

VOL. 2 ISSUE 8. JAN 2025

CRADLEY SURGERY

Official Newsletter

Dr P Clegg & Dr C Spruce

Welcome to a new year at Cradley Surgery!

Best wishes from all of the team here at Cradley Surgery for a happy and healthy 2025!

New Year's Resolutions

Alcohol

Lots of our patients do a 'Dry January'. It's a great idea; it gives the liver a rest and a chance to regenerate damaged cells. But please note; it is even better to have one day a week, one week a month, and one month a year without alcohol.

Smoking

Our Doctors can help you with nicotine replacement medication in various forms, or medication that works on the addiction centre in the brain (this has been around for several years). We don't mind how you do it, as long as you do.

If you wish a doctor's help, please come to the appointment with two things 1) a list of things that have sabotaged your previous efforts to give up and 2) a date on which you are going to stop. Then we can make a plan. Please make the appointment and explain that is for smoking cessation.

Staff News

With the New Year it is also time that we say a fond farewell to 3 of our team members.

Sarah, one our secretaries, who has now retired, is going to be a full time lady of leisure!

Molly, one of our reception team, who has jetted off to Australia to travel for a few months and see the sights.

And Jean, another of our reception team who is moving to be closer to her family.

Best of luck to you all, you will be greatly missed!

Welcome to:

Natalie & Lucy who are due to join our reception team in 2025!



Cradley Surgery

DR C SPRUCE & DR P CLEGG

What is HRH?

HRH are triage appointments.

We offer Herefordshire Remote Healthcare (HRH) telephone appointments. These are clinicians in Herefordshire who support the practice to help us increase our capacity and get you sorted as quickly as possible. Rest assured, they can access your notes, the same as your usual GP and are here to help our GP's at the surgery with overwhelming pressures. The HRH clinicians are able to decide whether you need medication and can offer face to face same day appointments (here at the surgery) if deemed necessary.

You may get an E-mail or text before your appointment and the number will come through as withheld.

DNA Appointments

We are noticing a high number of patients who are not attending booked appointments at the Surgery with the GP or the nursing team.

Please note that if you cannot attend your appointment to please notify the surgery by calling us on 01886 880 207, or you cancel your appointment via the NHS App.

Approximately 40 appointments per month are classified as 'Did Not Attend' (DNA) - i.e. the patient did not turn up for the appointment and did not contact the surgery in advance to cancel/change the appointment.

The effects of this are:

- A potential risk to the health of the patient
- An increase in the waiting time for appointments
- Frustration for both staff and patients
- A waste of resources

SPOTLIGHT ON:

21st-28th January

Cervical Cancer Prevention week

We are highlighting the benefits of cervical screening and reminding patients that having regular screening can help stop cancer before it starts. The campaign encourages those eligible for screening - aged 25 to 64, to respond to their cervical screening invitations and to book an appointment at their GP practice if they missed their last one.

Statistically 2 women die every day from cervical cancer in England. Yet it is one of the most preventable cancers and getting screened can help stop it before it starts. Screening checks for certain types of the HPV virus that can cause cell changes to your cervix. Cell changes are easily treated and this prevents cervical cancer.

Please contact us on 01886 880 207 to book in.