



**PLEASE INFORM THE PRACTICE
IF YOU NEED TO CANCEL YOUR
APPOINTMENT**

Forest Medical

www.forestmedicalgroup.co.uk

Rosemary Street HC

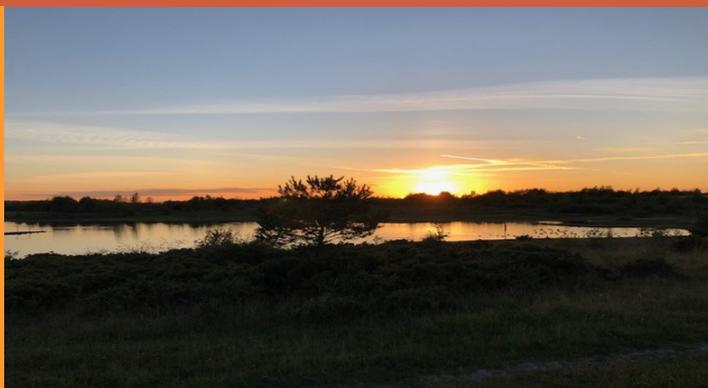
Rosemary Street

Mansfield

Notts

NG19 6AB

01623 623600



Oak Tree Lane Surgery

Jubilee Way South

Mansfield

Notts

NG18 3SF

01623 649991

Hello and welcome to our winter edition of our newsletter. We had a great summer and I hope you had the chance to enjoy a well earned break. The weather is changing with colder days ahead. October heralds our annual Flu jab campaign and we would urge everyone to stick out their arm and get vaccinated. It is very important for older people as flu can lead to more serious health complications. Book an appointment now.

Summer gave us the opportunity to hold a car boot and raise funds for a needed cause.

We are pleased to announce our new GP Dr Emma Tillsmanns who will be joining us in Dec.

As GP Surgeries are gearing up for the winter it is important to attend your appointments. Please cancel your appointment if no longer needed we can make that available for another patient. Simply call the surgery 01623 623600 or use the on-line method.

As the temperature drops please take care when out and about especially if it is icy slips and falls are more common amongst our older citizens. Do take care and wrap up warm and keep an eye out on friends and neighbours who are more vulnerable in a cold spell. Take the opportunity to get some fresh air and enjoy a walk there are many parks and nature trails locally.

Look after yourself and others, there is only one you. Enjoy your festivities and try not to over indulge.

Neil E Hill

Editor

Forest Medical Patient Group Representative

Holiday Opening Period 2018/2019

Monday 24th Dec 18	Normal Opening		
Tuesday 25th Dec 18	OAK TREE LANE IS OPEN	09:00—12:00	COFFEE AND MINCE PIES
Wednesday 26th Dec 18	OAK TREE LANE IS OPEN	09:00—12:00	YOU CAN EVEN MAKE AN APPT
Thursday 27th Dec 18	Normal Opening		
Tuesday 1st Jan 19	ROSEMARY STREET IS OPEN	09:00-13:00	PRE BOOKABLE APPTS
Wednesday 2nd Jan 19	Normal Opening		

Saturdays 09:00hrs—13:00hrs You need to book these appointments either by telephone or on-line by Friday 18:00



Halloween Flu Party

The nasty ogre is sending a virus to all 2&3 year old

children!!

But do not fear



The good witches and fairies at Forest Medical are providing Fluenz Spells this Halloween.

Please bring your little elves to our Halloween themed Fluenz clinics on

Wednesday 31st October

Call NHS 111

If you cannot speak to your GP or do not know what to do next.

NHS 111 is much more than a helpline – if you're worried about an urgent medical concern, you can call 111 to speak to a fully trained adviser.

Depending on the situation, the NHS 111 team can connect you to a nurse, emergency dentist or even a GP, and can arrange face-to-face appointments if they think you need one.

NHS 111 advisers can also assess if you need an ambulance and send for one immediately if necessary

Open 24 hours 7 days a week

“Excellent healthcare for all”

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Can you feel it...



Being told you have cancer is one of the most stressful experiences a person can go through, cancer diagnosis must rank as one of the most upsetting of diseases we here about. It is therefore so very important that you check yourself out regularly. Take the opportunity to have a good feel look out for lumps that cannot be easily explained, If in doubt have it checked out by your GP. Blood in pee/poo, difficulty passing water. It may be nothing but having it checked early means you get to know and if there is something then treatment can start sooner.

The NHS provides some of the best care in the world. You are not alone and there is a great deal of help to get you through it and always someone by you to talk to.



Free Wi-Fi is available at all surgeries allowing patients access to the technology of being able to download apps from the NHS library to help you, carers and the public make better choices about the health and care tools you use.

The library have a selection of tools to ensure they meet the high standard of quality, safety and effectiveness people expect from the NHS.

There are apps which give advice on Self-care, Cancer, Diabetes, Heart Disease, Asthma, Mental Health, Keeping Fit, COPD, Weight Management, Dementia to name but a few.

Currently, Systmonline allows you to make an appointment, order your prescriptions, see your summary care record. Ask at reception for details.

Flu Jab Clinics 25th Oct



Don't worry if you miss a clinic—we can jab you anytime ask at reception and pull up you sleeve.

- Pregnant
- Age 65 or older
- Have a serious medical condition
- Live in a residential or nursing home
- Are a registered carer



PPG News..

Forest Medical has been actively raising money for charities throughout the year and actively raised nearly £400 for Action for Ann by providing a book and cake sale, a car boot sale and ad hoc donations accepted within the practices.



Forest Medical are working hard to enhance our patient experience here at Rosemary St and Oak Tree Lane. We are holding a Winter draw to raise funds for a Bariatric seat for the older and less able patients. Tickets are on sale at reception and via the Patient Group (PPG) for 50 pence each and the draw will take place on 31st January.

A nice surprise for those January blues. Please dig out that loose change and support us.



The PPG are tidying up the front of the surgery and have already started to trim back some of the more tired shrubs. The work will be ongoing for a few days. Hope you appreciate our efforts.

Our next scheduled patient group meeting will be in November

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'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



Thank you for your patience over the past 12 months. We would like to take this opportunity of wishing you a great Christmas. From all the staff at Forest Medical