



PARKSIDE SURGERY NEWSLETTER

APRIL MAY 2024

PRACTICE NEWS

LEAVERS 😞 GP Registrars Drs Stanley Eferakeya, James Wilcockson and Jones Momah all finished their rotation with the practice in April. Dr Ali Riaz completed his training and has taken a position in another practice. We wish them all the very best for the future.

Dr James Skidmore retired in March, he was with the practice for over 40 years and will be greatly missed by both patients and the practice team. We wish him a long and happy retirement.

JOINERS 😊 We welcome the following GP Registrars who will stay with us for the next 4 months, Kezia Thomas, Sabiha Alam and Mohamed Ebrahim. GP registrars are fully qualified doctors who are training to be a GP.

BANK HOLIDAY CLOSURES Please ring 111 for medical attention during these times



MONDAY 6TH MAY * MONDAY 27TH MAY



STAFF TRAINING - We will be closed from 1.30 pm on: **17th April & 15th May**

Please ring 111 if you need medical advice after 1.30pm

COVID SPRINGTIME BOOSTER ELIGIBILITY

The vaccine is being offered to people aged 75 years and over (including those who turn 75 before the end of June), those in care homes and those aged 6 months and over with a weakened immune system.

We are running clinics at Parkside on 23rd and 24th April and at Church Farm Primary Care Centre in Ripley on Saturday 4th May. Please ring the surgery to make an appointment or fill in the online consultation form on our website www.parksidesurgery.co.uk

SHINGLES VACCINATION - The shingles vaccination is available for the following groups:

- ✓ **people who have turned 65 on or after 1.9.2023** (If you turned 65 before this date you'll be eligible when you turn 70)
- ✓ **people aged 70 to 79 who have not yet been vaccinated**
- ✓ **people aged 50 and over with a severely weakened immune system**

The vaccine helps reduce your risk of getting shingles. If you get shingles after being vaccinated, the symptoms can be much milder. See <https://www.nhs.uk/conditions/vaccinations/shingles-vaccination/> for more information.

FRIENDS AND FAMILY TEST

584 patients filled in the friends and family test during February and March and when asked how their overall experience with the practice was, they answered :-

Very Good	Good	Neither good/bad	Poor	Very Poor
426	114	27	12	5

These are some of the responses

Everyone is very helpful , the doctor i spoke to really listened to me and put my mind at ease , and a receptionist helped me when I had forgotten my paperwork for a blood test at Ripley

The doctor had time and didn't rush though the appointment and got the nurse to look at my knee and got me sorted

Dr was very sharp in his response and didn't seem to have time for me with left me feeling like it was a waste of time

After our consultation with the doctor I am no wiser about my health problems than I was before

At ease , friendly and thoughtful. Also didn't feel rushed. Thankyou to all.

Clean and comfortable waiting area. Delay in being seen but GP listened to concerns, unhurried and provided plan of action to address concerns.

Once I managed to get an appointment, often 2-3 weeks ahead, not with the dr I asked for,it was good.

APPOINTMENT ATTENDANCE

During February and March we have had 224 missed appointments with a member of our clinical team, this equated to 54.5 hours of appointment time being wasted.

When you make an appointment, please make a note of it yourself rather than relying on the text message to remind you. Please help us to offer a better service by cancelling any appointments you are unable to attend so that someone else can benefit from them. You can do this from your SystemOnline record, NHS app or from our website www.parksidesurgery.co.uk/appointments

HEALTH AWARENESS FOR APRIL/MAY

Stress Awareness Month shines a light on the importance of recognising, managing, and reducing stress in our lives, taking place every April. Stress is a natural response to challenges and pressures, but when left unchecked, it can negatively impact our mental and physical well-being. Stress Awareness Month serves as a reminder to prioritise self-care, seek support, and implement healthy coping strategies. For more information visit www.stress.org.uk/

Testicular Cancer Awareness Month is observed every April, dedicated to raising awareness about testicular cancer and promoting early detection and treatment. This significant month provides an opportunity to educate individuals about the signs, symptoms, and risk factors associated with this disease, as well as to show support for those affected by it. Find out more at <https://www.macmillan.org.uk/cancer-awareness/testicular-cancer-awareness-month>

May is Skin Cancer Awareness Month. Whether you are directly affected by skin cancer, or you just want to find out more, MacMillan cancer support have information that can help. <https://www.macmillan.org.uk/cancer-awareness/skin-cancer-awareness-month>

Type 2 Diabetes Prevention Week is running from 20—26th May and is a joint campaign by NHS England and Diabetes UK. It aims to raise awareness about the risk of type 2 diabetes and how to prevent it. The campaign encourages the public to check their risk via the Diabetes UK Know Your Risk tool. It also promotes healthy lifestyle changes to manage weight and increase physical activity. You can learn more at https://www.diabetes.org.uk/get_involved/diabetes-prevention-week