

# Forest Medical

[www.forestmedicalgroup.co.uk](http://www.forestmedicalgroup.co.uk)

**Rosemary Street HC**

**Rosemary Street**

**Mansfield**

**Notts**

**NG19 6AB**

**01623 623600**



**Oak Tree Lane Surgery**

**Jubilee Way South**

**Mansfield**

**Notts**

**NG18 3SF**

**01623 649991**

Hello all ,welcome to our spring issue of the newsletter. Well done to the many winners of our prize draw

As the evenings get lighter there is more opportunity for you to go out and enjoy the fresh air. Do some gentle exercise maybe try a bit of walking, swimming, cycling , gardening to help you stay fit. By keeping healthy may mean less time at the doctors.

Both surgeries are very busy seeing lots more patients with appointments running at an all time high. Do cancel if you no longer need your appointment so we can offer it to other patients who are poorly. You can cancel your appointment by replying to your reminder text, through our website contact us page, by calling the surgery or through SystemOnline.

Keep up to date with what's happening on our patient board at the side of reception.



Editor: Neil E Hill

**Latest News: Sherwood Forest Hospitals has announced, following a formal selection process that they have chosen Nottingham University Hospitals (NUH) NHS Trust as the preferred long term partner to help them to deliver the changes needed at the Trust.**

Members of our Patient Participation Group Alison Waring, Fiona Edwards, and Jackie Brewin along with Oak Tree Lane Councillor Vaughan Hopewell drew the winning tickets at Oak Tree Lane Surgery on Monday 1st February 2016

Winning tickets are as follows:

**879; 800; 268; 258**

**086; 253; 832; 719**

**105; 759; 035; 267**



If you are a lucky winner you can pick up your prize from Rosemary Street Health Centre at any time. Or we will try to contact you with the number you gave us on the back of the ticket. Please bring your raffle ticket with you.

Thank you to everyone who bought a raffle ticket and who continue to support our Patient Participation Group in their fundraising events. Thanks to you we have over £350.00 in the PPG kitty and this is after we purchased the additional seating for our patients upstairs adjacent to Waiting Room 2 at the Rosemary Street Practice.

We are getting an increasing amount of phone calls from parents who have been told by school.

They **MUST** get child in to see GP if off sick for more than 1 day

They **MUST** get a letter from the GP to prove their child has been ill

We need to make everyone aware that writing letters to prove illness is not a GMC requirement and is therefore chargeable service at around £20.

We must also discourage parents from bringing their children in just because they have been told to do by school as this is filling up appointments that are needed by the extremely unwell.

Please feel free to pass on this newsletter to your school and encourage your teachers to speak to the Practice Manager, Nicola Ryan, should they need to.

“Excellent healthcare for all”



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#### PPG News...

Members of the patient group recently met with other PPG and CCG members to talk on recent changes and ideas happening in the NHS. We will be looking at supporting specific topics that may be of interest to our patients including talks, displays, and information. Keep an eye on our patient group board. Minutes of our meetings plus the Practice Managers update can be found on our website

**Our next Patient Group meeting is June 2016**

#### A Day in the Life of a 'Forest Medical Nurse Practitioner'...

We are Michelle, Ian, Jane and Lynne. We are all independent Nurse Prescribers and have a fountain of knowledge and experience between us. Prior to joining General Practice we have been employed at PC24, A&E, Community Nursing and agency nursing.

We all have our own specific interests ranging from Women's Health, Cardiology, Diabetes and Respiratory conditions and are also trained to assess, treat and review patients presenting with minor illness and injuries.

Many of us have undergone training with Dr Smith in order to perform joint injections which is an extremely popular joint pain treatment.

On average we will see about 30 patients a day, the vast majority of which present with an injury or the onset of illness. Throughout the day we will also be sent tasks from receptionists which may involve calling a patient back to discuss any health concerns or medication queries.

On a Monday morning one Nurse Practitioner will do home visits for HOUSEBOUND patients who have raised health concerns.

We have an incredible knowledge base between us, however if we have any concerns about a patient we have a GP at hand at all times to discuss treatment.

90% of the patients we see have been successfully treated by us without the need for GP intervention so, if the receptionist offers you an appointment with a Nurse Practitioner please accept. Rest assured that if we can not deal with your health concern we will have someone on hand that can.

Jane Hopkinson, Advanced Nurse Practitioner

#### First Aider/First Responder...

##### What is First –aid?

First aid is the assistance given to any person suffering a sudden illness or injury, with care provided to preserve life, prevent the condition from worsening, and/or promote recovery. It includes initial intervention in a serious condition prior to professional medical help being available, such as performing CPR while awaiting an ambulance

Having some First-aid knowledge is an important part you can all play in saving lives through first aid.

We all need help at times in our lives. We all have accidents now and again and we all get hurt.

When we are injured or suddenly unwell, what we want and need is someone to help us – someone who knows what to do. First aid is all about helping people in situations like this. Acting swiftly and safely can make a big difference.

Why not download and try these free apps, available on all platforms.

They may come in useful and help you.



Simple actions can make a big difference – you can even become a life-saver. Are you ready to help?



**Non NHS Fees Payable** ... Some work undertaken by GP surgeries is outside of the scope of remuneration by the NHS. As such a fee is payable either by the individual, employer or insurance company. Included would be HGV/PSV Medicals; Pre-employment Medical; Fitness to Travel Letters; Medical Reports; Private Sick Notes; and Private Prescriptions, to name but a few. Forest Medical has a comprehensive list of Non NHS Charges available in all waiting rooms.

**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.**

**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.**

Email us at : [ppg\\_rshc@hotmail.co.uk](mailto:ppg_rshc@hotmail.co.uk)