



## Welcome

We've recently welcomed new members to our clinical team. Dr Caroline Norris (left) and Dr Benjamin Gray (centre) joined us in December, while pharmacist Amar Iqbal (right) started in November.

Dr Norris trained in Nottingham and lives locally in the West Bridgford area with her young family. Her hobbies are reading, walking and running, and she is an active member of the church community. She is particularly interested in women's health and dermatology.

Dr Norris works Monday, Thursday, and Friday all day.

Dr Gray returns to the practice after training with Musters Medical Practice six years ago.

He has a keen interest in teaching fellow students, men's health, and whole person healthcare.

Dr Gray is also an active member of the church community and he works Monday, Tuesday, and Friday all day.

Amar joined us in November as part of the Primary Care Network Additional Roles Reimbursement Scheme (ARRS) team. He has vast pharmacology experience and has hit the ground running. He works with us Monday to Friday.

## Health Calendar

**January** is the time for fresh starts. And if you'd like to cut back on the booze going forward, there is lots of support available.

To help, why not download the NHS Drink Free Days App or take a look at tips put together by the NHS to help reduce alcohol intake <https://www.nhs.uk/live-well/alcohol-advice/tips-on-cutting-down-alcohol/>

Obesity is the target subject for **February**. Use the free NHS Food Scanner app to bring your favourite food labels to life and start finding healthier swaps. A quick scan of the barcode on the product's packaging using your phone's camera will show you more details .

**March** continues the focus on obesity. Why not download the NHS Weight Loss Plan to help you start healthier eating habits and encourage more activity? Or look into eligibility for the Exercise for Health GP referral scheme.

For more information on all these topics, visit the self-help section on [www.rushcliffehealth.org](http://www.rushcliffehealth.org)



Don't forget, we now have a Facebook page which we're trying to update regularly. Please give it a follow for the latest news from Musters Medical Practice. Here's the link <https://www.facebook.com/www.mustersmedicalpractice.co.uk>

## Online requests

Please note, when you contact the practice online, there may be instances when the practice has reached capacity. Therefore, the online request system may be temporarily closed.

Please try again from 8 am the next working day. Please only call the surgery if your request is urgent. Otherwise, complete a form from 8 am Monday to Friday. Thank you.

## Patient Participation Group

Musters Medical Practice has an active Patient Participation Group but is keen to recruit new members to make the group as representative as possible.

The group generally meets four or five times a year. Details <https://www.mustersmedicalpractice.co.uk/practice-information/patient-participation-group/>

## Surgery closures

Please note that the practice is due to be closed on the following dates from 12pm for staff training: 13<sup>th</sup> February, 13<sup>th</sup> March and 3<sup>rd</sup> April.

However, there will be a selected GP clinic running and, therefore, we will remain open during this time to patients with a GP appointment. In a non-emergency, please call 111. In an emergency, please call 999.

## Social Prescribing Hub

The Rushcliffe Social Prescribing Hub has a range of interesting activities and talks organised in support of Rushcliffe residents registered with a GP in the area.

Primarily held in the West Bridgford Young People Centre at West Bridgford Community Hub, Bridgford Road, but also at other venues, the events include a climbing course, Menopause Café, cook and connect, yoga and sound, and much more.

The Social Prescribing Hub is open for drop -in on Mondays, 10am to 12pm, for information and advice.

Whether you are looking to meet new people or explore wellness activities, there is something for everyone.

For details of events, visit <https://www.trybooking.com/uk/eventlist/westbridgfordsocialprescribingcommunityhub>

## Diabetes Support Group

If you have diabetes or have recently been diagnosed, you might like to get in touch with Rushcliffe Diabetes Support Group.

Run by people with diabetes, the group meets on the 4<sup>th</sup> Tuesday of each month from 10.30am to 12.30pm at St Paul's, Boundary Road in West Bridgford, NG2 7DB.

Diabetics are welcome to bring along partners, carers etc.

There is ample parking, ground floor access, and the venue is served by the number 8 and 9 bus.

For further information contact John Burnett on 07814 924670 or email [john\\_burnett64@hotmail.co.uk](mailto:john_burnett64@hotmail.co.uk)



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