



# ELMPP

## East Leake Medical Patient Partnership Newsletter Winter 2019



Rushcliffe  
Clinical Commissioning Group

The Patients Participation Group (PPG) hope that you will find this newsletter helpful and informative. If you have picked one up whilst waiting for your appointment please take it home with you to look at again later.

### The Get Healthy Rushcliffe Scheme is a partnership between Rushcliffe leisure centres and local GP Practices.



East Leake GP Dr Neil Fraser with Leisure Centre Manager Phil Clark

This service offers people who are sedentary or who have a long term medical condition the opportunity to get more active, bringing many benefits including improved physical and mental wellbeing and helping to manage medical conditions better. You can take part in a range of activities including swimming, exercise classes and workouts in the fitness suite. Patients are able to self refer to the Get Healthy Rushcliffe website and gain access to arrange of services. If you wish to access the exercise on referral service, you will need to contact your GP or health care professional who will be able to advise you if you are eligible for the scheme. If you are eligible they will complete a referral form for you. Once referred you will need to contact the leisure centre to book a consultation appointment with the GP Referral health specialist and they will tailor a 6-8 week physical activity programme for you. On completion of your programme you will then discuss your options in order to continue with your new healthier lifestyle. For more information go to <https://ww.gethealthyrushcliffe.co.uk/>

**Missed appointments-** A total of **226** appointments were missed between 27th October and 27th November. This equates **42** hours lost in one month. Please remember to cancel your appointment if you no longer require it.

### Progress on new Health Centre.

Work has been continuing to prepare a business case. The focus has been on three potential sites, which have been assessed qualitatively and financially. The business case (full costs and benefits) is nearing completion.

The next stage is to await an announcement from HM Government of a Capital Fund, against which the project can bid for funding.  
Conrad Oatey

**Repeat Prescriptions-** In order to maintain a high level of patient safety, the doctors are changing the way we process your repeat medication requests. We ask for **3 clear working days**, (this does not include weekends) from the time you place your order to the time your medication will be ready for collection.

If you have completely run out of your medication, a message will be sent to the doctor before any repeat prescription is authorised. **You will have to ring or come into surgery at 5pm the same day to check the status of this.**

A massive thank you to all who contributed to the Dementia cake sale held in September. We raised £210, this is the most we have ever had !!

**Flu update** -We are well into the flu vaccination programme of 2019. We have currently vaccinated 65% of our eligible patients. If you are eligible and have not yet arranged your appointment, please contact reception so we can book you into one of our remaining clinics.



Dr Rachel Shaw will be leaving us for her maternity at the beginning of January. We would like to wish Rachel and her family well and look forward to her return later in the year .

**The East Leake and District Diabetic Support Group Do you have Diabetes? Come and join us.**

It is common for people living with diabetes to feel isolated and lonely, especially when newly diagnosed or don't have family with knowledge of the condition. We are a group of volunteers who understand what it is like to have Diabetes. We aim to give support to people with Diabetes, their family, friends and carers.

We are happy to share our experiences of the challenges and the tough times, hopefully our Support Group will help ensure we all keep on track. At our meetings we will have guest speakers, researchers, dieticians and other experts who will talk about the latest advancements in diabetes management. We will provide an opportunity to share coping strategies and to listen. Why not come along to one of our meetings and share your thoughts, ask questions or just listen, it's up to you. The group started in October and meets on the first Wednesday of every month from 10.30 -12.00hrs at East Leake Parish Council Chamber.

Tea and coffee are available.

**Future Speakers**

**January 8th 2020** - Liz Whitmore Optometrist from Bonds in West Bridgford on Diabetic Eye problems.

**February 5th 2019** - Hannah Walter DESMONDS Update.

**March 4th 2019** Dr Rahul Mohan from East Leake Surgery on The Effects of Emotional Health on Diabetes.

**April 1st** - Heather Daly & Geri Hall Diabetic Nurse Specialists on current medication for Diabetes.

**May 6th** - Dr Matt Hall consultant from the Renal Unit at Nottingham City Hospital on Diabetes and renal problems.

**June 3rd** - Jacqui Troughton MSc, BSc (Hons), Senior Clinical Research Associate (Dietician), Leicester Diabetes Centre, Honorary Lecturer in the Department of Health Sciences, University of Leicester.

**East Leake Medical Group Christmas and New Year Opening Times for 2019/2020**

	<u>East Leake</u>	<u>Ruddington</u>	<u>Sutton Bonnington</u>
<b>Monday 23rd December 2019</b>	08.00 - 18.30	08.00 - 18.30	08.00 - 12.30
<b>Tuesday 24th December 2019</b>	08.00 - 18.30	08.00 - 18.30	08.00 - 12.30
<b>Wednesday 25th December 2019</b>	Closed	Closed	Closed
<b>Thursday 26th December 2019</b>	Closed	Closed	Closed
<b>Friday 27th December 2019</b>	08.00 - 18.30	08.00 - 18.30	08.00 - 12.30 16.00 - 18.30
<b>Monday 30th December 2019</b>	08.00 - 18.30	08.00 - 18.30	08.00 - 12.30
<b>Tuesday 31st December 2019</b>	08.00 - 18.30	08.00 - 18.30	08.00 - 12.30 16.00 - 18.30
<b>Wednesday 1st January 2020</b>	Closed	Closed	Closed
<b>Thursday 2nd January 2020</b>	08.00 - 18.30	08.00 - 12.30	08.00 - 12.30

For details please go to our website—[www.elmgroupsurgeries.com](http://www.elmgroupsurgeries.com)

Please make sure you put in any prescription requests in good time - **by 19th December at the latest** to give the GPs and the pharmacy time to process them.

Rushcliffe extended hours will be closed on 24th, 25th and 31st December and 1st January. Appointments will be available between 08.30am—12.30pm at Castle Healthcare on 21st, 22nd, 26th, 28th and 29th December.

**If you are unwell over the Christmas period and the surgery is closed, please call 111 and you will be forwarded to the appropriate service for information.**

**Don't forget you can seek advice from your local pharmacy for minor ailments and self care measures.**

**Merry Christmas from us all at The Elm Group**