

Hama Medical Centre



Newsletter November 2019

Online Appointments

In addition to GP appointments, nurse and blood clinics appointments are now available to book online using your online service account or via the NHS app. Please state clearly the reason for attendance when you book your online appointment.

Nurse Appointments

You are now able to book online appointments with Nurse: Emma Dye. These appointments allow you to book for the following:

- Pill check
- Smear
- Asthma
- Diabetic Review
- B12 Injections
- Zoladex Injections
- Pre-School Vaccinations
- One Year Vaccinations
- Decapeptyl Injections (male only)
- Nebido Injections (male only)
- Contraceptive Injection

When booking your Diabetic Review, please ensure that you have had your blood test and foot check before booking to see Emma. Please book **ONE** appointment for a Diabetic **INTERIM** review and book a **DOUBLE** appointment for a Diabetic **ANNUAL** review.

Blood Clinic Appointments

These appointments are **ONLY** bookable if a clinician has requested for you to have a blood test. Please note, if you book a blood test without having consulted with a clinician, the appointment will be cancelled.

Flu Clinic Appointments

If you are unsure whether you are eligible or not, please contact the surgery in advance of booking. For those eligible for the flu vaccination, you should receive a verbal or written invitation.

The Flu Clinics are separated into two clinics: Under 65's who are in the At Risk category and Over 65's. We prefer that you attend here for the flu vaccination since we hold your medical record.

Upcoming Clinics - Under 65's

- Friday 15th November 4:30pm-6:00pm with Emma
- Friday 29th November 4:45pm-6:30pm with Emma
- Wednesday 4th December 6:30pm-7:30pm with Jo
- Saturday 7th December 8:00am-11:00am with Emma

Pharmacy Delivery Charges

From 30th September 2019, Boots pharmacy is now charging for the delivery of prescription items. We are advised that the charge is £55 per year (one off fee) OR £5 per delivery.

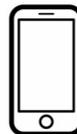
For more information please contact your local Boots pharmacy direct.

- Boots Kimberley: 0115 938 2123
- Boots Giltbrook: 0115 938 2123
- Boots Hilltop Eastwood: 01773713064



Text Messaging Service

To help the practice reduce the did not attend figures, you can now cancel your appointment by texting the surgery. You will receive a reminder text message the day before your booked appointment which simply states "Don't forget your appointment at **** on ***** at Hama Medical Centre. Please text CANCEL to 07800000199 if you can't attend". The system will then automatically cancel your appointment.



You can also download the MJOG smart app from the Google Play Store and Apple App Store. The app makes replying to the surgery a lot easier with more options as well as being able to phone the surgery from directly within the app.

NHS App

The NHS App provides a simple and secure way to access a range of NHS services on your smartphone or tablet. The app is free to download from the Apple App Store and Google Play.

Use the NHS App to:

- Book and cancel appointments
- Register to be an organ donor
- Choose how the NHS uses your data
- View your record
- Check your symptoms
- Order repeat prescriptions

In order to be able to use the NHS App you will need to obtain your personal log in details from reception. You will need a username and password. If you are already registered for the online services you can use the app straight away.



FAQ available at <https://www.nhs.uk/apphelp>



Extended Access Appointments

The surgery continues to offer extended GP and Nurse appointments between 6:30pm – 8:00pm. If we are unable to offer you an appointment at Hama Medical Centre there maybe other availabilities at local GP surgeries within the area.

Appointments are bookable through Hama Medical Centre.

Please be aware that these extended appointments are not available to book via the online services. For all appointments please ask at reception or give the surgery a ring on 0115 938 2101 for further details.



Additional appointments taking place here at Hama Medical Centre:

December	
Wednesday 4th	Wednesday 11th
Saturday 7th	Wednesday 18th

Complete The Cycle

Complete the Cycle is a inhaler recycling and recovery scheme which was set up in the UK in 2011. By working together and recycling your inhalers, the scheme helps to reduce waste and greenhouse gas emissions to move towards a more environmentally sustainable treatment of respiratory disease.

Items which are acceptable & not acceptable

YES - Acceptable	NO - Not Acceptable
All brands of oral respiratory devices including: <ul style="list-style-type: none"> ✓ Inhalers ✓ Accuhalers ✓ Autohalers ✓ Clickhalers ✓ Cyclohaler with cyclocaps ✓ Diskhalers ✓ Easibreathe Inhalers ✓ Ellipta ✓ Evohalers ✓ Twisthalers ✓ Turbohalers ✓ Canisters on their own ✓ All types of oral respiratory devices containing canisters or refill blisters ✓ Canisters on their own ✓ Whole packs consisting of inhaler device with refill blisters or canisters 	All brands of refill medicinal products only WITHOUT the oral respiratory device, including cyclocaps, refill blisters and similar <ul style="list-style-type: none"> ✗ Ear sprays ✗ Eye sprays ✗ Nasal sprays ✗ Nebuliser devices, related devices and accessories ✗ Oxygen equipment and accessories ✗ Respiratory medicines used in nebuliser devices ✗ Spacer devices and accessories ✗ Steam Inhalers ✗ Tracheostomy equipment and accessories

Help breathe new life into your old inhalers by visiting one of your local pharmacies as listed below to recycle your unwanted used inhalers.

Local pharmacies involved in the scheme include:

- 1) Manor Pharmacy Kimberley
- 2) Boots Gilltbrook
- 3) Nuthall Pharmacy
- 4) Boots Eastwood



One Patients Experience Of The Desmond Service

Whilst visiting the centre for my Diabetic check, Ann the nurse asked if I would like to visit DESMOND. (D) Diabetes (E) Education (S) Self (M) Management (O) On going (N) Newly (D) Diagnosed. On walking in the centre I took notice, the people invited look very bewildered, but not for long, everyone was soon put at ease and feeling part of Desmond. The course is 3 ½ hours long and the same the following week, it goes very quickly. The good thing you are allowed to take someone with you. I took my granddaughter with me.

Your eyes suddenly start to open and you take stock as Desmond is explained. The tutors Hannah and Graham take it from the first instance of being diagnosed to dealing with what you might encounter along the way. The following week was much the same but moving on to dealing and coming to terms with the fact you have Diabetes and learning not to turn it into a burden, but enjoy the fact that whilst eating sensibly you would be delighted with the thought of losing the bulge around your waist. When Hannah described the seriousness and damage that could be caused, I think you start to take more notice from eyes to limbs as well as other serious illnesses. I myself am a very nervous person. How Hannah and Graham put it over, I felt very relaxed all the way through Anyone with doubt should go along and visit DESMOND. You will benefit and be pleased you did.

For more information about DESMOND, please ask at reception.



PPG Event

Following on from a morning Carer event held at the Hama Practice in June this year, in which we were hoping to raise awareness about Bowel Cancer Screening, it was suggested that we might try to bring it to the wider community by holding a similar event at Sainsbury's in Kimberley.

This was met with support from the management team at Sainsbury's and on Tuesday 3rd September various orange clad members of the Hama Medical Practice PPG, armed with leaflets and demonstration kits, manned a stand in the entrance to the store.

During the course of the morning, we were able to speak to several hundred people with a wide range of different reactions and opinions, the overwhelming one being that the majority of people between the ages of 60 and 74 are happily using and returning the test kit. They were even happier when they were shown the new, much more user-friendly kit! We were also able to inform people over the age of 75 that they were still able to request the test and to give them the information and phone number that they would need. Only a relatively small number were uninterested - for a variety of reasons.

Overall, it was an extremely successful and informative morning. It confirmed that the message about the importance of such screening is getting out to the public and it identified a large number of people who would still like to be doing the test. Our thanks must go to the staff at Sainsbury's and to all our (mostly) willing participants.



Dementia Research

Are you 65 or over? Have you been diagnosed with mild dementia or Mild Cognitive Impairment? Would you like to take part in a research study?

PrAISED

Promoting Activity, Independence and Stability in Early Dementia and Mild Cognitive Impairment

We are looking for people like you to help us test the effectiveness of an exercise and activity programme. If you would like more information or would like to take in PrAISED2 please contact your local research team:

Juliette Lock: Research Assistant
Tel: 0115 8230985
Email: Juliette.lock@Nottingham.ac.uk

Melanie Heeley: Research Administrator
Tel: 0115 8466545
Email: M.heeley@Nottingham.ac.uk

Clare Burgon: Research Assistant
Tel: 0115 8230882
Email: clare.burgon@Nottingham.ac.uk



Get In Touch



11 Nottingham Road Kimberley
Nottingham NG16 2NB



0115 938 2101 (Please note that the phone lines are open from 7:30am till 6:30pm Monday to Friday)



noweccg.c84624@nhs.net



www.hamamedicalcentre.co.uk