



the Millway Newsletter

Issue 4



www.millwaymedical.com



Autumn 2017

Practice News

In this edition I am taking the opportunity to talk about Online Access – it is quick, easy and secure

Sign up to online services and you'll be able to:-

- book or cancel appointments online
- order repeat prescriptions
- view parts of your GP record, including information about medication, allergies and vaccinations

It is easy to start using this service – just take your photo ID (passport or driving licence) to our reception and tell them you want to start using our online services. You will be given a unique username, password and instructions on how to log in. If you do not have any ID then either a member of staff will have to confirm your identity or you may have to answer questions about personal information in your GP record.

To extend the access for viewing your records you need to fill in a short registration form available at our reception and once it's been approved by your usual GP, you will be notified of the extended access.

Do you need help using the internet?

There are a number of different services for people who need Internet training such as UK online centres. Others are provided by local authorities, colleges and charities. The best place to start would be your local library. Get tips on this website to help you become a more confident internet user, including how to keep yourself and others safe online.

For more information see our website or speak to reception

Staff News

We welcome new staff members -GP registrar Dr Nisha Raithatha who will be trained under the supervision of Dr Thiruudaian, health care support worker Janak Dattani, receptionists Yu Yu Kyi Aye and Joanne Edwards. We also welcome back Esther Norris to reception.

We sadly had to say goodbye to receptionist Vanessa Otitoju and Business Manager Carol Lynch we wish them both well for the future.

Its bye for now to Dr Anuja Shah and Dr Kara Sheehan both are on maternity leave with their new additions due very soon!

We also say a big congratulations to Dr Amanda Grattan who got married over the summer.

It has been a very busy period at Millway

Don't forget to visit our website and check our Facebook for details for regular updates

Krishna Moorthy, Practice Manager

CHRISTMAS IS COMING.....



Please ensure you organise your prescription requests on time to ensure they are processed and ready for the Christmas period!

You can also ask for your prescriptions in advance to suit your travel needs. Make it clear you are travelling when you submit your request.

You can also do this online—Ask our reception team



NEWSFLASH—FLU CLINIC DATES

We will be hosting walk-in flu clinics for eligible patients on:

Saturday 7th October 2017	9am till 12pm
Sunday 8th October 2017	9am till 12pm
Saturday 21st October 2017	9am till 12pm
Sunday 22nd October 2017	9am till 12pm

N.B If you are under 18 please come along for your vaccine after the 8th October

You will be eligible for a flu vaccine if you fall into one of the below categories:-

Over 65 year olds

People with long term conditions

- Respiratory, heart, kidney, liver, neurological diseases
- **Diabetes**
- **Splenic Dysfunction**
- **Weakened immune system**

Pregnant Women

Children aged 2, and 3 years old (but not four on the 31st August 2017) at your G.P.

Children in year 1, 2, 3 and 4 in primary school will be vaccinated at your child's school

People living in residential care homes

If you are unable to attend on any of the above dates please book an appointment online or via reception with the Nurse or HCA or alternatively if you have a GP appointment they can do it for you!

Shingles Vaccine—Ask reception or go online to see if your eligible



Patient Participation Group—AGM Report

Millway PPG had its first AGM on Thursday 14th September which was attended by a good number of patients.

A new constitution was agreed for the renewed PPG and elections for members of the Committee were held.

The successful candidates were: Susan McDonnell, Anne Yates, Jean Gaffin, Tanya Midgen, John Gumpwright, Richard Driscoll, Maria-Cristina Zimmerman and Nila Patel.

The Health Champions gave an update of their groups that have been set up and Dr Hall gave an update of changes within the Practice and ways they are managing to deal with the increased patient demand - the number of consultations has increased from 3-4 consultations per patient per year around the year 2000 to 8 consultations per year now. The meeting ended with time for the patient to "Have their say" which gave time to the patients to ask questions and make comments.



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Meet The Team

Our Prescription and registration clerk Mr Nasser Agha and our new Pharmacist Mrs Arshna Sanghrajka.

Arshna runs diabetic clinics and deals with script queries to help reduce the doctors workload. Nasser deals with all general prescription requests as well as registrations here at the practice.

Any prescription queries please contact them at :-
Millway.scriptquery@nhs.net



An Interview with...



Dr Nikesh Patel, Salaried GP

How long have you worked at Millway and what did you do before? 2 years

(completed my final year of GP training at Millway and then stayed on as a part-time GP).

What do you like and dislike about working at Millway?

Like – the team and patients

Dislike – staying on top of my admin work

What makes you laugh? *My wife*

How do you relax after work?

Going to the gym, playing badminton and watching football (huge Manchester United fan!). I'm also slightly addicted to Netflix at the moment...

What is your favourite food?

Anything with chicken in it

If you were stranded on a desert island, what three items would you want with you?

My phone, a nice bottle of whiskey and a pillow

If you were stranded on a desert island, what three records would you take?

Al Green - Let's stay together

Biggie Smalls – Juicy

Artful dodger – Re-rewind

What's your favourite film or TV programme?

Game of Thrones and Breaking Bad

What was the last book you read? *Mindfulness – a practical guide to finding peace in a frantic world by Mark Williams and Danny Penman (I have started to practice what I preach)*

If you could have dinner with any 3 people, living or dead, who would they be?

Sir Alex Ferguson, Nicole Scherzinger and Muhammad Ali

What would you do if you were Health Minister for a week?

Dedicate funding to integrate and standardise IT systems throughout the NHS which aims to improve communication between all health sectors, increase work efficiency and utilise innovative technology.

Want to quit smoking? - Here's how



We run clinics to help smokers to quit – a series of five, one-to-one weekly sessions offering support and guidance.

The first 30 minutes session is to assess the level of support required and to offer an individualised “quit plan”. Participants are expected to attend at least two further face-to-face appointments.

Patients will ;

- Be advised of the impact of nicotine withdrawal
- Advised how to manage withdrawal symptoms.
- Offered Nicotine replacement therapies and progress monitored by using carbon monoxide readings.

Clinics are run by accredited nurses who are trained to identify clinical concerns regarding medications that may be affected by stopping smoking.

It's STOPTOBER this month— The 28-day stop smoking challenge why not try and quit this month with our help!

[Book an appointment at reception](#)

Events

Volunteers are organising a coffee afternoon on:-

Wednesday 11th October 13:30-16:00pm

During this session Joyce Kamanu, our Dementia Advisor will give a talk to raise awareness as well inform you on what support and information is available for patients and carers. Please join us.

Volunteers also are setting up further groups please ask at reception for details of the following:-

Diabetic Support Group / Support for Children with special needs and Knit and Natter

Website

You can now give feedback using our new online forms to either

[Comment](#), [Compliment](#) or make a [Complaint](#)

Join our Virtual Patient Participation Group (PPG)

Look at our current Doctor's Groups as well as the latest practice news and events .

Visit our website at www.millwaymedical.com

Update your details

Please ensure we have your most up to date contact information.

If you have no mobile or email.....

Why not ask a friend /relative or carer to buddy you at the practice so you can receive the latest information via text message and email through their details.

A simple form can be completed with your consent.

Forms available at reception.