



WELCOME

Hello Everyone,

We hope this message finds you well. With the children back at school and the weather taking on that familiar crispness, it's clear that autumn is upon us!

After a somewhat quieter Summer (the first since the pandemic), we're beginning to notice an increase in calls and appointments—likely due to the bugs making their way around nurseries and schools once again.

As always, this is a great time to focus on your health, but autumn in particular feels like the perfect season to reset and build healthy habits. Eating well, staying active, and ensuring a good night's sleep will help strengthen our immune systems as we prepare for winter viruses.

In this newsletter, you'll find a few tips to help you stay healthy during the Autumn months.

We have also included a link for Dementia support as we know Carers need care too.

Also you will find some valuable information for Breast Cancer screening and its importance.

Also attached there is some information for Breast Cancer screening and its importance.

And most importantly we have input from our SHIP group.

Take care and stay well!

Hope you enjoy reading.

Dr Rumana Ishtiaq – GP Partner



Practice news!



At Brierley Park we have been preparing ourselves for the Autumn and Winter ahead by recruiting to make sure our Clinical and Administrative teams remain fully staffed; getting as up to date as possible with our many administrative tasks; and rolling out new quality improvement initiatives and staff training.

We know our patients will join us in welcoming **Dr Igwubor** a GP who has recently started with us. Please see a short message from him attached here:

“Born and raised in Lagos, Nigeria. My medical training was in the prestigious University of Benin, Benin-city which I completed in 2015. Since that time, I have worked in a variety of departments in the medical field. My GP training was in Nottingham where I rotated through several hospital departments and GP surgeries.

Outside of Medicine, I enjoy sports and fitness. I believe this is an integral part of boosting overall health and wellness.

I am excited to be a part of this team.”

Osehike Igwubor
MBBS MRCGP



Alongside our new GPs, we have **two** new First Contact Physiotherapy - **Gokul Krishnan** – who brings in bulk of experience:

“I am delighted to have joined Ashfield North PCN as a First Contact Practitioner on 22nd July 2024. My journey in healthcare began in India, where I completed my Bachelor's in Physiotherapy and worked for nearly three years in various multi-speciality hospitals across Kerala, India. In 2021, I moved to Coventry to pursue my Master's in MSc Advancing Physiotherapy Practice, and after graduating, I joined Central Health Derby, where I refined my skills and developed a deeper passion for helping patients overcome their physical challenges.

As a member of the PCN team, I am excited to bring my experience and knowledge to support the health and wellbeing of our local community. My goal is to help patients access early interventions, manage musculoskeletal conditions, and empower them with strategies to improve their mobility, reduce pain, and



enhance their quality of life. I believe in a patient-centred approach, working alongside you to find solutions that best fit your needs and lifestyle.

Outside of work, I love hiking, cooking, and spending time with family and friends. Turkey holds a special place in my heart as my favourite vacation spot.

I am truly excited to make a positive impact and contribute to the wellbeing of our patients and the wider community.”

Gokul Krishnan



Our second First Contact Physiotherapist Saba Noreen –

“I am pleased to introduce myself as the new First Contact Practitioner in Ashfield North PCN. My role as an FCP involves supporting patients with musculoskeletal conditions by providing expert assessment, advice, and management at the first point of contact.

I graduated from Pakistan in 2009 and began my career as a Sports Physiotherapist, working with Pakistan Hockey and Football teams at international level. I spent nearly a decade working as an MSK Physiotherapist in various settings across Pakistan before relocating to the UK in 2019 to pursue MSc in Advanced Physiotherapy.

Following my graduation, I began working as an MSK /FCP Physiotherapist with Joints and Points Healthcare in Wirral during the COVID-19 pandemic. I later joined Primary Care Physio in 2021 and worked in Skelmersdale and then at Lister House Surgery in Derby for over two years. I joined PICS in August and started my clinics in September.

I am genuinely excited to be a part of the team at Ashfield North PCN and to bring my expertise in MSK care to this new role. I am eager to contribute to the continued success of the team and to support our patients on their journey to better health.”

Best regards
Saba Noreen

Lastly, we welcome our new Apprentice Admin/Reception staff Amelia, Izzy and Olivia, please see their statements:



Amelia Kerry: Reception Apprentice –

“I started my Apprenticeship on the 22nd July and so far I am really enjoy working at Brierley Park Medical Group. I am excited to learn new skills, and everybody is amazing.”

Olivia Stenson: Reception / Admin Apprentice –

“Hi, my name is Olivia Stenson and I am a new Apprentice at Brierly Park Medical Group. I am thoroughly enjoying it and I am learning so much. I have been here since the 27th of August, and I am so happy I have gotten this opportunity to work with such a lovely and supporting group of people.”

Izzy Harris: Reception / Admin Apprentice -

“Since I started my Apprenticeship at Brierley Park on the 2nd September I have learned a lot. I enjoy coming into work everyday and everyone has made me feel very welcome. I am looking forward to putting my new skills to use and look forward to developing further.”

Good-bye

We said good-bye to **Sue Percival - Nurse Practitioner and Diabetic Specialist Nurse**, who retired at the end of September 2024.

Thank you for your contribution and your time with us. We wish you all the best in your future endeavours.



Pre-booked appointments

A range of pre-booked appointments (appointments for future days) are available at the Practice, including blood tests, nursing appointments, and appointments with our chronic disease nurse specialists who provide care to patients with long-term conditions including asthma, diabetes, hypertension (high blood pressure), COPD, chronic kidney disease, coronary heart disease and stroke.

New Telephone Systems:

Our new Telephone system is working well, and we hope that things are smoother for our patients now we have a call back option.

Home visits



Every day, our GPs offer home visits to housebound patients, or to patients who might be temporarily unable to leave the house – for example after recent surgery.

It's helpful for GPs if requests for home visits are phoned through to us early in the morning ideally before 9:00am. If you call the surgery in the afternoon requesting a call back, you will have a callback from the GP to determine if the visit is necessary for that day.

All calls will be triaged by a GP, who'll decide if a home visit is needed. Remember that home visits are for medical reasons, not convenience. In the time it takes for a GP to do a home visit, they could see many more patients at the Practice – please consider local transport options such as buses, taxis or ask if a friend or family member could bring you to the Practice, before requesting a home visit.

Why 5 A Day?

Fruit and vegetables are part of a healthy, balanced diet and can help you stay healthy. Its important that you eat enough of them.

Evidence shows there are significant health benefits to getting at least 5 portions of a variety of fruit and vegetables every day. That's 5 portions of fruit and veg in total, not 5 portions of each. A portion of fruit or vegetables is 80g.



Go outside – Better Health

More and more studies and research conclude that spending time in good quality outdoor spaces has benefits for all aspects of our health. Even staring by simply looking at nature, then just being outside, and on to any number of activities outdoor environment brings extra benefits for our health and wellbeing.



NHS APP / Online access



NHS App: A Convenient Way to Manage Your Healthcare

Have you downloaded the NHS App yet? If not, you're missing out on a convenient way to manage your healthcare! Through the app, you can now book appointments and order your repeat prescriptions with ease, right from your phone or other devices. This includes laptops, desktop computers, iPads, or any device with internet access.

Unfortunately, at Brierley Park Medical Group, only around 30% of our patients have taken advantage of the NHS App. This means the majority of you are missing out on its many benefits! We encourage everyone to download it and explore how easy it can make managing your health.

Don't have a device at home? No problem! You can use the computers at your local library for free to set up an account.

You can access the NHS App services by visiting: www.nhsapp.service.nhs.uk/login

Frequently Asked Questions:

1. Why can't I order my repeat prescription?

There are several reasons this may happen:

- You may need a medicine review by your GP practice.
- It may be too early to order your medication.
- It could be an acute (short-term) or one-off prescription.
- You may have already requested the prescription.
- You might have a repeat dispensing prescription.

2. I can't remember my NHS App log in.

No worries! If you remember the email address you used to set up the NHS App, there's an option to reset your password.

3. I need to book more than one appointment, but the NHS App won't let me.

This issue has been recently resolved! You should now be able to book multiple appointments, such as a COVID jab and a GP appointment, all within the NHS App.

4. What is Patients Know Best, and how do I log on?

Patients Know Best (PKB) is a system that some hospitals use for things like digital appointment letters. You can access PKB through the NHS App, or by visiting patientsknowbest.com and selecting "Continue with NHS login." Use the same log in details that you use for the NHS App. However, keep in mind that your PKB account will only show information if your healthcare provider is using it to monitor your health. Otherwise, the account will appear empty.

If you need support, we have our own Digital Inclusion Coordinator, Cassie, who will be happy to help you. You can email cassie.leathen1@nhs.net with any NHS App queries, or you can ask our reception staff to request a phone call from Cassie.



Get vaccinated!



Vaccinations:

Winter vaccinations and Winter health

There are some things you can do to help yourself stay well in winter.

This includes getting your Flu and COVID-19 vaccinations.



Flu and COVID-19 vaccinations

It's important to get your Winter Flu and COVID-19 vaccinations if you're eligible.

Getting vaccinated every year will top up your protection and reduce your risk of getting severe symptoms.

Who should have the flu and COVID-19 vaccines?

You can get both the NHS flu and COVID-19 vaccines if you:

- are aged 65 or over (including those who will be 65 by 31 March 2025)
- have certain health conditions.
- are pregnant.
- are a frontline health or social care worker.
- live in a care home for older adults.

NHS

Protect your baby from serious lung infection

RSV vaccination when you're pregnant is the best way to protect your baby.

An illustration of a female doctor in a teal coat with a stethoscope around her neck, holding a clipboard. She is standing next to a pregnant woman in a blue top, who is holding her belly.

NHS

**GET VACCINATED.
GET WINTER STRONG.**

Flu and COVID-19 vaccines reduce the risk of serious illness in colder months

A photograph of an elderly man with glasses and a blue sweater, sitting in a chair and holding a young child on his lap. The child is looking up at the man.



Breast cancer awareness



Research has shown that barriers to attending screening appointments include:

- Fear and anxiety that the procedure would be painful and uncomfortable.
- Not knowing what to expect – fear of the unknown.
- Embarrassment talking about and showing their body.
- Not knowing/wanting confirmation that a female healthcare professional would carry out the procedure.

More information about what to expect could help prepare people and would help combat some of these feelings of fear, anxiety and embarrassment. Information as to why screening is important and what it looks for, support to overcome fear and anxiety and making it easier to attend an appointment were all key factors in overcoming barriers to attending.

Key messages

- Breast screening saves lives as cancers can be diagnosed and treated earlier than they would have been without screening, often before you can even see or feel any changes to your breasts yourself. All women aged from 50 up to their 71st birthday are invited for free NHS breast screening.
- It's understandable some women are anxious about attending their breast screening appointment and your mammographer will do everything she can to make the experience as comfortable as possible for you.
- If you have been invited for breast screening but missed or did not book an appointment you can still [contact your local NHS breast screening service](#) to arrange one, even if you were invited weeks, months or years ago.
- Breast screening services are more accessible than ever. As well as hospitals, mobile screening vans are available in convenient community locations, such as supermarket car parks.
- Women of all ages should be 'breast aware'. Get to know how your breasts normally look, you will be more likely to spot any changes that might be signs of breast cancer. If you are concerned, do not hesitate to contact your GP practice.

- It is important that you continue to look at and check your breasts regularly, even if you have just had a mammogram.

Useful Screening statistics

- When diagnosed at an early stage, 98% of women survive their breast cancer for 5-years or more.
- In 2022-23, a total of [1.93 million women](#) aged 50 to 70 (64.6%) attended screening appointments (within six months of invitation).
- Screening prevents an estimated 1,300 deaths from breast cancer each year in the UK.
- Around **4 in every 100 women** are asked to come back for more tests after screening and offered care and treatment as required. Out of these **4 women, 1 will be found to have cancer**.
- Screening is vital in helping the NHS identify cancers at an earlier stage and in 2022-2023 the **NHS breast screening programme led to cancers being detected in [18,942 women](#) across England in 2022-23**, which otherwise may have been diagnosed and treated at a later stage.

Useful links

- [Breast screening \(mammogram\) - NHS \(www.nhs.uk\)](https://www.nhs.uk)
- ['Know your breasts: a guide to breast awareness and screening' booklet \(breastcancer.org\)](https://breastcancer.org)
- [Breast cancer symptoms | Breast Cancer Now](#)
- [Breast cancer | Cancer Research UK](#)



Weight Loss Injections (Ozempic/Wegovy/Mounjaro)

We are receiving an increasing demand for appointments and medication queries regarding weight loss injections on the NHS.

Currently as an NHS GP practice we are unable to prescribe these medications for the purpose of weight loss alone, unless you are diagnosed with diabetes OR have been referred and reviewed by the bariatric weight management services at the hospital.

The use of weight loss injections on the NHS is under review, but until we have confirmation of change in prescribing policy, we unfortunately will not be able to supply prescriptions these injections for the purpose of weight loss alone.

Emily Booth

Senior PCN Clinical Pharmacist - North Ashfield PCN

Did Not Attend Rates July 2024 – September 2024

Total number of DNAs	1359
Total amount of time lost (hrs)	424.5 (hrs)

If you cannot attend your appointment, it is extremely important that you cancel it so that we can offer it to other patients who might need one.

If you fail to attend 3 appointments within a 12-month period a formal warning letter will be sent to you. If you continue to miss appointments following the letter you will be removed from our patient list and will need to find a new GP practice.

We appreciate it can sometimes be difficult cancelling via telephone due to ques, but now we have the new telephone system in place, this will be less challenging. You can also cancel appointments online through the NHS App.

GP APPOINTMENT?
CAN'T MAKE IT?
DON'T NEED IT?

CANCEL IT!



Alzheimer's
Society

Find support near you



Use our dementia directory to find local support services for people with dementia and their carers in England, Wales and Northern Ireland.

Scan the QR code

or search for
'Alzheimer's society
find support near you;'

Alzheimer's Society offers a range of support services. From a listening ear on the phone to a visit in person and opportunities to connect with others. We'll be there for you again and again and again, no matter what.

Call us on **0333 150 3456** to get personalised information, support and advice.

SHIP Group Statement

Have your say as to how we spend the pay..

Since the merger of the Huthwaite and Skegby sites in July 2023 into Brierley Park Medical Group (BPMG), we have emerged as one of the largest active Patient Participation Groups in the Ashfield PCN.

As we have developed, we have revised our “mission statement” to “support the administrative and medical staff of the Group to try to help shape local health services”. In doing this, we have managed to provide a defibrillator at the Carnarvon Arms, Teversal, and to provide 10 large size cuffs for the blood pressure machines that BPMG loan out to patients to monitor their blood pressure at home.

We are aware that there are many small pots of funding that may be available to us, but we need to have a purpose behind the funding application; this is where we need your help.

If there is anything that you think would help us in bidding for fund and which would help the Group then please let the Reception Staff know at either the Skegby or Huthwaite sites and we’ll look at taking it further.

Cheers,

Steve Wright – Chair of SHIP Group

