

In this month's newsletter I wanted to mention the increasing number of self-referral options available for our patients. Some reference to this was also made in last month's newsletter highlighting support for lifestyle change for the New Year (contact <https://yourhealthnotts.co.uk/>), and the Pharmacy First scheme where high street pharmacies can manage and prescribe for a limited list of conditions. I won't cover the same ground this time (for those that missed it try our website <https://www.calvertonpractice.co.uk/> for last month's newsletter).

The advantage of self-referral is that you are in control, it is convenient, and it avoids the delay of waiting to speak to your GP first. Generally, these are services which don't require any prior health assessment and there is more information on <https://notts.icb.nhs.uk/self-referral-services/>. There is also a poster with a QR code on our notice boards in the surgery. Essentially the list includes: - Alcohol and Drug misuse, Sexual and Reproductive Health, Mental Health, Children's Health, Continence, Eye Health, Foot Care, MSK physiotherapy, Early years and family hub. That list is not exhaustive, and it is often worth putting your question into a search engine including the words Notts and NHS to see what comes up. We also have plenty of leaflets regarding the services Your Health Notts provide in the surgery, plus a contact no of 0115 7722515 if preferred.

Next, Ros Ward our practice management assistant has asked me to say that in the context of 'you said / we did' feedback, you said, '*Could a text be sent to all patients informing them of closures for staff training*'. We said, '*we have now set up a process to send a text message to all patients (who have given consent) at the beginning of the week to make them aware of staff training closures*'. It is worth noting this information is also available on our website.

Finally, I am sorry to report that Dr Amna Mir has now finished at the practice. The good news is that it is because she has now successfully completed her GP training programme and as a result will be moving onto pastures new. Congratulations Amna from all of us here at the surgery.

Phil Rayner, The Calverton Surgery