

# Hama Medical Centre



## Newsletter January 2023

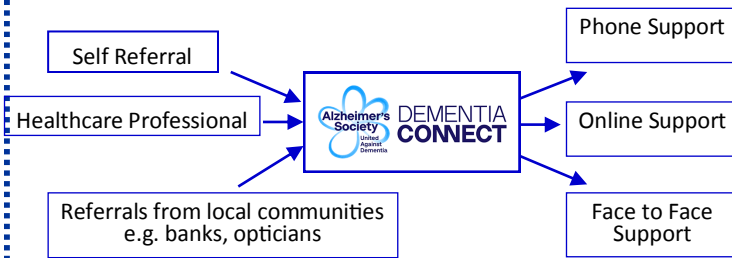
### Dementia Connect

A personalised service that connects anyone affected by dementia to the support they need, when they need it. Not just people with dementia but their carers, family and friends too. It's free for service users, easy to access, and puts them in touch with Dementia Advisers who can offer them the support, advice and information.

#### Examples of our support:

- Help with legal documents and Lasting Power of Attorney
- Connection to dementia groups within local communities
- Tips for making a home dementia-friendly
- Advice on how to cope and live with dementia, through information publications

#### Who can make a referral? And what support is available?



### NHS App

Did you know there is an NHS App which allows you to order your medication and check whether the prescription has been sent to your pharmacy. You can easily set up the app on your phone via the app store or you can contact Paul Claassen on 07584594206 for help to set it up.

### DNA's

As the covid pandemic becomes a normal part of life, we have noticed that there have been many more DNA's of both GP and Nurse appointments. **From 1st November 2022—31st January 2023 there were 280 appointments not attended equating to just under 60 hours!**

Please can we remind all patients to contact us to cancel/rebook appointments so that we can offer them to someone else. You can cancel an appointment by calling us or responding to the text message appointment reminder.



### Weight Management and Obesity—What's Available?



- ABL take a realistic approach to weight management. No strict diets or exhausting exercise routines but positive, regular, practical and realistic changes to achieve a healthy weight.
- All with the support of our friendly and positive advisors, there to support you with encouragement, advice and maintaining a positive approach to managing your weight and health behaviours.

<https://yourhealthnotts.co.uk/manage-weight-nottinghamshire-residents>

- Making small, simple changes to what and how much you are eating and drinking can really help you lose the pounds.
- More help to lose weight:
  - Healthy eating when trying to lose weight.
  - Calorie counting.
  - BMI calculator
- Download the free NHS Weight Loss Plan
  - Get it on Google Play
  - Download on the App Store

<https://www.nhs.uk/better-health/lose-weight/>



### Easy Meals App

**FREE** Easy Meals app: a great way to eat foods that are healthier for you.

Find delicious, easy meal ideas to get you going if you're ever short of inspiration.



### Weight Loss Plans and Weekly Cost

Second Nature	£10	<a href="http://www.secondnature.io/?utm_source=BetterHealth">www.secondnature.io/?utm_source=BetterHealth</a>
MAN v FAT Football	£6.87	<a href="https://manvfat.com/better-health/">https://manvfat.com/better-health/</a>
Slimming World	£4.95	<a href="http://www.slimmingworld.co.uk/betterhealth">www.slimmingworld.co.uk/betterhealth</a>
WW—Weight Watchers	£4.37	<a href="http://www.weightwatchers.com/uk/better-health">www.weightwatchers.com/uk/better-health</a>
Healthier For Life	£1	<a href="http://www.healthierforlife.com/better-health">www.healthierforlife.com/better-health</a>
GetSlim	£1	<a href="http://www.getslim.co.uk/betterhealth">www.getslim.co.uk/betterhealth</a>

## Places of Welcome Eastwood Library Thursdays 2pm – 3.30pm

Are you living on your own or feeling isolated, new to the area or just struggling to meet people in your neighbourhood.

Drop in for a complimentary cuppa and a chat with friendly faces. Meet new people, find things out, share your skills or just have a drink and relax.

For more information, visit [inspireculture.org.uk](http://inspireculture.org.uk) or call Ask Inspire on 01623 677 200

## First Contact Physio

We now have a first contact physio called Sean working with us at the Practice once a week on a Friday. He can see patients with any of the following :

- \*All soft tissue injuries, sprains, strains or sports injuries
- \*Arthritis – any joint
- \*Possible problems with muscles, ligaments, tendons or bone, eg tennis elbow, carpal tunnel syndrome, ankle sprains
- \*Spinal pain including lower back pain, mid-back pain and neck pain
- \*Spinal-related pain in arms or legs, including nerve symptoms, eg pins and needles or numbness



## Alternate Services in Nottinghamshire

If you need urgent care that isn't an emergency, please visit NHS 111 first. You'll get the advice you need and if you need to be seen, they direct you to the right service for you. This ensures that you are being seen in the right place at the right time.

### Your guide to health services in Nottingham and Nottinghamshire

Nottingham and Nottinghamshire  
Clinical Commissioning Group



#### SELF CARE

Treat aches and pains, coughs and colds at home with simple self-care. Stock up your medicine cabinet. Order repeat prescriptions in plenty of time. Get advice on self-care at [www.nhs.uk](http://www.nhs.uk)



#### PHARMACY

Pharmacists are highly trained and can offer advice and medication for many health conditions. This includes treatment for allergies, constipation, headaches, cold and flu symptoms and earache. Many pharmacies have extended opening hours. Find a pharmacy at [www.nhs.uk/service-search/find-a-pharmacy](http://www.nhs.uk/service-search/find-a-pharmacy)



#### YOUR GP PRACTICE

GP practices are open. Talk to your GP, nurse or other healthcare professionals about symptoms that aren't going away. They can offer telephone, online or face-to-face consultations for symptoms that don't go away. To see a GP or nurse practitioner out-of-hours, call NHS 111 or visit [111.nhs.uk](http://111.nhs.uk).



#### NHS 111

NHS 111 can help if you have a medical problem and you're not sure what to do. Either call NHS 111 or visit [111.nhs.uk](http://111.nhs.uk). It is available 24 hours, seven days a week. You can be connected to a nurse, emergency dentist or GP. Face-to-face appointments can be arranged out of hours.



#### URGENT TREATMENT CENTRE

You can get urgent medical attention for a range of conditions at our Urgent Care Centres. This includes sprains, fractures, minor burns and skin infections.

**Nottingham** – Seaton House, City Link, NG2 4LA - 7am-9pm  
**Newark** – Newark Hospital, Boundary Road, NG24 4DE - 9am-10pm (last patient admitted at 9.30pm)  
**Sutton-In-Ashfield** – Primary Care 24, King's Mill Hospital, NG17 4JL – 24 hours a day



#### DENTAL TREATMENT

Dentists are open. If you need urgent dental care please call your local NHS dental practice. They will complete a triage over the telephone to advise what treatment is needed.

If you need advice out-of-hours, call NHS 111. If you need urgent care and are not registered with a dentist, call NHS 111. Find an NHS dentist at [www.nhs.uk/service-search/find-a-dentist](http://www.nhs.uk/service-search/find-a-dentist)



#### MENTAL HEALTH CRISIS LINE

If you are experiencing a mental health crisis and need immediate help, you can contact the mental health crisis line 24 hours a day, 7 days a week. Call 0808 196 3779.

## Veteran Friendly Accredited Practice

We, at Hama Medical Centre are proud to be an accredited Veteran Friendly GP practice . As a Veteran Friendly GP Practice we:

- Have a clinical lead for veteran health, who is supported by the whole practice to improve veteran health services.
- Ask patients 'Have you served in the Armed Forces?' to help identify veteran patients and code them on our system.
- Support veteran patients to access dedicated health services.
- Undertake regular training and development to meet the health commitments of the Armed Forces Covenant and better understand the needs of veteran patients.

**If you're a veteran patient, please let us know that you have served so that we can make sure that we understand your health needs.**



**Radford Care Group**  
Do you look after someone with dementia?  
Specialist information is now available for YOU

**Radford Care Group**  
are pleased to announce their Programme for carers of those with dementia will give an improved understanding of all aspects of dementia.

**ST MARY'S CHURCH**  
CHURCH STREET EASTWOOD NOTTINGHAM  
NG16 3BB

from  
**Tuesday 7<sup>th</sup> February to Tuesday 21<sup>st</sup> March 2023**

10.30 am – 12.30 pm  
**Making Sense of Dementia**

**What carers need to know**  
This programme of special support sessions for carers of people with dementia will give an improved understanding of all aspects of dementia.

The free open week programme has experts joining the group and also offers individual support from other carers, refreshments and a chance to get your questions answered at a special and informal evening. Help with respite care may be available (subject to suitability).

**Booking is essential!** For more information or to reserve a place please contact us on 0115 956213 or email [info@radfordcaregroup.co.uk](mailto:info@radfordcaregroup.co.uk) or see Pearson on 0756 190889 or email [pearson@radfordcaregroup.co.uk](mailto:pearson@radfordcaregroup.co.uk)

**Advice on Prescription**

Advice on Prescription is a dedicated service where NHS staff (including link Workers) can signpost clients who need support from Citizens Advice for help with the non-clinical problems they face. Things like money problems, benefits, housing, consumer or any other matter that does not directly relate to clinical health services.

**Where to signpost**

**Beeston Health Centre, Dovecote House**  
By appointment telephone: 07874 019 566  
Monday: 9.30 – 12.30

**Stapleford Care Centre - drop-in service**  
Monday: 9.30 – 12.30  
Tuesday: 9.30 – 12.30  
Thursday: 9.30 – 12.30

**Eastwood or for a telephone call-back**  
Call 07874 019 566 for an appointment

Please do not display this leaflet in public areas.

**WARM SPACE FROM 3RD MAR 2023**  
Calling all age groups  
**PEOPLE WITH LEARNING DIFFICULTIES**  
and their carers/parents

**A WARM SAFE SPACE FREE OF CHARGE**

Come and socialise!

- Refreshments
- Games
- Craft activities
- Meet new friends
- Or just sit and relax.

Parish Nurse available for health promotion/advice & education if needed

**WHEN**  
1st and 3rd Friday morning of the month  
10am - 12 midday

**WHERE**  
Rumbletums  
Victoria Street  
Kimberley NG16 2NH

**COST OF LIVING SUPPORT**

Worried about the rising cost of living?

Come and join us on **Wednesday 22 March 2023, 11.30am-1.30pm** for information, advice and support.

Get information about:

- Managing household bills
- Health and wellbeing
- Benefits/welfare
- Food banks
- Debt advice
- Social opportunities.

Free lunch and refreshments available no need to book just drop in!

Where:  
Rumbletums Cafe,  
2A Victoria Street,  
Kimberley  
NG16 2NH

**Rumbletums**  
A great opportunity to connect with your community!

If you would like more information or to book a slot for your organisation contact [info@rubbletums.co.uk](mailto:info@rubbletums.co.uk)

**Did you know that Hama Medical Centre has a patient participation group?**

Hello, I am a member of the Hama Medical Practice Patient Participation Group. We want to ensure that the views of patients and carers are being fed into the practice.

To do this, we are compiling a contact list of email addresses so that we can contact you every now and then to ask you a question or two.

THE HAMA PPG would like to hear YOUR VIEWS

PLEASE ADD YOUR EMAIL TO THE FORM AT RECEPTION TO JOIN OUR CONTACT LIST! :)