


# Littlewick Medical Centre

April  
2017

## What's on?



### Carers Coffee Morning


 27<sup>th</sup> April  
10am - 11:30am

### Bingo Group


28<sup>th</sup> April  
2pm - 4pm



### Craft & Chatter

 Every Monday  
12:30pm – 2:15pm

### Walking Group

Every Thursday 10am at  
Littlewick, or Tuesday  
1.30pm at the Dales 



### BAKE OFF SUCCESS

On Friday 24<sup>th</sup> March 2016, we took part in the Comic Relief Bake Off! We sold various cakes and bakes in the reception area between 10am-11am. We managed to raise £123.40 for Comic Relief and we would like to thank everyone who took part in the event.

### SURGERY CLOSURES

The surgery will be closed from 12 noon on Wednesday 5<sup>th</sup> April 2017 due to staff training. We will re-open as normal again on Thursday 6<sup>th</sup> April 2017, apologies for any inconvenience this may cause. Staff training is something we do to further improve the services we offer to you.

Please be aware the surgery will also be closed on Friday 14<sup>th</sup> April 2017 for the Good Friday Bank Holiday and on Monday 17<sup>th</sup> April 2017 for the Easter Monday Bank Holiday. The surgery will re-open as normal on Tuesday 18<sup>th</sup> April 2017.

Should you require urgent medical attention or advice whilst we are closed, you should call 111. Alternatively if you feel your situation is life threatening then please do not hesitate to contact 999.

### STAFF NEWS

This month we wish good luck to Dr Saunders who will be starting her maternity leave. We would like to send our best wishes to her and her family on the arrival of their little one.

We would also like to welcome our new salaried GP to the team. Dr Munish Bhuchar specialises in Dermatology and will be with us for the next year. We hope he enjoys his time with us!

### HEARING REFERRALS - DID YOU KNOW?

If you are experiencing any hearing difficulties and you do not currently have hearing aids you can book in via our reception for a free preliminary hearing check. You will be assessed by a trained clinician who is able to advise whether you require an onward referral for possible hearing aids. You do not need to be registered at Littlewick to access this service.

For current hearing aid users over the age of 55, who are registered with Littlewick, if you are having difficulties with your hearing aids and are already under hearing services please contact your current hearing aid provider. However, if you haven't been seen in the last 3 years please speak to our Reception Team who can help with organising a new referral for you. Before a referral is generated it is advisable that you book an appointment with one of our Health Care Assistants to check that your ears are free from wax.

### TOUCH SCREEN

Please feel free to use the touch screen to the right of the reception desk to check yourself in for an appointment. This can help you avoid waiting time at the desk. Thank you.



## **ARE YOU FEMALE AND AGED BETWEEN 25 TO 64 YEARS?**

Cervical screening is NOT a test to find cancer. It is a screening test to detect changes to the cells of the cervix, which can be treated early, in order to prevent cancer developing. Those that don't have regular screening are therefore most at risk of developing cervical cancer. In the UK cervical screening saves 5,000 lives a year.

Please take up your invitation to attend your cervical screening test; regular screening offers the best protection against developing cervical cancer and it saves lives!

Visit the web site [www.nhs.uk/Conditions/cervical-cancer-screening](http://www.nhs.uk/Conditions/cervical-cancer-screening) for more information.

## **SYSTMONLINE – DO YOU STRUGGLE TO GET AN APPOINTMENT?**

Did you know we offer some appointments each week that can be pre-booked online? At the moment only about a third are actually being booked in advance. To be able to book online, please sign up for Systmonline. For more information, please call the surgery on 0115 932 5229 to speak with Ryan, or pick up a form from reception.

## **MISSED APPOINTMENTS**

We would like to thank all patients who have been cancelling their appointments which they can no longer attend. Since February 2017, the amount of missed appointments has improved.

If you have an appointment which you cannot attend, please call the surgery on 0115 932 5229 or email through to [ECCG.littlewickprescriptions@nhs.net](mailto:ECCG.littlewickprescriptions@nhs.net)

## **ORDERING MEDICATION**



Please note that if you are requesting medication, please allow two full working days to process, therefore we would be most grateful if you could put your requests in as early as possible. Unfortunately we cannot take prescription requests over the phone for safety reasons. You are able to order your medication in the following ways...

- In writing, and forms are available at the reception desk.
- Through your pharmacy.
- Online through our website [www.littlewickmedicalcentre.co.uk](http://www.littlewickmedicalcentre.co.uk).
- By fax 0115 932 5413.

We still review patients' repeat medications in the month of their birthday as an annual appointment. Should you be coming up to your birthday month, please speak to our prescription team who will book you a review appointment. The nurse or doctor you see will check you are still on the best medication for you, and renew it for 6-12 months.

## **BRIAN RORISON – PRACTICE NURSE**

### **When did you qualify as a Nurse?**

I qualified as an RNMH nurse in 1986 and an RGN in 1990, since 2004 my interest has been in Respiratory care namely COPD and Asthma, as an asthmatic myself I want to get the best treatment possible and also to provide the best service possible, I won an NHS award in 2010 for my work in improving the care of people with COPD.

### **What does your role at Littlewick consist of?**

My job at Littlewick consists of assessing people with COPD and Asthma both here in the practice and in people's homes to best match treatment to their symptoms.

### **What do you enjoy the most about your job?**

The one major aspect I enjoy most is seeing peoples breathing improve after various interventions such as changers of inhalers, stopping smoking or attending the local pulmonary rehabilitation group.

### **What do you like to do in your spare time?**

In my spare time I go and watch Nottingham Forest also watching Test cricket and attending concerts, I am due to see Radiohead, U2, Adele and ELO in the next few months. I have 2 rescue dogs which keep me exercised and I raise money and deliver dog food to various local rescue centres.

### **DID YOU KNOW?**

Ilkeston Community Hospital can do bloods on children aged between 5ys to 16yrs by appointment only. Patients parents/guardians need to call the hospital directly on 0115 932 5522 and they will be able to offer you a suitable appointment.

### **Useful Numbers**

Littlewick & The Dales Medical Centre: 0115 932 5229

DHU (out of hours) 111

Manor Nottingham Road 0115 932 5447

Manor Bath Street 0115 9324748

Manor Kirk Hallam 0115 932 4425

Boots Bath Street 0115 932 4730

Old Station Pharmacy 0115 932 4798

Helms Chemist 0115 930 1145

Well Pharmacy 0115 932 5036

Co-op Awsworth 0115 932 2233

Ilkeston Hospital 0115 930 5522

Nottingham City Hospital 0115 969 1169

Queens Medical Centre 0115 924 9924

Royal Derby Hospital 01332 340131

Talking Mental Health 0300 1230542

Derbyshire Substance Misuse Service: 0115 930 9442

Crisis out of hours 01332 625580

Emergency Midwife 01332 340131

District Nurses 01332 258200

**Littlewick Medical Centre**

42 Nottingham Rd, Ilkeston, Derbyshire DE7 5PR Tel: 0115 932 5229

