



Mansfield Medical Centre

Newsletter

Spring 2015

Surgery Information

Opening Times

(extended hours in brackets) are:

Monday – Wednesday

8.30am – 6.30pm

(6.30 – 7pm Appointments Only)

Thursday

8.30am

– 1.30pm

(6.30 – 7pm Appointments Only)

Friday

8.30am

– 6.30pm

Saturday

(8.00am

– 11.00am)

(Appointments Only)

Not all doctors will be available on all days.

Extended Hours are for booked appointments only. The surgery will be closed but entry will be gained by using the door bell. No other services will be available during these times.

Please remember our **nurses** are very experienced and qualified to deal with a number of chronic conditions. It may be more appropriate to see a nurse first. **They can also treat a number of minor illnesses**

Repeat Prescriptions

Allow 48 hours before collecting.

Order either by using the

- Surgery website
- Register on “myvision” ask at reception for details
- Slip on your prescription
- Posted request enclosing a stamped addressed envelope

Telephone requests are **not** accepted for safety reasons.

More information on Page 2

Manfield Patient Voice News - Projects

Diabetes support project - date of the first pilot meeting is Tuesday 10th March at 6pm. This will be at the surgery.

A second project is now being discussed around provide activities suitable for the less mobile to improve health and life style. We are working with Coventry and North Warwickshire cricket club and have approached other surgery panels in the area asking if they would like to join with us in this project

The panel continue to meet regularly and are very keen to recruit new members from all sectors of our patient population but particularly from younger age groups and ethnic groups. If you would like to join us come to one of our meetings. Tuesday 7th April all start at 7pm and last about 1 hour

Practice News

Friends and Family Test

The NHS England friends and family test (FFT) is an important opportunity for you to provide feedback on the services that provide your care and treatment. This is now available for you to answer a very short questionnaire (2 or 3 questions) expressing how you feel about the practice. **Please take a few minutes to complete the form and post in the box on reception as your views are important. Thank you**

Staffing

General Practice continues to be under severe pressure and there is a national crisis in recruitment. Mansfield Medical Centre is also experiencing difficulty in recruiting a new GP partner and is therefore continuing to use locum Doctors where possible. As 1 of the doctors covers the triage each day the number of available appointments for a specific Doctor is reduced. We ask that you be patient whilst this situation exists and we will do our best to resolve as soon as possible.

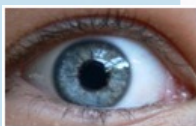
Electronic Prescriptions

This is a new way for pharmacies to collect your prescription from the surgery. To use this service you must first nominate a pharmacy to receive the prescription and let the practice know. Your prescription will be sent direct to the pharmacy who will let you know when to collect it either by phone or they will give you a date each time you collect and ask if you will require the same prescription ordering. Some pharmacies may deliver it if you are unable to collect, you will need to arrange this with them.

The eyes

The eye is about the size of a ping pong ball which sits in the eye socket in the skull. Which protects the back of the eye. It detects light and turns it into electrical impulses which the brain translates into the images we see. The white part is called the Sclera and is made of tough material which helps it keep its shape. At the front is the Cornea, a delicate, transparent dome allowing light to enter. Next is the Iris, a coloured ring containing muscle which controls the amount of light entering the eye. The Pupil is just a hole that allows light to enter and pass through the Lens which sits behind the Iris and helps focus. Light hits the Retina at the back of the eye and information is gathered from rods (detect shape) and cones (detect colour). This information is passed to the brain via the Optic nerve.

The eyes are a window to the body. By looking in them Doctors can see blood vessels which help indicate any damage being done to other body organs eg the effects of Diabetes or high blood pressure. Tears are produced by the Lacrymal glands in the corners of the eyelid and contain antiseptic properties as well as keeping the eye's surface moist and flushing things away



Support the campaign

Tell other carers

Main messages

As a patient, family member or carer there are 5 simple things you can do while in hospital, community care or in your own home to prevent a pressure ulcer developing:

1. Regularly check skin isn't sore or discoloured in anyway.
If it is let a healthcare professional know .
2. It's really important you keep moving while in bed or on a chair.
Change your position as much as possible when appropriate
3. When you're unwell or immobile going to the toilet can be difficult ensure that skin is clean and dry or ask for help
4. Eat a well balanced diet and drink plenty of fluids
5. Special equipment is available for those at risk of developing pressure ulcers. Ask for help and your healthcare professional will advise you

What is 111?

If you need medical help fast but it's not a 999 emergency use 111 also for Out of Hours service. If after answering a few questions the operator feels an ambulance should be called they will direct it immediately.

111 is for non Life Threatening Emergencies and Out of Hours

Recipe Swap Corner

Louisiana Rice and Beans

| | |
|-------------|---------------------------|
| 2 Tblsp | Olive Oil |
| 1 Lge | Onion |
| 1 | Green pepper chopped |
| 6oz | Chestnut Mushroom |
| 3 Cloves | Crushed Garlic |
| 8oz | Long Grain Rice |
| 14oz | Can Chopped Tomatoes |
| 1 pt | Vegetable Stock |
| 1 tsp | Fresh or dried Marjoram |
| ½ Level tsp | Salt |
| 8oz | Spinach - fresh or frozen |
| 1-2 TINS | Drained Red Kidney Beans |

Heat Oil and fry onions, green peppers, Mushroom and garlic for 5min until soft
Stir in rice, tomatoes stock, marjoram (adjust quantity to suit taste), salt and some pepper bring to boil.
Reduce heat and cover simmer gently for 20 mins
Add the shredded spinach peas and beans stir well and cover for 5-10 minutes until stock has absorbed.
Serves 4 people and can be served hot or cold, on it's own or with something else.

Calling all patients

If you have any comments about the newsletter or would like to contribute a recipe or give us information for inclusion, they can be left in the letter rack by reception. All medical articles are approved by the Doctors. Thank you

Produced by Mansfield Medical Centre Patient Panel in conjunction with Practice staff.



Mansfield Medical Centre

Newsletter

Winter 2014

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Congratulations for Inspires Awards

Dr Smith - received the “Clinical Leadership Team GP Award” and was nominated for the “Inspires Practice Lead award”

Bonnie - was nominated “Public Health Best Work in Healthy Life-styles Support Award”. Once again we would like to say Congratulations to both of you.

PPG-Patient Panel Group

Diabetes support project - following expressions of interest by a number of people this project is moving forward and we trust that date and venue will be announced in the near future.

The panel continue to meet regularly and are very keen to recruit new members from all sectors of our patient population but particularly from younger age groups and ethnic groups. If you would like to join us come to one of our meetings. Tuesdays 3rd Feb, 3rd March and 7th April all start at 7pm and last about 1 hour

Practice News

HELP US CONTINUE KEEPING THE DRUGS BILL DOWN

When ordering your repeat prescription please check the amount you need. If you are taking less or not at all talk to the **Dr or Nurse** don't just keep ordering. If your chemist is ordering for you **PLEASE MAKE SURE** they don't over order.

Staffing

Due to a major increase in workload, General Practice is under severe pressure and there is a national crisis in recruitment. Mansfield Medical Centre is also experiencing difficulty in recruiting a new GP partner and is therefore continuing to use locum Doctors where possible. As 1 of the doctors covers the triage each day the number of available appointments for a specific Doctor is reduced. We ask that you be patient whilst this situation exists and we will do our best to resolve as soon as possible.

Thanks were expressed by PPG members to ALL the staff coping with these difficult circumstances.

Friends and Family Test

The NHS friends and family test (FFT) is an important opportunity for you to provide feedback on the services that provide your care and treatment. This is now available for you to answer a very short questionnaire (2 or 3 questions) expressing how you feel about the practice.

Please consider an appointment with one of our well qualified nurses.

Role of Nurses and Health Care Assistants

Nurses :-

- Review all long term health conditions
- Give baby or travel injections
- Do ear syringing And smear tests
- Look after some minor illnesses

Health Care Assistants (Bonnie & Kerrie) are able to do:-

| | |
|-------------------------|----------------------|
| Blood Pressure Checks | Stop Smoking support |
| Stitch & Staple removal | On-going dressings |
| Weight management | Pill check/review |

Bonnie is also able to do :-

- Spirometry tests
- B12 injections
- NHS health checks

Protecting yourself from Scams and Fraud

There is a booklet published by the police containing information on how to recognise and deal with scams and fraud. Copies can be obtained from Coventry Building Society or you can use the Internet to download a copy. In your browser type the following - The little book of scams

Contents include Protecting your address, bank account, phones & computer. Scams around Insurance, Mobile Phones, Health & Medical, Internet, Mass media i.e. things telling you won a prize in a draw you know nothing about and much more. This is a must have book so get yourself a copy and read it, it could save you money and stress.

Know your Body

The Lungs



For an organ that's always moving the lungs are quite lazy; it's the muscle surrounding them that do all the work. To get air into the lungs, the chest wall expands and the diaphragm (the sheet of muscle between the chest and abdomen) is pulled down thus creating a vacuum inside the chest. The lungs draw air in to fill it. When the muscles relax the opposite happens, the lungs are compressed and the air leaves. The windpipe splits into two pipes called the bronchi and these in turn split into bronchioles. The bronchioles eventually subdivide into alveoli which are tiny sacs surrounded by blood vessels. This is where oxygen enters the blood stream and carbon dioxide is released. The alveoli increase the surface area that oxygen can be absorbed from, each lung has an area equivalent to a tennis court. The oxygen rich blood is pumped round the body by the heart. Our lungs do a lot besides, they help control the pH balance of the blood, filter tiny clots and gas bubbles. The lungs secrete chemicals to kill invading organisms as well as mucus to trap dust and bugs as well as helping regulate the blood pressure through an enzyme in their walls. They don't like tar, chemicals and ash from smoking, they destroy the lining and increase chance of infection or cancer

Recipe Swap Corner

Make your own Play dough for the kids

1 Cup plain Flour
 ½ Cup Salt
 2 Teaspoons Cream of Tartar
 1 Tablespoons Cooking Oil
 1 Cup water
 Colouring

Place all the ingredients except colouring in a saucepan heat slowly and simmer. Mix the ingredients together then add colouring. Knead for about 5mins

Tea Loaf

1 Cup All Bran
 1 Cup Dried Fruit
 ½ - 1 Cup Brown Sugar
 1 Cup Flour
 1 Cup cold tea or water or milk
 Put all the ingredients into a bowl and mix together thoroughly. Grease and line a loaf tin then pour in the mixture. Bake in oven Gas 5, or electric 160° or 375f for 30 - 35mins.
 Test with knife or scower, it should be a little sticky. Turn out and cool. Eats like a malt loaf and can be kept to mature for 2 - 3days before eating

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