Facts and figures for 1 July to 30 September 2024:**

**2,766** face to face appointments, **1,039** telephone consultations

**451** pharmacist appointments, **133** minor injuries supported

**104** virtual ward appointments

**504** appointments were missed due to patients not cancelling them in time

**9,204** texts sent and received and **9,581** items dispensed by our dispensary

**12,810** phone calls received. Average call answered **2 min, 39 sec**

**Bro Ddyfi Community Hospital, Machynlleth, SY20 8AD.**

**01654 702 224**

**Email contact.w96011@wales.nhs.uk**