



MUSTERS
MEDICAL PRACTICE



Summer 2025

Staff updates

Dr Maggie Crowe has joined us to replace Dr Vindhya Kamdar who has moved to a position nearer to her Leicester home.

Dr Crowe is working two days a week - on Tuesdays and Wednesdays.

She said: "I am very pleased to have joined the team and I am looking forward to getting to know the patients at Musters Medical Practice.



"I graduated as a mature student from Leicester Medical School in 1999 and went on to train as a GP in Buckinghamshire and Northwest London.

"Since moving back to Nottingham in 2004 I have worked as a GP partner and trainer within the city, with a two-year period working away on a Scottish Island. I grew up in West Bridgford and have brought up my daughter here. I have spent many hours dog walking in Rushcliffe Country Park.

"I spend as much time as possible in the Lake District, where my family originate from, and in the Scottish Highlands and Islands - the more remote the better! I love cooking, entertaining and hosting friends with quiz and games nights."

Rapid Health

Our data shows that in the first month after we introduced Rapid Health – the new, online way of booking a GP appointment or undertaking administrative requests – we received on average 488 requests per week. Of those, 75% were medical requests.

Some 68% of medical requests were offered an appointment automatically.

Just under half of the requests were made by those aged over 50. Most requests were made between 6am and 9am.



As a result of introducing Rapid Health, telephone calls to the practice have reduced by around a third.

Rapid Health is our online patient triage system introduced at the end of April. It can be used to access self-care information, submit medical and administrative requests, and even register new patients to the surgery.

Visit our website to find out more.



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>

Please let us know if you need to cancel your appointment

We're currently experiencing an increase in the number of people who fail to show up for their appointment.

In June, more than 166 appointments were wasted by people who did not attend. That equated to more than 35 hours of wasted time.

During April, May and June combined, 100 hours of doctors' time was wasted as a result of patients who did not attend their appointment.

Please let us know if you need to cancel so that we can re-allocate the appointment.

Health Calendar

In **July** we are focusing on lung health. As part of this, we are running a quit smoking campaign.

We are also encouraging the 'Go Green' recycling of inhalers.

August is the month where we shine the spotlight on physical activity – highlighting the benefits of being physically active.

During **September** we are focusing on mental health and will have a range of suggestions for patients to help improve mental health.

Visit our website to discover our health calendar for the year <https://www.mustersmedicalpractice.co.uk/>



Join us for Rushcliffe Parkrun

On Saturday 6th September we'll be staging Musters Medical Practice Parkrun and Picnic at Rushcliffe Country Park.

And we're inviting patients and staff to join in.

Held in conjunction with the regular Parkrun which takes place every Saturday at 9am at the county park, the event is a 5k which can be run, jogged or walked. Or you can just come along and cheer.

It's all about community connection and having a great time together.

After the Parkrun, stick around for a picnic. Bring your own food, snacks and drinks, plus something comfy to sit on. It's a perfect chance to chat, chill and enjoy the morning.

Registering for and taking part in Parkrun is free. And you'll enjoy 20% off at the *Coffee and Cake by the Lake* kiosk until 10.30am on the day if you show your Parkrun barcode. Register here for Parkrun <https://www.parkrun.org.uk/> and we look forward to seeing you on 6th September.

Practice closures

Please note the practice will be closed in the afternoons on the following dates for staff training and mandatory business:

- 11th September 2025
- 9th October 2025
- 13th November 2025



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