

Patient Participation Group

Your PPG needs you!

The Patient Participation Group is always looking for new members. We are particularly looking to recruit younger members and parents of young children, so that the PPG can fully represent the patient population.

We meet every quarter (Jan, Apr, Jul & Oct) on the last Wednesday of the month from 6.30 - 8.00 pm at the Duffield Surgery. Any further involvement is up to each individual, so the task is not particularly onerous!

If you think you would like to play a part in this group that provides a vital link between the Practice and the patients, please pick up a leaflet at the surgery; see the PPG section under Patients on the website; or simply come along to the next meeting. You will be very welcome!

George Newton-PPG Chair



Appletree Staff Changes



ARRIVALS

Dr Emily Dilley - Salaried GP
Dr Stacey Walklett - Salaried GP
Georgia Humberstone - ACP
Donna Annable - Receptionist
Anna Aston - Receptionist
Gemma Breeze - Nurse Prescriber
Kelly Drabble - HCA

DEPARTURES

Shirley Searson - Receptionist
Dr Azfar Alam - GP Registrar
Dr Serena Hancox - Salaried GP

Missed Appointments

2024 MISSED APPOINTMENTS		
Clinician	Appts	Hours
Doctors	261	65
ACPs	127	32
Nurses	437	73
Total missed appointments	825	170

GP APPOINTMENT?
CAN'T MAKE IT?
DON'T NEED IT?

CANCEL IT!



YOUR HEALTH MATTERS SPRING 2025

A JOINT PUBLICATION FROM APPLETREE MEDICAL PRACTICE/APPLETREE PPG

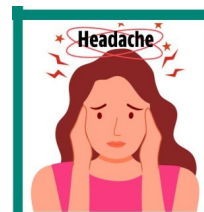
Hay Fever? Your local Pharmacy can help!

As pollen levels rise, hay fever symptoms like sneezing, itchy eyes, and a runny nose can cause real discomfort. Fortunately, you don't need to see a GP - your local pharmacy can offer fast, expert help.

Pharmacists can recommend a range of effective treatments, including stronger antihistamines like **fexofenadine 120mg**, now available to buy over the counter, along with nasal sprays and eye drops. They can also advise you on how to reduce your pollen exposure, such as keeping windows closed and using wrap-around sunglasses outdoors.

Most hay fever symptoms can be managed with pharmacy treatments. You should only contact the GP surgery if your symptoms are severe or not improving.

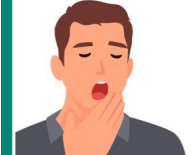
Don't suffer in silence - visit your pharmacy today and enjoy the season again!



Itchy, red or watery eyes



Feeling tired



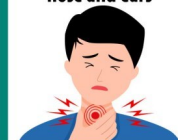
A runny or blocked nose



Sneezing and coughing



Itchy throat, mouth, nose and ears



Loss of smell



Pain around the sides of your head and your forehead



The Friends and Family Test

"We need your feedback"



Diabetes Awareness Week - Lets talk about Diabetes

Diabetes Awareness Week takes place from **9th to 15th June 2025**, and it's a great opportunity to raise understanding of this common but serious condition.

Did you know?

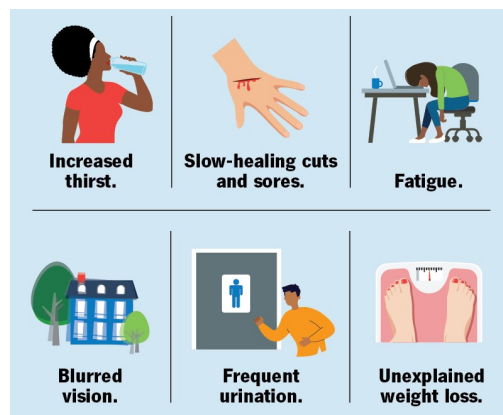
- Around **4.3 million people** are living with diabetes in the UK.
- **Type 2 diabetes** is often linked to lifestyle factors like diet, weight, and exercise - but **anyone** can develop diabetes.
- **Early diagnosis and good management** can prevent complications such as heart disease, kidney disease, and sight loss.

This year's theme:

"Diabetes: It's Every Body's Business" - highlighting that diabetes can affect anyone and that raising awareness helps us all spot the signs early.

Know the signs of diabetes:

- Feeling very thirsty
- Frequent urination
- Feeling very tired
- Unexplained Weight loss
- Blurred vision
- Slow-healing wounds



How you can get involved:

- Check your risk online with the [Diabetes UK Risk Tool](#)
- Book your NHS Health Check if you're aged 40–74 and haven't had one in the last five years
- Learn about simple lifestyle changes like eating well, moving more, and quitting smoking

Support for our patients:

Our practice nurses are available for diabetes reviews, support, and advice. If you have concerns about diabetes, please don't hesitate to book an appointment or phone for advice.

Together, we can make a real difference.

Iris Award

We're delighted to announce that **Jessica Roberts**, Care Co-ordinator, has received the **Iris Award** for her outstanding support of a stroke patient. Jessica's dedication made a real difference to the patient's recovery, and she's a true credit to our team. **Well done, Jess – a well-deserved award!**



New Baby for Dr Hale

We are delighted to announce that Dr Olivia Hale has given birth to a gorgeous baby girl at the end of March. Mother and baby are doing well and Dr Hale is looking forward to spending some quality time getting to know her.



Welcome to our New GPs

We are delighted to welcome **two fantastic new GPs** to our growing team.

Dr Stacey Walklett has joined us to provide maternity cover for Dr Hale and will be with the practice for the next 10 months. Dr Walklett brings a compassionate and thoughtful approach to care and will be looking after Dr Hale's patients' during this time.



We're also excited to introduce **Dr Emily Dilley**, who joins us as a Salaried GP. With over 10 years of experience across a wide range of medical specialities, Dr Dilley brings a wealth of knowledge, clinical expertise, and a genuine passion for patient care.

Please join us in giving both doctors a warm welcome - we're thrilled to have them on board!

A Challenging year - But we're back to Full Capacity!

Like many healthcare providers, we've faced a particularly tough year with unexpected levels of staff sickness and absence. We want to thank you all for your understanding and patience while we worked hard to maintain services during this difficult period.

We're pleased to share that we will soon be **back to full capacity** and operating at our normal levels. To further enhance our care, we've recently employed an **additional GP**, working **3 days per week**, to the team. This means more appointments and hopefully better access for everyone.