



Winter 2023 Newsletter

www.gibsonlaneppractice.co.uk

Stay Well this winter.

Winter conditions can be bad for our health especially over 65's and people with long-term conditions. The cold and damp weather, ice, snow and high winds can all aggravate any existing health problems, increase the risk of a fall and make us more vulnerable to respiratory winter illnesses.

Keep yourself and your home warm.

With the rising cost of living, simple changes can help to keep you and your home warm. For example, try to reduce draughts, you can fit draught excluders around doors cheaply and Wear several layers of thinner clothing - this will keep you warmer than one thicker layer.

Mental health support.

If you are struggling with your mental health, NHS Talking Therapies could help you feel better. Speak to your GP about NHS Talking Therapies if you are anxious, depressed or struggling to cope. We can refer you to the right service. You can also self refer by visiting www.nhs.uk/talk.



If you're over 40, you should get your blood pressure tested at least every five years. You can do this yourself if you have a monitor at home, or as part of an NHS health check, at some workplaces, at a pharmacy or your GP practice.

Target Training dates.

We will be closed from 12pm for training on the following dates: Tuesday 16th January 2024, Tuesday 20th February 2024 and Tuesday 19th March 2024



Practice Christmas Closure Dates

During the festive period the practice will be closed on the following dates. Monday 25th December, Tuesday 26th December and Monday 1st January. Please make sure you: stock up on regular medication, the last day to order will be Wednesday 20th December.

If you need urgent medical attention during the holiday period, call your normal surgery number and you will be directed to the out-of-hours service. If you need oxygen, make sure you have an adequate supply.



PharmRefer

Anybody over the age of 1 (depending on your symptoms) can now be referred to a community pharmacist. This is a free service and if you are diagnosed the consultation will be sent back to the GP. The Reception team will complete the referral to the Pharmacy. The Pharmacist will call you back and if they want to see you they will arrange a suitable time for you to be seen. See below some of the conditions they can treat:

- Cough
- Diarrhoea
- Earache
- Earwax/blocked ears
- Eczema/dry skin
- Flu symptoms
- Hayfever
- Headache or migraine

staff news

Staff News

Sarah , one of our care co-ordinator has recently left the practice. We wish her the best of luck in her new career,

We would like to welcome out new data administrator Sally and care co-ordinator Rosie to the team.

Gibson Lane Practice management structure.

Rachel Matthews is the Business Manger and will take care of all the business administration.

Gill Collins is the Strategic Planning Lead and will lead on innovation and business planning.

Lisa Tindall is the Nurse Management Lead looking after the nursing team and nurse services.

Cath fox is the Patient Services Manager and will look after all issues with Patient services including practice complaints.

Linda Gummerson is the Office Supervisor looking after the day to day running of the office and the staff.

Annemarie Shackleton operations manager working alongside Gill Collins.

GP's working hours

Please see below a list of all our current GP's and which days they are available in surgery.

Please note that each GP has at least one on call session a week where they will be unavailable for routine appointments.

Dr Clare Hirst: Monday (AM only), Wednesday (PM only), Friday.

Dr Clare Smith: Tuesday, Wednesday (AM only), Thursday (AM only), Friday

Dr Henry Luff & Dr Rachel Grainger: Tuesday, Thursday, Friday

Dr Fiona Thake-Smith, Dr Ffion Wells & Dr Samantha Robinson: Monday, Tuesday (AM only), Wednesday

Dr Laura Kapolyo: Monday, Tuesday (AM only), Thursday

Dr Jennifer Calvert: Wednesday, Friday

Dr Rebecca Skipp: Monday, Tuesday, Thursday