

Forest Medical

www.forestmedicalgroup.co.uk

Rosemary Street HC

Rosemary Street

Mansfield

Notts

NG19 6AB

01623 623600



Oak Tree Lane Surgery

Jubilee Way South

Mansfield

Notts

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01623 649991

Hello and welcome to our Summer edition of the newsletter. Summer is here and I am sure you are looking forward to your holiday and a break. In this edition we have some advice to keep you safe.

Our surgeries are very busy and you can help yourself by being prepared for those summer months.

We work hard to ensure you can get an appointment, our busy times are between 8:00am and 9:00am in the mornings, we have additional staff answering the telephones. You can now book an appointment in the morning for all day no need to call after 12:30. We appreciate the workforce can find it difficult to call in the morning to make an appointment that is why we would encourage them to book an appointment online with [Systmonline](#). To access this service we need you to verify your identity by answering some questions or providing ID. We will then give you your login and password code which you can change yourself to be secure. You will also be able to order your prescriptions and see your record from here.

Be aware that sometimes GPs run late and you will be sat waiting to be seen. This is because of patients with complex conditions who need a bit more time with the GP. Our receptionists do their best to help you with your appointment, but cannot tell the doctor to hurry up. Please be patient or re-book your appointment.

Also, consider if you really need an appointment or can your Pharmacist help? You can always ring the 111 Service for advice if it is less urgent. They are available 24/7, 365 days a year.

[See website about News on Oak Tree Lane Surgery](#)

Important Breaking News for Patients

Due to the National shortage of GP's we have found it extremely difficult to recruit enough GP's to keep both sites running safely. After a great deal of deliberation and determination from the Forest Medical Partners to try to keep Oak Tree Lane Surgery open we now have no option but to make drastic changes. We are looking into ways to enable our Oak Tree Lane patients to access GP services easily. Please check our website for updates.

Why is this happening?

2015 Dr Primorac left

2016 Dr Hakeem-Habeeb left

2017 Dr Lea and Dr Ali are leaving

Dr Park and Dr Smith must be based at Rosemary Street to support the Registrars.

We were hoping to employ Dr Gurung and Dr Owolabi but unfortunately they did not pass their exam to become a GP.

We have taken part in the Target Investment in GPs and the CCG Workforce Planning Project but both have proved fruitless.

Unless we are to our optimum for GP's by September the risk of closing Oak Tree Lane Surgery is very high.

What this means to you

August 2017 : Closed Tuesdays and Thursdays. Open Monday, Wednesday & Friday Appointments 08:00hrs — 12:00hrs

September 2017 : Closed Tuesdays, Thursdays, & Fridays Open Monday & Wednesday Appointments 08:00hrs — 12:00hrs

Appointments at Oak Tree Lane will be reserved for patients within a specific postcode who cannot get to another surgery. A full clinic of afternoon appointments at Rosemary Street will also be reserved for these patients to reduce the impact of Oak Tree Lane being closed in the afternoon.

We are looking at alternative ways to keep Oak Tree Lane open such as Locums, Clinical Pharmacists, Advanced Nurse Practitioners! space!

“Excellent healthcare for all”



How to have a safe holiday...

- Make sure your prescription is up to date and have enough whilst away. Check that the medication you take does not affect your driving read the labels or ask advice. You can be pulled up and prosecuted for being under the influence of some prescription drugs.
- Take a first aid kit, your Pharmacist can advise on what you need.
- Make sure your vaccines are up to date or book an appointment with the nurse in plenty of time.
- Keep hydrated drink plenty of water, keep some in the car if you are travelling.
- Hay fever/asthma sufferers should take extra care and make sure you take your medications with you.
- Keep covered up in strong sunshine, don't forget the children and babies.
- Plenty of sunscreen with at least an spf15 to protect you. Seriously, if the sun is strong and you are not protected you will burn and increase your risk of skin cancer.
- Look after the vulnerable and older citizens make sure they are protected from the heat and well hydrated.
- Cook/eat food that is cooked thoroughly to avoid food poisoning and spoiling your holiday.
- Try not to overdo the alcohol, drink water in between, never swim under the influence of alcohol.
- Take responsibility and look after each other.



PPG (Patient Group) News...

The patient group remains committed to working alongside the GPs, Clinicians and Practice Manager at Forest Medical in enhancing the services provided here at both Rosemary Street Health Centre and Oak Tree Lane Surgery.

Members from the patient group recently attended a DAA (Dementia Action Alliance) consultation event and are now signed up as Dementia friends and are looking towards Forest Medical becoming a Dementia friendly environment. The Dementia friends are Alison Waring, Jackie Brewin and Neil Hill.



Shaping General Practice (GP) Services for the next 5 years

Your local NHS is working hard to plan GP services to make sure they meet the needs of patients now and in the future. We need your help to really understand what would work well for patients and carers.

We would like you to come along and find out more and have your say about:

- * Access to GP services
- * Maintaining a healthy lifestyle
- * Mental wellbeing
- * New roles in General Practice

Date	Time	Venue
Monday 26 June 2017	2 pm to 4 pm	The Towers, Botany Avenue, Mansfield, Notts. NG18 5NG
Tuesday 27 June 2017	6 pm to 8 pm	Holy Trinity Community & Partnership Centre, Boundary Road, Newark, NG24 4AU

If you wish to attend or would like someone to come along to your group, please call:

01623 673329 or 673139 or [email: helen.banton@mansfieldandashfieldccg.nhs.uk](mailto:helen.banton@mansfieldandashfieldccg.nhs.uk)

Summer Bank Holiday August 28th

Surgery Closed

Out of hours service in operation.



Top Tip-The shadow rule indirectly determines the sun's altitude by observing the length of a person's shadow during the time course of a day. Thus, when a person's shadow is shorter than the person is tall, the intensity of UVR from the sun is more likely to cause sunburn.

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 P.P.G.

Do consider joining our on-line Patient Group. It is 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

WE NEED YOU TO JOIN OUR CREW