

MAYFORD HOUSE SURGERY

Winter 2018/9 Newsletter

<http://mayfordhouse.co.uk/>



Park Run

Northallerton parkrun needs you! It is entirely organised by volunteers - email northallertonhelpers@parkrun.com to help.

We have recently become a park run practice. This is an opportunity for patients to volunteer their time to help direct runners or to walk/run the course themselves. Park run is a 5km run around Northallerton every Saturday at 9:00am. The event takes place at Hambleton Leisure Centre, Stone Cross, Northallerton, North Yorkshire, DL6 2UZ. It's free to take part but you are asked to **register** before your first run. Only ever register with parkrun once. Don't forget to bring a **printed** copy of your barcode (request a reminder). If you forget it, you won't get a time. We all run for our own enjoyment. Please come along and join in whatever your pace!



Long Term Conditions Clinic

We are restarting our long term condition clinics in January. These will be for patients who have specific conditions to be seen in a "one stop shop" for a medication review with Jenni our pharmacist and a health review with Karen to prevent frequent attendance to the surgery for numerous reviews.

Sign up for Online

We would like to continue to encourage patients to sign up to online services. This enables you to request repeat prescriptions, book appointments and have access to your medical records. Use of online services also frees up the phones so that people with urgent medical needs can get assistance quicker. Please ask for a form at reception - two forms of ID will be required, one of which needs to be photographic e.g. passport or driving licence.

Diabetes Prevention Programme

A locally run diabetic prevention programme has been rolled out which we are engaging in and actively inviting patients to take part. The aim of this programme is to stop patients who may be at risk of developing diabetes from doing so. It has had great feedback so far from patients and we would encourage anybody offered this programme verbally or by letter to take this opportunity.

Please see <https://patient.info/health/pre-diabetes-impaired-glucose-tolerance> for more information.

A Polite Reminder

Unfortunately, we find it necessary to remind patients that abusive and offensive language and behaviour will not be tolerated face to face or via telephone. Our telephone system records all calls so we are able to listen back when this is reported to us by staff. We take the abuse of our staff very seriously and all cases will be investigated and further appropriate action taken.

SURGERY CLOSURE

Tuesday 25th December 2018
Wednesday 26th December 2018
Tuesday 1st January 2019

Thursday 17th January 2019
from 12.00 noon and for the rest of day for staff training

If you require medical advice when the surgery is closed please contact NHS 111