

423 patients did not attend  
Appointments in October!!

## 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 and welcome to our winter edition of the newsletter. We continue our aim of bringing you the latest news and information. The surgery is as busy as ever as we continue to move forward with the latest NHS initiatives. The surgery has had a difficult year in which they have struggled to recruit new doctors but things are looking a little brighter for the new year. We will keep you informed.

We really struggle with DNA's (Did Not Attend) which causes frustration to clinicians and patients alike. Please cancel your appointment if you no longer need it.

As the weather turns cooler keep warm, look after each other especially our older citizens.

Editor Neil E Hill

**Flu** is a common infectious viral illness spread by coughs and sneezes. It can be very unpleasant, but you will usually begin to feel better within about a week.

You can catch flu – short for influenza – all year round, but it is especially common in winter, which is why it is also known as "seasonal flu".

Some of the main symptoms of flu include: high temperature (fever) of 38C(100.4F) or above, tiredness and weakness, headache, general aches and pains, dry chesty cough.

Cold-like symptoms – such as a blocked or runny nose, sneezing, and a sore throat – can also be caused by flu, but they tend to be less severe than the other symptoms you have. Flu can make you feel so exhausted and unwell that you have to stay in bed and rest until you feel better. If you are otherwise fit and healthy, there is usually no need to see a doctor if you have flu-like symptoms.

The best remedy is to rest at home, keep warm and drink plenty of water to avoid dehydration. You can take paracetamol to lower your temperature and relieve aches if necessary. Your pharmacy can advise on over the counter remedies.

Stay off work or school and rest until you are feeling better.

To prevent getting the flu virus speak to your Nurse about getting the flu vaccine.



### Mid Notts GP Extended Access

Did you know you can now book an evening or weekend GP appointment on weekday evenings between 6:30pm and 8:00pm and on Saturday mornings. From October 2017 patients registered with a GP Practice in Mansfield, Ashfield, Newark and Sherwood can book GP appointments. Just call your own surgery and ask for an evening or weekend appointment.

The appointment may not take place at your usual GP surgery, but at another GP surgery nearby. Your GP surgery will be able to provide you with more information about the location at the time of booking.

Further information is available via: Your GP surgery's website [www.forestmedicalgroup.co.uk](http://www.forestmedicalgroup.co.uk)

Patient Experience Team Freephone :0800 028 3693 or [www.mansfieldandashfieldccg.nhs.uk](http://www.mansfieldandashfieldccg.nhs.uk),  
[www.newarkandsherwoodccg.nhs.uk](http://www.newarkandsherwoodccg.nhs.uk)

# Committed to our Patients!!

## Look at our Christmas Opening Hours!

follow us on  
**twitter**

@Forest Medical

### Holiday Openings 2017-18

23rd Dec Saturday	We are open!!!	09:00—14:00
24th Dec Sunday	Closed	
25th Dec Monday	Closed	
26th Dec Tuesday	Closed	
27th Dec Wednesday	We are open!!!	07:00—20:00
28th Dec Thursday	We are open!!!	07:00—19:00
29th Dec Friday	We are open!!!	07:00—20:00
30th Dec Saturday	We are open!!!	09:00—13:00
31st Dec Sunday	Closed	
01st Jan Monday	Closed	

### PPG (Patient Group) News...

Many thanks for your support in our annual fund raising efforts towards the patient group kitty. We are looking at enhancing services here at the surgery keep an eye out on our Patient group board at the side of reception. A special thanks to those patients who have helped in donating items for our prize draw. Tickets are available at reception at £1:00 a ticket. Good Luck

ROSEMARY STREET HEALTH CENTRE IS ONCE AGAIN A DROP-OFF POINT FOR THE MANSFIELD HOMELESS SHOW BOX APPEAL!!! See our website for more details.

We are currently working on helping the surgery become a Dementia Friendly environment and you may have seen some subtle changes, our work is ongoing.



**Technology:** The use of digital technology to improve health outcomes has the potential to transform the face of the NHS. Increasingly, the public will want

to use digital technology to engage with services in different ways, and make use of the information and data to understand and manage their conditions better.

We are now able to book appointments, order repeat prescriptions and access our medical records online making it easier and more convenient. Digital technology also allows us to use health and well-being applications tailored to our own personal needs. We can embrace the technology to monitor blood pressure, Pulse rate, manage our medication, diabetes for example. And empower greater self-care.

Example apps :



### Who is your Clinician?

**GP:** Qualified General Practitioner

**GP Registrars:** Qualified Doctors training to be GPs

**Locum GP's:** Independent GP not contracted to the Surgery

**Nurse Practitioner:** Prescribes, Refers and treats all minor injuries and ailments plus performs medication reviews

**Practice Nurse:** Chronic Disease Management

**Health Care Assistant:** Health Checks, Wounds and Bloods

**Clinical Pharmacist:** Intense Medication Reviews and health advice

The Doctors and staff at Forest Medical would like to thank you for your patience throughout the year and would like to take the opportunity in wishing you a magical Christmas and New Year.

Take Care

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 Patient Group

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](mailto:ppg_rshc@hotmail.co.uk)

**WE NEED YOU TO JOIN OUR CREW**

It's not a 999 emergency. But you need medical help fast. There's now **1 1 1** number to call.

