



Saxon Cross Surgery

Newsletter

Summer 17

Welcome to our Summer 2017 Newsletter

Congratulations to Dr Francis Roe who has successfully completed his GP training. Francis will be leaving the practice in early August to start his first job as a 'proper' GP in Nottingham. We would like to wish him well for the future and hope that our paths will cross again.

As one trainee leaves another one returns— Dr Jonathan Hogg will be joining us in August for his final year of GP training—For those of you who can remember Jonathan was with us 2 years ago .

Beat the Heat



As summer arrives, a few hints and tips on how to stay healthy as the temperatures rise:

Make use of fans or air conditioning

Keep windows open when you are at home

Dress down with lightweight, light coloured, loose fitting clothes made from natural fibres

Wear a hat if you are outside on a hot day and don't forget the suncream!!

Drink plenty of fluids (but not too much alcohol!)

Rest—Do not get overtired

Take a cool shower or bath to help you cool down

Try eating cold foods like salad or fruit.

Patient Participation Group

Summer meeting Thursday 20th July

6.30pm to 8.30pm

We would love to see more of you join our Patient Group which meets every couple of months. The group provides us with valuable support and helps us with planning our services around you.

Whilst the group usually meets on a Thursday afternoon, in July we will be holding an evening meeting when hopefully more of you may be able to attend.

Please come along and find out how you can help us to improve our services for you.

Ordering prescriptions

In order to reduce the waste of medications we ask you to order your repeat prescriptions directly from the practice if possible.

WASTED APPOINTMENTS

We continue to see a large number of wasted appointments when patients do not turn up. In June alone we had 124 appointments go begging that were booked and not kept. At a time when NHS resources and GP time particularly are under tremendous pressure we would ask you to please let us know if you cannot keep an appointment. This means that we can offer it to someone else. Similarly please try to give us as much notice as possible if you are unable to come in .

HEALTHIER YOU

NHS DIABETES PREVENTION PROGRAMME

Did you know that 11.9 million people in the UK are at increased risk of developing Type 2 diabetes?

Anyone can get it. Type 2 diabetes is a serious health condition. It starts gradually, usually later in life, and because the symptoms may not be so obvious it might be years before you learn that you have it.

Healthier You is a free service for people who are at high risk of developing Type 2 Diabetes.

Participants attend a series of group sessions where they are supported to make lifestyle changes that are proven to significantly reduce their chances of developing diabetes

You are eligible to join the programme if you

- **Are 18 years or over**
- **Not currently pregnant**
- **Have non diabetic hyperglycaemia (A simple blood test will tell us this).**

We are currently inviting patients to join the programme - When you hear from us why not give it a go ?



Thank you for bearing with us during the recent attack on NHS computers. Whilst the practice was one of the victims we would like to reassure you that your medical records were perfectly safe during the attack and no data was lost or accessed.

Online Services

Why not sign up for online services? Book your appointments, request repeat prescriptions ,or view your medical records at a time convenient to you .

Why not give it a go?—ask at reception or visit our website www.saxoncrosssurgery.co.uk for more information

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www.saxoncrosssurgery.co.uk