

Practice Newsletter: Winter 2024

Welcome to this edition of our Practice Newsletter

Get your flu vaccination here **STAYWELL THISWINTER**

Have you had yours?

Are you.....

- Aged 65 and over
- Have a long-term condition e.g., Asthma, COPD, Diabetes
- Aged 16 years & over with BMI 40+?
- Have lower immunity due to disease or treatment?
- Pregnant
- A registered carer for an older or disabled person?
- Do you have a child aged 4 years or under who has a history of significant respiratory illness?

If you answer YES to any of the above and you have not already had or booked your flu vaccine, please ring reception on 01529 240234 and the Receptionists will be happy to book an appointment for you.

Askmy GP

AskmyGP has become more popular. It is open weekdays, excluding public holidays between the hours of 08:00 – 12:30. All requests are triaged by a member of our Clinical team. If you have not yet registered for this service, please visit our Practice website www.ruralmedical.co.uk; click on AskmyGP; click consult GP and sign up as a new user with just a few details.



Patient Participation Group

Our Patient Participation Group meetings are a chance to hear about developments and receive updates about the Practice. They are an opportunity to meet some of the staff and share your views. Would you like to attend these 4-monthly meetings? If so, please either complete the 'signing up for Patient Reference Group' form on our website www.ruralmedical.co.uk or give your details to one of our Patient Navigators (Reception). The next meeting is on **Thursday 27th March 2025, 1:30 – 2.30pm in the Practice waiting room.**



Well-Being Walks

Would you like to go for a 45-minute walk with others from the local community? Have a cup of tea afterwards in the Church? Well-Being walks are being held every 3rd Thursday, meeting at the Church at 10am. After a leisurely 45-60 minute walk, suitable for all abilities, refreshments are available at the Church until 12 midday. If you are interested, then just pop along on a Thursday.





Christmas Medication deliveries:

There will be no deliveries between Christmas and New Year. The last delivery will be on Tuesday, 24th December 2024 and the first one in the New Year will be on Friday, 3rd January 2025. Please order your medications for the Christmas period well in advance. If you have weekly blister packs, please do not worry; there will be adequate supply provided to last over Christmas/New Year.

Practice Facebook

Please continue to look at our Facebook page and share any relevant information. We put information on this to keep our patients updated about services, events, and other Practice news.



Extended Access:

Please do not forget for those of you who work, we have appointments with a Doctor and one of our Nursing team:

Tuesday evenings until 8:15pm (please check in for your appointment at the Dispensary)

Friday mornings 7am – 8am (please press the buzzer at the main reception gate)



Patient Navigators (Receptionists)

Our receptionists have all been trained to be patient navigators. They need to signpost you to the most appropriate person for your needs. If you are asked the reason for an appointment request, please tell them; even if it is of a sensitive nature, a brief outline is required and will be treated in total confidence. It is not always a doctor who can help; Urgent Care Practitioners (for same day acute problems), a Mental Health Practitioner, Musculoskeletal Practitioners and Clinical Pharmacists are just some examples of alternative care that will speed up your treatment.

If you have a **complaint, compliment, suggestion** for improvement or any other issue you would like to discuss, please contact **Jane Parry**, Practice Manager on **01529 240234 / jane.parry@nhs.net**



Contact details for the Practice: Reception 01529 240234

Dispensary 01529 240888/240845 (between the hours of 10 and 4pm)