

SUMMER 2024 NEWSLETTER

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Meet THE TEAM

PRACTICE NEWS



Clinical Team:

Dr W M Mikhail	Senior GP Partner
Dr G Singaravel (Dr Gopi)	GP Partner
Dr E Gabrawi	GP Partner
Dr O Adesanya	GP Registrar
Sarah Townsley	Nurse Prescriber
Donna Merrill	Practice Nurse
Teresa Brentnall	GP Assistant/Admin Supervisor
Helen Hinchliff	Phlebotomist
Michael Wong	Clinical Pharmacist
Nikki Watt	Clinical Pharmacist
Lucy Webb	First Contact Physiotherapist

Reception / Administration Team:

Jacquie Mikhail	Practice Manager
Helen Vick	Operational Manager
Melissa Collingwood	Receptionist
Elaine Gregory	Receptionist
Lauren Hegarty	Receptionist
Kelly Alvey	Receptionist
Michelle Carter	Receptionist
Billie Slinn	Medical Secretary
Keeley Phillips	Medical Secretary
Jennifer Mansfield	Medical Administrator



Monday: 08:00 – 18:30
Tuesday: 07:00 – 20:00
Wednesday: 08:00 – 18:30
Thursday: 07:30– 18:30
Friday: 08:00 – 18:30
WEEKEND: Few Saturday are provided

Practice Manager's Update



HELLO Summer

Dear patients and carers

Welcome to the summer edition of our Practice Newsletter. Our aim is to provide you with information about the Practice and the services we provide as well as information relating to health topics.

Be assured that the whole team here at Major Oak Medical Practice strive and work hard to provide the best level of care we can to our patients and carers.

There is an exciting change that the practice have planned for the near future. We are upgrading the existing phone system to the new internet 'Cloud Telephony', The new system will provide greater flexibility and reliability, including a queueing system when calling us, rather than having to keep redialling when the line is busy

I hope you find the information in this newsletter useful.

Jacquie

Practice Manager

You Said We Did



The phone lines are busy and there is no queuing system and the lines cut off.

We have agreed a new contract with a telephony provider with the facility of queuing system so callers will be informed of their number in the que with the option for a call back.



Welcome



New staff members at the Medical Practice

We would like to welcome the following new members of staff:-

Michelle Carter - Receptionist

Helen Hinchliff - Phlebotomist

Dates For your Diary

Staff Training

- Wednesday 10th July 2024 - shut from 12pm for staff training
- Wednesday 11th September 2024 - shut from 12pm for staff training

Bank Holidays

- Monday 26th August 2024.

DNA Figures

DNA figures for March 2024:

Total appointments wasted 66. Total time wasted = over 12 hours

DNA figures for April 2024:

Total appointments wasted 70. Total time wasted = over 12.5 hours

DNA figures for May 2024:

Total appointments wasted 69. Total time wasted = over 12.5 hours

Pharmacy First Scheme

Did you know that your local pharmacy can give advice and treatment on a range of minor ailments?

Under the **PHARMACY FIRST** scheme

They can help with conditions such as temperature/fever, sore throats, earache, head lice, constipation, conjunctivitis, Hay fever and much more.

Pharmacy treatments

The seven types of case that can be seen by pharmacies in the NHS Pharmacy First service

Clinical pathway	Age range
Acute otitis media*	1 - 17 years
Impetigo	1 year+
Infected insect bites	1 year+
Shingles	18 years+
Sinusitis	12 years+
Sore throat	5 years+
Urinary tract infections**	Women 16 - 64 years

*Also known as ear infection **Uncomplicated cases only

Stop Smoking Scheme

LIMITED OFFER

Your Health Notts

Want to quit smoking? Live in Nottinghamshire?*

You qualify for a **FREE** vape and e-liquid plus Premium access to the Smoke Free app.

The vape helps you resist cravings.
The app helps you love not smoking.

**Get both now.
Scan the QR code**



**Or use the link:
smokefreeapp.com/nottsabl**

**Need help with the app?:
support@smokefreeapp.com**




Smoke Free
smokefreeapp.com

*Excludes Nottingham City postcodes

Bite into healthier habits: Healthy Eating Week

It's Healthy Eating Week in June, a great chance to look at your diet and see if you can make some small changes to make it more varied and healthy. Remember, healthy eating doesn't have to break the bank. Here are some simple tips for eating healthy and staying on budget:

- Embrace seasonal produce.
- Plan your meals to avoid waste.
- Look up "budget-friendly recipes" online.
- Use frozen fruit and vegetables – just as tasty and a fraction of the price!
- Batch cook – this helps you to use all the ingredients in your fridge and cupboards.

• The British Heart Foundation has put together [25 healthy recipes you can cook in 5 minutes or less](#) to get you started! If pizzas are a favourite in your house, why not give their Quick Pizza Pittas a go?

Toast wholemeal pitta breads lightly (for ultimate speed, do this in a toaster while you pre-heat the grill). Spread each pitta with tomato puree or passata. Top with a little reduced-fat mozzarella, torn from a ball, and some sliced tomato. Optional extra toppings are tinned sweetcorn (no added salt or sugar), sliced spring onion or sliced button mushrooms. Place under the pre heated grill for 3 minutes or until the cheese is melted.

healthy
eating
Week



National Clean Air Day, 20th June

Air pollution is linked to 43,000 deaths in the UK each year. This is a shocking statistic and is something that we can all play a part in trying to resolve.



<https://www.actionforcleanair.org.uk/campaigns/clean-air-day>

March For MEN

March for Men raises funds and awareness for Prostate Cancer. You can get involved across the country and marches are happening in the first weekend in June.

One in eight men will be diagnosed with prostate cancer in their lifetime. You can check your risk of prostate cancer by answering three quick questions. The risk for trans or non-binary people may be different.

<https://prostatecanceruk.org/get-involved/march-for-men>

<https://prostatecanceruk.org/risk-checker>



Men's Health

This year the King shared news of health difficulties that he is facing. The focus of Men's Health Week is honest sharing to help others. As they say, a problem shared is a problem halved.

<https://www.menshealthforum.org.uk/mhw>



Diabetes Awareness

The focus of this year's Diabetes Week is health checks.

If you have diabetes it's important to make time for your health checks. We offer these to make sure that you're staying fit and well, and that your condition is well managed to ensure you stay healthy in the longer term.

<https://www.diabetes.org.uk/diabetes-week>

<https://www.diabetes.co.uk/nhs/diabetes-health-checks.html>



Learning Disability Week, 17th-23rd June



People with learning disabilities face discrimination and difficulty throughout their lives and “Do you see me?” is the theme of this year's Learning Disability Week. The week aims to encourage us to carefully think about how we can minimise those challenges.

<https://www.mencap.org.uk/learningdisabilityweek>

World Allergy Week, 23rd - 29th

The focus of this year's World Allergy Week is food allergies. Affecting many across the world, allergies can be life threatening, but there is much we can do to reduce risk and improve outcomes.

Symptoms of a food allergy can vary from mildly annoying to life threatening. You may experience swelling or tingling skin, lips, tongue or throat. You may experience digestive symptoms, or skin reactions. If you are experiencing swelling of the throat, shortness of breath, or other potentially life-threatening symptoms, you should urgently seek advice.

<https://worldallergy.org/resources/world-allergy-week>

<https://www.allergyuk.org/types-of-allergies/food-allergy/>



Useful Links



Your Mind Plan Quiz

There are little things we can all do to help look after our Mental Health. Try our plan to boost your wellbeing today - and make sure to email it for quick access and to easily swap in new ideas.

[Get Your Mind Plan - Every Mind Matters - NHS \(www.nhs.uk\)](http://www.nhs.uk)



The Education Hub

The Education Hub is a site for parents, pupils, educational professionals and the media that captures all you need to know about the education system. You will find information on popular topics, Q&A's, interviews, case studies and more.

[How we are supporting adults to secure a better job - The Education Hub \(blog.gov.uk\)](http://blog.gov.uk)



Skills For Life

Unlock a better way ahead. Find training, support and advice to gain the skills you need for the job you want.

[Unlock a better way ahead - Skills for Life](http://www.skillsforlife.org.uk)



Tax Credits are ending

People on Tax Credits will be moved to Universal Credit by 2024.

advice before you do as you will not be able to go back to tax credits or any other benefit that Universal Credit replaces.

[Tax credits are ending - Understanding Universal Credit](http://www.gov.uk)



Tax Free Child Care

You can get up to £500 every 3 months (up to £2,000 a year) for each of your children to help with the costs of childcare. This goes up to £1,000 every 3 months if a child is disabled (up to £4,000 a year).

[Tax-Free Childcare - GOV.UK \(www.gov.uk\)](http://www.gov.uk)



Benefit and Budgeting Calculator

You can see how much benefit you are eligible for and how much better off you might be in work. You can also see how changes in your household budget can affect your income.

[Benefit and budgeting calculator | Policy In Practice \(betteroffcalculator.co.uk\)](http://betteroffcalculator.co.uk)

Kids Zone - Can you colour these pictures in?

