



THE MAYFORD HOUSE WINTER NEWSLETTER



NEWSLETTER



Download the NHS App

Did you know you can use the NHS App to access a range of NHS services on your smartphone or tablet?

It doesn't replace existing services. You can still contact us in the usual ways.

You can:

- Order repeat prescriptions
- Access NHS 111 online
- Find NHS services view your health records
- Cancel appointments

If you need help setting up the NHS App or have any problems using it, please speak to or book an appointment with Lisa Pickering, our NHS app ambassador, on 01609 772105



We are proud to announce that Mayford House Surgery has achieved a **GOLD** award for **Green Impact for Health 2024**

We have made changes within our practice to become 'Greener' and more sustainable for the environment!



Christmas & New Year Closing Times

The practice will be closed on the 25th, 26th December 2024 and 1st January 2025. If you have any medical issues during this time, please contact 111. For emergencies, call 999.

Reception Opening Times

8AM - 6.30PM Monday to Friday

01609 772105

Dispensary Opening Times

8.30AM - 12 Noon

12.45PM - 6.30PM

Phoneline open: 1PM- 2PM

01609 768948

Better Access Clinic

Located at the Friarage Hospital Outpatients Department

Offers further extended hours including evenings and weekends for GP, ANP, PN and Blood appointments.



A polite reminder from our pharmacy team...



To reduce medication waste, please may we ask patients to only order items that are needed that month. Items will remain on your repeat prescription even if not ordered on a monthly basis. When collecting your medication, please check the contents of the bag before leaving the building, and immediately return any medications that are not needed or wanted so they can be used for other patients. Once the medication has left the premises of the pharmacy or dispensary it cannot be re-used and must instead be destroyed.

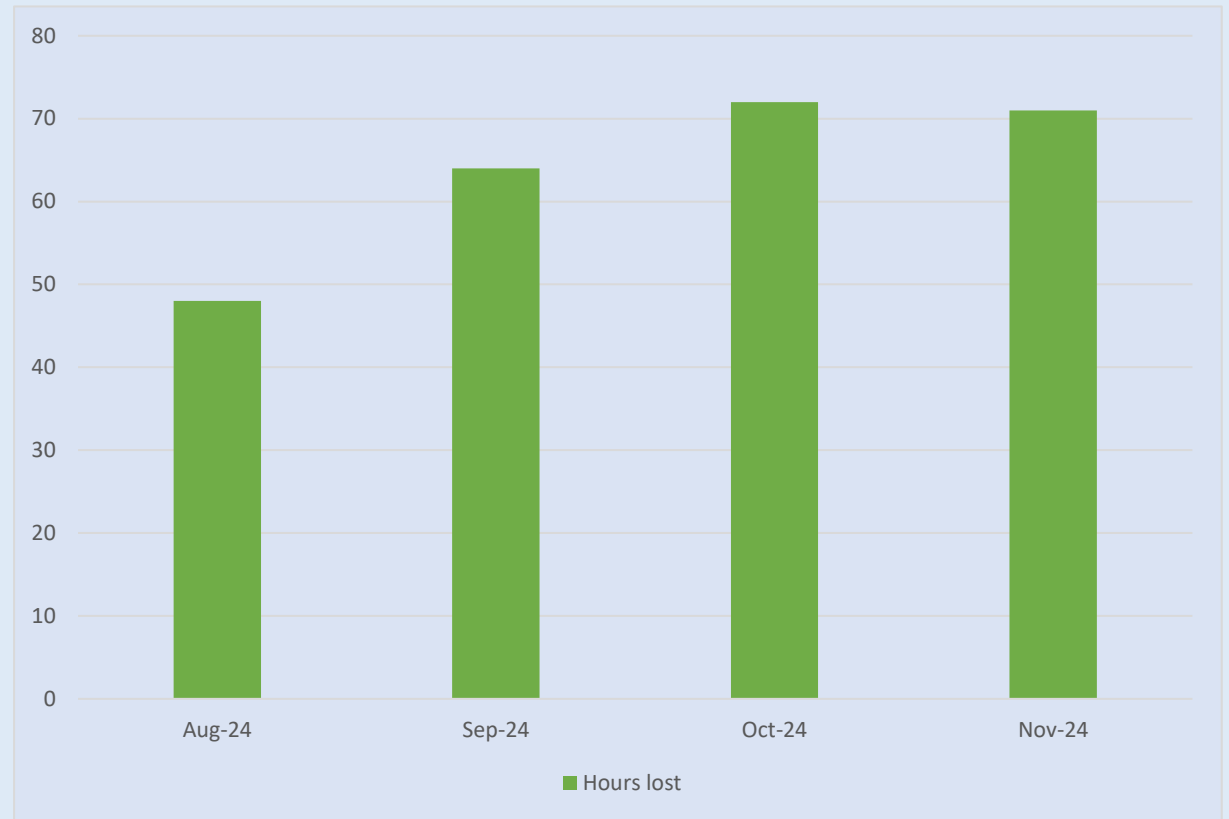
DNAs



Please only make appointments you are able to keep...

If you are unable to come to your appointment or are running late, please contact our reception team and they will be able to cancel and/or reschedule.

Please remember that when you cancel your appointment ahead of time, our reception team is able to offer it to another patient in need.



Patients at the practice lost the following number of hours with clinicians due to patients not turning up for their appointments and not cancelling them:

August = **48 hours**

September = **64 hours**

October = **72 hours**

November = **71 hours**



Research News



Our news for this edition is that we are very proud to share that for 2 of our studies we have been recognised for our excellent achievements relating to identifying patients who would benefit from participating in specific research studies, they are DURATION UTI – (further information below), looking at use of Antibiotics in urinary tract infections (bladder or kidney) and our chronic obstructive pulmonary (lung) disease (COPD).

Also, in September the National Institute of Health Research, Yorkshire and Humber held a conference to celebrate 10-years of research excellence in the region. Mayford House Surgery were invited to present at the conference from over 80 submissions, (40 were selected) we were voted in the top 20 in the region. Our presentation focussed on how we carry out our research and what the benefits have been for our patients and our practice.

As part of our ongoing commitment to healthcare improvements and our research work, we have joined the Clinical Practice Research Datalink (CPRD). This is a Government organisation that provides anonymised patient data for research to improve patient and public health. Identifiable data is held within the NHS Digital systems as part of your medical record but data reviewed within the CPRD is anonymised and you CANNOT be identified from the information seen by the CPRD for example, they may want to know how many patients at our practice have asthma or take certain medicines. If you do not want anonymised information from your patient record to be used in research, you can opt out by contacting our Reception Team.

We are very pleased to say that we continue to be working on a number of ongoing studies here at the surgery in different areas including cellulitis (skin infection), urinary tract infections, chronic obstructive pulmonary disease (lung inflammation), mental health, upper respiratory tract infections (chest), intestinal infections (stomach bugs), blood pressure and more! Please see below for more information about the studies.

Our currently active studies are:

'COAT' (Cellulitis Optimal Antibiotic Treatment) – this is looking at how best to treat patients (18-years or older) who have an active infection (redness, sore, hot to touch, rash) in one of their legs and have not already been treated for it. The infection could be following an insect bite or a wound.

'DURATION UTI' – this is looking at the duration (length of treatment) of antibiotics for female patients (over 18-years of age, who are not pregnant) who have symptoms of a bladder or upper urinary tract infection.

Take a Test - taking virology swabs (a cotton pad stick sample from your nose and throat) and also blood samples from patients to help us to monitor the immunity (how well your body fights infection) of the population to infectious diseases; currently our focus is on COVID-19 and the spread of respiratory (chest and nose) viruses.

'iiD3' – Infectious Intestinal Disease (study 3) – this is for patients 18-years and over who have had either diarrhoea or vomiting and do not already know the reason why they have it. We would ask that you do NOT attend the surgery if you have diarrhoea or vomiting. Our doctors and nurses will be able to help you via a telephone consultation.

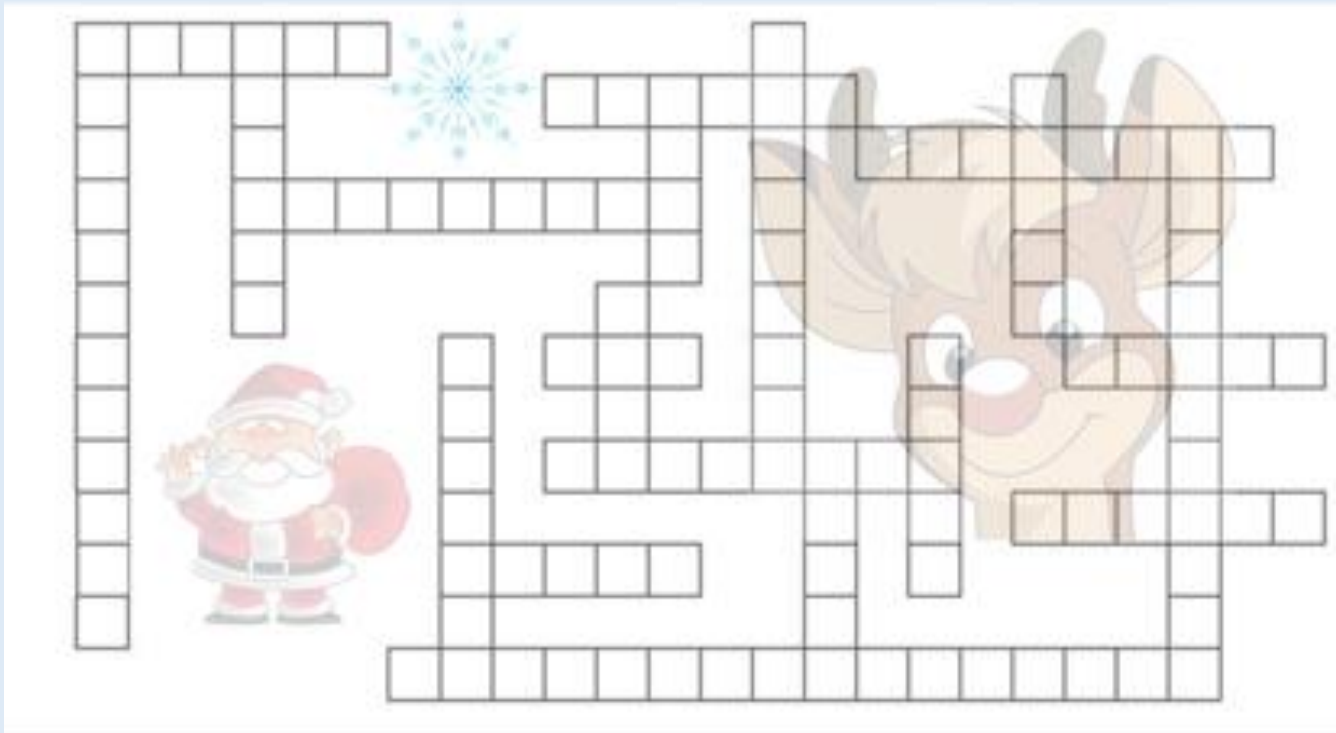
'Optimise 2' – this is a study looking at the best way to use blood pressure medications in patients over 75-years old, we have a waiting list for this study and will be in contact soon with the patients who are eligible (meet certain conditions) for this study.

'THARROS' – a study looking at whether treatments for Chronic Obstructive Pulmonary Disease (COPD) may help prevent COPD flare-ups and serious heart events, like heart failure and heart attacks. We are contacting patients directly who are eligible for this study.

**OUR STAFF AT MAYFORD HOUSE
SURGERY WOULD LIKE TO WISH YOU
ALL A VERY MERRY CHRISTMAS AND
A HAPPY NEW YEAR!**



Christmas Games



3 Letters
Fir

4 Letters
Pine
Noel

5 Letters
Bells
Party
Merry
Cedar
Lists

6 Letters
Donner
St. Nick
Eggnog
Advent

7 Letters
Rudolph

8 Letters
December
Yuletide

9 Letters
bethlehem
North Pole

11 letters
Decorations

12 Letters
Announcement

16 Letters
Christmas Cookies



S Y A H O L I D A Y T X C A
 T L K R S F O L X R S E A A
 N I J J C B T T G L G R N D
 E M S I R K P P E R G E D A
 S A A N O T B I I E N E Y E
 E F N G O R G N Z B I D C R
 R Y T L G H C D I M K N A B
 P R A E E H G H U E C I N R
 Z R C Z K B J S Y C O E E E
 F E L I G H T S D E T R B G
 Z M A I L Q H A N D S G Y N
 M S U A C N N A N G E L E I
 B H S M B C H I M N E Y E G
 C H R I S T M A S T R E E D

Stocking
 Presents
 Sleigh
 Holiday
 Lights
 December

Jingle
 Chimney
 Christmas Tree
 Merry
 Family
 Gingerbread

Candy Cane
 Grinch
 Reindeer
 Santa Claus
 Scrooge
 Angel