



TELEPHONE NUMBER



We would like to inform patients as of the 1st of February 2012 we have gone down to one telephone number at the surgery. For all enquiries and appointments please call us on...

0115 932 5229.

WALKING FOR HEALTH GROUP

We are so pleased to announce that the popular Littlewick walking group has really taken off with up to twelve people coming regularly. The group meets here in reception at 10am every Thursday morning, and then comes back for hot drinks and a good chat.

Walks are short ranging between 1.5 and 3 miles long. The walks are led by a qualified walk leader and will be suitable for those returning to or new to exercise. Walks are free of charge and anyone is welcome to come along-no need to book a place.

Walking leader Tor Pitts says "The walks are open to everyone, and we can go at anyone's pace. It's the social side of the walking group that people love, and makes them come back each week". For more information please call Tor Pitts on 01283 563483.



LITTLEWICK SPONSORED WALK

On the 22nd April 2012 the Littlewick Team and their friends will be doing an 8.5 mile walk around Carsington Water to raise money for the planned "Littlewick Little Tots" room for under fives. This baby and toddler friendly room will welcome under 5s during the "Stay, play and weigh" sessions we are planning. If you would like to sponsor the team please ask at reception. Thank you in advance for all your help and support.

SURGERY CLOSURES

Please note the surgery will be closed from 12 noon on Wednesday 8th February due to staff training. The surgery will re-open at 8am on Thursday 9th February as normal.

The surgery will also be closed from 12 noon on Wednesday the 29th February due to staff training. The surgery will re-open at 8am on Thursday the 1st March as normal. Apologies for any inconvenience this may cause.

KALLUM TO RUN 50 KILOMETRES!

We would like to wish Kallum one of our receptionists the best of luck as he runs the London Ultra-Marathon on the 19th of February 2012. The run is a 50km marathon starting from London Grove Park Playing Fields and finishing at Perival Track. Kallum is running to raise money for a local charity called 'Bens Den' which provides holidays for children with cancer. If you would like to sponsor Kallum and help him raise as much as possible for 'Bens Den' please enquire at reception.

APPOINTMENTS AT LITTLEWICK

If you ring to book a non-urgent appointment, the receptionist is able to book appointments up to 4 weeks in advance depending on the availability of the GP you wish to see. Nurse Practitioners are also available to book in advance for new illnesses that do not require referrals or sick notes. They are trained to prescribe medication.

We do offer book on the day appointments for patients that feel they need to be seen that same day by a nurse practitioner or doctor and these appointments can be booked from 8am on 0115 932 5229.

Please can we ask patients to call for a nurse appointment between 12 and 2pm to speak to Helen. She will find you the most appropriate appointment with the correct Nurse at a time to suit you with any necessary equipment to hand.

STAFF NEWS

On Monday the 9th January we welcomed Shelley to the Littlewick reception team as a full time Receptionist.

We look forward to welcoming Lisa to the Littlewick Team in February as a part time Receptionist. We hope they both enjoy their new roles with us.

MEET THE MANAGER

On the 24th February we will be holding our third "meet the Manager" session at Littlewick at 09:30am until 11am at the front of the Littlewick Reception. Diane Perry our Practice Business Development Manager and Hayley Beresford our HR Manager will be there for patients to talk to and refreshments will be provided. We hope from this session we will get valuable feedback on patients' thoughts and opinions about the surgery.

Thank you to all those who came along previously and gave such helpful feedback, much of which has already been acted upon.

HPV VACCINATION

Are you a girl aged between 12 and 18? If so, you should book in to have a HPV vaccine free of charge to help prevent cervical cancer. It is a course of three vaccinations given by a Practice Nurse. Please contact the surgery on 0115 932 5229 to book an appointment.

REPEAT PRESCRIPTIONS



Please can patients request their repeat prescriptions from the chemist at least 3 days prior to their current supply running out. This is to allow enough time for the prescriptions team to re-authorise your medication safely and get them to the pharmacy for you. It may be easier for patients to ring the pharmacy to see if what you need is in your file beforehand.

In our effort to improve the quality of care for our patients with long term conditions (e.g. asthma, COPD and heart failure) we are starting to increase our use of Rightcare plans. This is a confidential arrangement between the surgery and the Out of Hours doctor's service. It involves us providing some details (with patient consent) on a patient's clinical condition with a plan for managing any illness. This means that any Out of Hours call for a Doctor will receive a quicker and better informed medical response. The overall aim is to try and prevent you from being admitted to hospital unnecessarily. If you are a patient with a long term condition then we may contact you in the near future to discuss Rightcare.

NICKY KOONER – PHARMACY
TECHNICIAN



What does your role Pharmacy Technician mean and what does the role consist of?

My official title is Pharmacy Technician which is a recognised professional registered with the General Pharmaceutical Council Great Britain. My role is very varied but I guess it's anything to do with medication and prescriptions.

How long have you been a Pharmacy Technician and where/when did you do your training?

I have been a Pharmacy Technician for 20 years. I started working in community pharmacy and I then spent several years in hospital training in the South West at Derriford Hospital in Plymouth travelling to South Wales for theory training. I then did a 2 year Clinical Technician course at the University of Derby which I completed in 2003. I have spent the last 8 years working in GP Practices.

What do you like the most about your job?

I enjoy the variety of my job.

Is there anything that you dislike about your job?

Never being able to clear my in tray/box because there is so much work!

We have heard this week from the Strategic Health Authority that there is likely to be high levels of flu within the next few weeks.

If you or anyone you know needs a flu jab and has not yet had one, please call the surgery on 0115 932 5229 to book an appointment. If you are seeing any GP or nurse for an appointment in February, please ask for a flu jab during your consultation. We'd be delighted to give it to you! We will keep flu jabs in stock for the first 3 weeks of February.

EXERCISE CLASSES - A SELL OUT!

Our new Littlewick weekly exercise classes started on Tuesday 31/1/2012. There will be two gentle fitness classes each Tuesday, led by Amy and Michelle, qualified instructors with Erewash Borough Council.

The gentle fitness classes at Littlewick are full, but there is also the opportunity to be referred to other classes run by Amy and Michelle at other locations in Ilkeston. We can also refer you to the 12 week "Waistwise course" where you have 1 hour of weight loss advice and support, and one hour of exercise.

If you would like to take part, please give your name and contact details to our receptionist Kallum. The charge will be the standard charge for all council leisure activities in Ilkeston which is:

- £1.65 -for those on benefits
- £3.30- leisure card holders
- £3.80- full price.

Blood Tests for Derby Hospitals

If you require a blood sample taking for Derby Hospitals (will say Derby on the top of your form) please note we only do these on a Wednesday before 11:30am. This is because our only collection for Derby bloods is on a Wednesday. We take blood samples for Nottingham laboratories everyday Monday to Friday between 8am and 12 noon. We have an early start on Tuesdays with blood tests from 7am to 12 noon. These forms will say Nottingham on the top.



Derbyshire County

An appeal is being launched by NHS Derbyshire County to stop thousands of pounds being wasted on unused medicines each year. For example, £300,000 worth of prescription drugs a year is thrown away in Chesterfield as medicines are stockpiled in patient's cabinets and not used. This money could have been spent on hip replacements and various life saving operations. In Erewash, we want to make sure every pound we have to spend on healthcare is used to really benefit our patients.

Kate Needham, Head of Medicines Management at NHS Derbyshire County said: "wasted medicines means wasted money. We're asking patients to think very carefully before automatically reordering their repeat prescriptions as the average prescription costs at least £10 and that's money that could be spent on patient's healthcare."

Patients should never throw unused medicines away themselves as they could be an environmental hazard. NHS Derbyshire County is urging patients to hand any unwanted medications to their Pharmacist who can arrange for them to be disposed of safely. Unwanted drugs could pose a risk to children if they find them and take them and patients if it's old out of date medication.

TELEPHONE NUMBERS

Cancellation line (24 hours)	9445497
Fax	9325413
DHU (out of hours)	0844 4122239
Manor Nott's Road	9325447
Manor Bath Street	9324748
Manor Kirk Hallam	9324425
Boots Bath Street	9324730
Helms	9301145
Co-op South Street	9325036
Co-op Awworth	9322233
Ilkeston Hospital	9305522
Blood test appointment	9512262
Nottingham City Hosp	9691169
QMC	9249924
Royal Derby	01332 340131
Right Steps	01773 596201
Addaction	9309442
Crisis out of hours	01332 625580
Midwife	01332 340131
District Nurses	01332 366717
NHS Direct	0845 4647
PALS	01332 785156