



# Melbourne Park Medical Centre

## Spring 2019 Newsletter



Welcome to our Spring 2019 edition of our newsletter. Spring is an important time of year and time to start planning ahead for the warmer weather coming our way. Please ensure you make your plans well in advance if your summer holiday requires any kind of medical intervention.



### Hay fever Season

Spring means the start of the hay fever season for many people. **There is no need to see a GP if you are a regular hay fever sufferer. In fact, mild to moderate hay fever is now listed as a condition for which over the counter items should not be prescribed in primary care. \***

If you pay for your prescriptions, it will be cheaper to get hay fever medication over the counter in your local supermarket or pharmacy and treatment is available for children and those eligible for free prescriptions via Pharmacy First, which is available in most pharmacies.

\*If your symptoms are not controlled by these options, or are very severe, please complete one of our Hay Fever Treatment request forms.

### Gabapentin and Pregabalin

These two medications are now classed as “controlled drugs” - this means that there are greater controls on their prescribing .

If you have a nominated pharmacy then these medications will continue to go to your nominated pharmacy with other medications. If you do not have a nominated pharmacy then this prescription will be need to be signed for separately.





## STOP SMOKING SERVICE

### STUB IT

Want to quit smoking but don't know where to start? If you're a patient registered with Melbourne Park Medical Centre, you can now access Stub It!, the brand new 12-week stop smoking programme based at GP+.

The programme entitles patients to a series of appointments (over the phone or face-to-face\*) with one of our specially trained Stop Smoking Clinicians.

The programme is available through GP+ Nottingham City, the evening and weekend GP service located on Upper Parliament Street. All appointments must be pre-booked and are available from 4pm – 8pm Monday to Friday and 9am – 1pm on Saturdays. From March 2019, appointments are also available 9am – 1pm on Tuesdays and Fridays.

To take that first step towards quitting smoking, simply contact reception today and ask for an appointment at Stub It!

*\*your first appointment must be face-to-face*



### BOOK YOUR SMEAR TEST

Nationally the amount of women taking up their cervical screening test has dropped to a 20 year low. In March, Public Health England launched a new television campaign to encourage this numbers to grow again. You may have seen it.

According to gov.uk: "Around 2,600 women are diagnosed with cervical cancer in England each year, and around 690 women

die from the disease, which is 2 deaths every day. It is estimated that if everyone attended screening regularly, 83% of cervical cancer cases could be prevented."

When your screening reminder letter comes please don't ignore it. Please ring our reception team who will happily find you an appointment for a smear test with one of our friendly practice Nurses.



### Staff News



Kerri, a long term member of the reception team, has recently left for pastures new. We thank her for her long service to the practice. There will be some new faces within the reception and admin teams in the coming months. Our two GP registrars, Dr Gowda and Dr Nayak ,will be leaving us in April (though Dr Gowda will return in a year's time) and a new registrar , Dr Smith, will be joining us for a year.



## Sun safety and Vitamin D

It's always good to see the sun shining and we all like to make the most of it when it is here, but we would like to remind you that it is always advisable to use sunscreen when spending time outdoors. As the sun is our main source of Vitamin D it is important to try and get some sun exposure (30 minutes hands and face) every day, but without getting burnt.

Even If you are at home during the hotter months it is important to protect yourself!

## Travel Vaccinations

Please think about whether you will need travel vaccinations before your holiday. We now have travel forms to be completed in the first instance. They are available from reception and will be looked at by the nurse. We then ask patients to phone back a week later to see if they need to be booked in. We can book our Practice Nurse appointments up to three months ahead. We ask that you have vaccinations at least 6 weeks before you travel. If you leave contacting us to the last minute we may not be able to give you an appointment, and you may be asked to go to a private travel clinic.



A reminder that GP+ offers evening and weekend appointments to all Nottingham City GP patients. Please contact reception to book in.

**GP APPOINTMENT?  
CAN'T MAKE IT?  
DON'T NEED IT?**

**CANCEL IT!**

# Practice Training 2019

Please note that the practice will be closed for essential training from 12pm on:

**Tuesday 9th July**

**Tuesday 10th September**

**Tuesday 8th October**

**Tuesday 12th November**

If you require urgent medical attention during this time we will display details of how to access this and there will be a message on our phone system.

We will re-open as normal the following day.

## Comments, Suggestions, Feedback

## THE WEBSITE

Patient Participation Group will bring your comments to the management and doctors in their quarterly meetings or you could write in to us or ask to speak to any member of the team who will gladly pass your comment onto the relevant department.

There is also the NHS website where you can review the surgery. If you feel you have had a particularly positive experience in the surgery then we would really appreciate your review on the NHS website. If you have had a negative experience, we would like the chance to make it right and suggest you speak directly with a member of the management team in the first instance. We have complaints forms available on reception for this.

## Usual opening hours

Monday	8am—6.30pm
Tuesday	8am—6.30pm
Wednesday	8am—6.30pm
Thursday	8am—6.30pm
Friday	8am—6.30pm
Saturday & Sunday	CLOSED

**When we are closed you can access urgent medical advice by calling 111**



We will be closed on the following bank holidays:

**Friday 19th April 2019**

**Monday 22nd April 2019**

**Monday 6th May 2019**

**Monday 27th May 2019**

**Monday 26th August 2019**

