

**Newsletter  
2025**



# Newland news

## **Announcements**

Lindsey Tollan joined the practice in May as our Advanced Physiotherapist. We now have Physiotherapy cover full day on a Monday & Friday. We welcome Lindsey to the team.

From August, Dr Kelly Jefferies will reduce her working week and will be in the practice on a Monday & Tuesday. At the end of July Dr Gem Attwell will be starting with us on a Thursday and Friday. We wish her well in her new position at Newland.

Stephanie Pierotti will be on maternity leave from the end of August. A big congratulations to Stephanie and her family!

## **One Contact – Online Review**

In our Spring newsletter we briefly mentioned one contact. One contact is an online review service. We are currently only offering this to patients the mini pill (*Cerelle, Cerazette, Desogestrel and Noriday*)

We are happy to announce this service is now up and running.

When you call reception to make a pill review, a member of staff will direct you to our website if you're eligible for the online review. Please do not fill in this form if you haven't been asked by a member of staff.



# Practice Mental Health Nurse

## The Role of the Practice MH Nurse (PMHN)

The PMHN works closely with the GPs in your practice. We offer 25-minute appointments to assess your mental health and signpost you to the appropriate help.

The PMHN will see patients requesting a GP appointment for mental health, stress, anxiety, depression, low mood, panic attacks or similar.

These are patients who normally cope well, experiencing mental health symptoms because of current adverse life events e.g:

- Recent relationship problem**
- Recent bereavement**
- Recent redundancy**
- Family illness**

These patients will often be in work and have reasonable social support networks and would be expected to recover within a relatively short period of time.

Call our reception team to book in with our PMHN