

Summer

Forest Medical

www.forestmedicalgroup.co.uk

Rosemary Street HC

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Mansfield

Notts

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Oak Tree Lane Surgery

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Welcome to our summer edition of the Forest Medical Newsletter. In this issue I have included some important information to keep you updated. Summer's here and hopefully you are preparing for your annual 'jollies'. Do remember to take enough of your prescription medication so you don't run out and have a small first aid kit handy just in case, your local Pharmacy can advise what to take.

In this issue I have also included some ideas if you are at a loose end or feel like getting involved with something.

Have a good break and take care

Editor

Neil E Hill, P.P.G.

Forest Medical is an extremely popular and busy Medical Practice and our list size has grown tremendously over the past year. In order to meet the demand from our patients I am delighted to inform you of the forthcoming additions to our team.

From May 2015 Dr Hameed will be joining us as a salaried GP. Dr Hameed was previously one of Registrars and we are very pleased to have him back as a qualified GP. Dr Hameed is also a specialist in ENT (Ear Nose and Throat).

From June 2015 we will increase our "On The Day" appointments as our new Practitioner, Ian Farnsworth will be joining us. Ian will be working full time at the Rosemary Street Health Centre site and will see patients who need urgent medical attention.

From July 2015 we will also be joined by an extremely experienced HCA (Health Care Assistant), Di Darrington-Jackson. Di will also be full time and will be seeing patients for Spirometry, Ear Care, Health Checks and Wound Dressings to name but a few of her skills.

I am sure you will welcome our new members and find them to be friendly, knowledgeable and approachable.

Nicola Ryan, Practice Manager

Our Nurse Katie Pickard will be leaving us to join the Integrated Care Team (PRISM) as a Diabetic Specialist Nurse. We would like to thank Katie and wish her all the best in her new role. She will be missed by staff and patients alike.

Dementia Carers Support Group

Are you a carer? would you like to be involved in a care support coffee morning?

If so please join us every

Thursday from 10.30am till 12.30

At

Refresh Yourself Resource Centre

14 St John Street, Mansfield, NG18 1QJ

For more information please contact

Donna Williams

07843597876

To enable you to attend we can provide extra support for the person you are caring for, please call to enquire as there are limited spaces.

Your Named Accountable GP

From 1 April 2015, practices are required under the contract to allocate a named, accountable GP to all patients (including children).

Unless you have specified an alternative GP your named accountable GP will be our Senior Partner Dr Denis Primorac.

This will in no way effect your care from the Practice and you will be seen by all GPs who have equal access to medical records. Unless you pre-book your appointment in advance you will be allocated a GP subject to availability on that day.



Summer Activities for All

Outdoor Activities

Walking, Jogging, football, cycling, skateboarding, badminton, tennis, parks, gardening, water sports, camping, etc.

Do remember to protect yourself from the sun's UV rays, plenty of sun screen and wear a hat.



Indoor activities

Swimming, local summer play schools, exercise keep fit classes, Zumba, swing, dancing, games

Summer

"Excellent healthcare for all"

follow us on
twitter

@rshcmansfield

Community Enrichment



Volunteering

For those of you that have some spare time available and relish a challenge here is an idea that may be worth considering. Why not volunteer, there are several local organisations who are seeking some help from people like you. Do you have a skill?. Volunteers come from all walks of life, from retirees, to citizens not in work, workers, part timers and young people. The rewards of volunteering is that it gives you the opportunity to meet new people, make new friends, use your skillset, gets you out and about. Helps you feel valued and make a positive contribution to the community.

There are many opportunities like helping in your local hospital, helping a charity, working with animals, woodland projects, IT, carers, befriending, using your work skills, supporting others, almost anything, the list is endless.

Here are a few suggestions from where to begin or pop into your local library for more information.

- ◆ <https://www.ncvo.org.uk/>
- ◆ <https://do-it.org/>



Community connected

For those savvy with IT and computers there is a really good website that encourages local people to join together in their own community its called Streetlife a British social network for local communities.

The aim is to help people make the most of where they live by connecting with their neighbours and sharing practical advice and information, meeting socially, hear what's happening locally, share resources, find out about local leisure classes. Discuss nearby news, crime, planning proposals and public services.

A local social group has already formed in Mansfield who meet over coffee to chat about arranging and meeting for days out, dining, cinema, walks, pub lunches etc.

For more information go to the website below.

<https://www.streetlife.com/>

everyone
HEALTH

From April 2015—A new countywide weight management service will support and assist adults, young people, children and families (including pregnant women) who would like to increase physical activity levels and eat a healthy, balanced diet. Funded by Nottinghamshire County Council.

Call 0845 023 0341 or Email: info@everyonehealth.co.uk

better+together
Shaping health and care in Mid-Nottinghamshire

Better Together - Mid Notts Transformation

The Better together programme brings together the NHS in Newark and Sherwood, Mansfield and Ashfield and Nottinghamshire County Council and other partners to look at how we can join up health and social care services more effectively in the future.

We cannot afford to do nothing – the demand for health and social care is increasing, we have a growing number of patients who need more complex care and the costs are rising. We estimate that this could lead to a funding gap of £140 million in our area of Nottinghamshire alone in ten years time.

Feedback provided to us has also told us that patients feel there is poor communication across organisations. People don't always know what services are available and how to access them.

There is also more work to be done which focuses on prevention of ill-health and treatment of patients in the community. Put together, this is our case for change. Let us know what you think of our proposals.

You can find our first Champions Newsletter here.

<http://www.bettertogethermidnotts.org.uk/documents-&-resources/newsletters/>

In this video, Amanda Sullivan, Chief Officer of Mansfield and Ashfield and Newark and Sherwood Clinical Commissioning Groups, talks about why transformation is needed, our role in that change and what it will mean for patients.

https://www.youtube.com/watch?v=h2ncmDE_M24

In the second video, Amanda then takes the viewer through the Better+Together roadmap and articulates the various work streams that feed in to the transformation and the expected timelines for delivery.

<https://www.youtube.com/watch?v=k1yU-3ib9ol>

The P.P.G (Patient Participation Group) met recently to discuss current issues within both practices here at Rosemary Street and at The Oak Tree Lane site. 2015 will see many improvements to our patients experience. We have recently funded additional seating at Rosemary Street Health Centre for the upstairs waiting room so patient's have somewhere to sit whilst waiting for their appointment.

Do consider joining our on-line Patient Group it's your surgery, you should have your say, just leave your details at reception and we will be in touch.

Our next meeting is scheduled for July 2015

We do hope you find this publication useful and informative,

Please feel free to send us your comments and suggestions.

Produced by the Forest Medical Group P.P.G.

**WE NEED
YOU
TO
JOIN OUR
CREW**

Email us at : ppg_rshc@hotmail.co.uk

