

Pharmacists' role

Our pharmacists play an important role in the practice.

We have two pharmacists - Aliyah Sumar who works Monday and Wednesday and Agen Mohamad, who works Tuesday to Friday.

They are highly skilled healthcare professionals who have trained for many years to become medicines specialists. They have expert knowledge of medicines and use this to work closely with multidisciplinary teams.

Their role includes:

- Medicine management in practice
- Management of long-term conditions through regular clinics
- Provide structured medication reviews (SMRs) to patients with long term conditions taking 10 or more medicines
 - o SMRs aim to support patients to get the best from their medicines, reduce waste and promote self-care.
- Advice for safer prescribing
- Answer patient queries regarding their medication
- Support for the wider clinical team with medication queries
- Work closely with our Primary Care Network pharmacy technician colleagues.

Our pharmacists are actively sending patients booking links for them to book an appointment directly or patients can call to book a medication review if due.

Fitness class



As part of our focus on physical activity in August, we invited Rushcliffe Arena Fitness Team to stage a fitness class in the waiting room.

The class went brilliantly. Thank you to those who came along and took part - your energy and enthusiasm made it a fantastic session.



Don't forget, we now have a Facebook page which we're trying to update regularly.

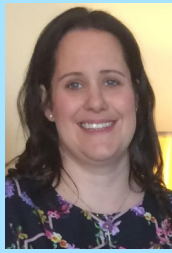
Please give it a follow for the latest news from Musters Medical Practice. Here's the

link <https://www.facebook.com/www.mustersmedicalpractice.co.uk>

Introducing...

Vanessa Hewitt, clinical admin manager at Musters Medical Practice.

Working Monday to Friday, Vanessa has been appointed to ensure the smooth running of front-of-house operations and contribute to excellent patient experience and practice efficiency.



Coffee morning



Thank you to everyone who joined our Macmillan coffee morning in September. We raised more than £150 for Macmillan Cancer Support.

Health Calendar

Each month we are focusing on a different health topic.

October is frailty awareness month, where we highlight the challenges of reduced resilience and the importance of early recognition and education to modify risk factors.

In **November**, we are focusing on diabetes. The West Bridgford Diabetes Support Group meets on the 4th Tuesday of each month from 10.30am to 12.30pm at St Paul's, Boundary Rd, West Bridgford, NG2 7DB. For more information contact [John Burnett64@hotmail.co.uk](mailto:John_Burnett64@hotmail.co.uk)

In **December** we are turning the spotlight on children's health. Keep an eye on our website for more details.

Parkrun practice



We are delighted to have become a parkrun practice – a voluntary collaboration between the practice and Rushcliffe Parkrun.

The parkrun practice initiative is a social prescribing programme taking an accessible and low cost approach to promoting health and wellbeing throughout primary care. The initiative enables GPs and practice staff to socially prescribe physical activity by referring patients to one of more than 660 parkruns that take place throughout the UK at 9am on Saturday mornings.

The 5k events are free to join – participants just need to register – and are a great way to improve fitness, health and wellbeing.

Members of the practice joined Rushcliffe Parkrun at Rushcliffe Country Park on 6th September to highlight the collaboration, with patients and staff running, walking and volunteering at the event.

Admin queries

To request continued sick notes, letters or reports, for referrals queries, repeat prescriptions and to update your personal details, please visit our website.

Click on the link on the home page which says 'Get started with our online booking tool' and then scroll down to the questions and admin section.

Practice closures

Please note, the surgery will be closed for the afternoon from 12.30pm onwards for essential training on Thursday 9th October and Thursday 13th November 2025.



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