

PATIENT NEWSLETTER



danetremedicalpractice

Working together for better healthcare

Email: danetremedical.practice@nhs.net
Website: www.danetremedicalpractice.co.uk
Telephone: 01327 703333
Cancellation Hotline: 01327 708537

Welcome to the Winter Edition of YOUR Patients' Newsletter. We hope you enjoy reading through and finding out what's happening within YOUR practice.

Issue: Spring 2018

Minor Illness Clinics

Our Minor Illness Clinics run every week day and are delivered by our Advanced Nurse Practitioners, who are also able to prescribe, should you need a prescription, and most patients can be seen on the same day, so why not book yourselves an appointment for the following:

- Coughs & Colds
- Urine Infection
- Contraception
- Constipation
- Cystitis
- Infected Nails
- Minor Injury
- Skin Infections
- Sore Eyes
- Rashes
- Vomiting/Diarrhoea
- Bites & Stings
- Shingles
- Earache
- Indigestion
- Fever
- Stomach Ache
- Infected Wounds
- Nose Bleeds
- Headaches

Please call the Appointment Line or book at Reception



Your practice NEEDS YOU....

...to join our PRG (Patient Relationship Group). We looking for new members, so if you would be interested in volunteering for the group and becoming involved in influencing decisions that will impact on the services being offered to you at Danetre Medical Practice, please contact us at danetremedical.practice@nhs.net



NHS Free Health Checks

FREE NHS Health 'MOTs' are being offered to people aged between 40 and 74 once every five years. The check is to assess your risk of developing heart disease, stroke, kidney disease or diabetes.

If there are warning signs, then together we can do something about it. By taking early action, you can improve your health and prevent the onset of these conditions. There is good evidence for this.

The health check appointment should take about 20 minutes and is based on straightforward questions. Following the check you will receive free personalised advice about what you can do to stay healthy.

So if you receive a letter/text inviting you to book, please contact us to arrange your **free NHS Health Check**.



Hello and goodbye



The Practice is delighted to welcome to Dr David Digby, who joined us as a salaried GP in October last year

Welcome also to Nurse Vicky Murphy, who joined the Treatment Room Team in November of last year.



The Treatment Room Team also welcomed Denise Shingler who joined us in December as a Health Care Assistant



We also say a sad 'farewell' to Health Care Assistants Morgan and Jade who have both moved on to pastures new, and will be very much missed

Online Services

Did you know?

As well as booking appointments online, you can also order your repeat prescriptions through online services. Ask at our Patient Enquiries desk, about registering for this service



Research Update from Laura



Would you change your lifestyle to reduce the risk of having dementia in the future?

We are doing a study to investigate what people would be prepared to do to potentially reduce the risk of getting dementia in the future

This will help researchers and health professionals to better understand the scope for changing lifestyle to reduce the number of people developing dementia.

You are eligible to participate if you are **aged 50 or above and have never received a dementia diagnosis**. All you will need to do is fill in an anonymous and confidential online survey using the link:

<https://nottingham.onlinesurveys.ac.uk/dementiasurvey>

It may take 15 to 25 minutes to complete and you can win one of three £50 Amazon vouchers.

For more information please contact Dr Deborah Oliveira by telephone: 0115 74 84306 OR via email: deborah.deoliveira@nottingham.ac.uk



Please note our PLT Training dates. We close at 12.30 on the dates below. Please call 111 if you require medical assistance.

**14th March
18th April
16th May
13th June**

