



PARKSIDE SURGERY NEWSLETTER

OCTOBER/NOVEMBER 2023

PRACTICE NEWS

LEAVERS 😞 Our Practice pharmacist, Kashmiria Patel, moved on to pastures new in August, she will be missed greatly by staff and patients alike. Dr Omage finished his GP Registrar training in September and has secured a position in a different practice. We wish them all the very best for the future.

JOINERS 😊 We welcome a new practice nurse, Melanie Booth to the practice and also Jayne Upton who joins us as a health care assistant. We have two new patient services coordinators, Lucy Alvey who joined us in September and Lisa Thornhill who joined us in October. We look forward to working with all of our new team members.

APPOINTMENT ATTENDANCE

As we offer more of a mixture of face to face and telephone appointments we find that patient non-attendance is rising.

During August and September we have had 240 missed appointments with a member of our clinical team, this equated to 40 hours of appointment time being wasted.

When you make an appointment, please make a note of it yourself rather than rely on the text message to remind you. Please help us to offer a better service by cancelling any appointments you are unable to attend so that someone else can benefit from them.

STAFF TRAINING - We will be closed from 1.30 pm on: **15 November**

Please ring 111 if you need medical advice after 1.30pm

IMPORTANT

➔ **TRAVEL VACCINATION INFORMATION** ➔

At the current time we are unable to offer any travel vaccinations.

HEALTH AWARENESS FOR OCTOBER/NOVEMBER

ADHD Awareness Month is an annual observance held in October to raise awareness about Attention-Deficit/Hyperactivity Disorder (ADHD). The month-long campaign aims to educate the public, reduce stigma, and provide support to individuals and families affected by ADHD. It also highlights the importance of early diagnosis, effective treatment, and understanding the challenges faced by those with ADHD. <https://add.org/adhd-awareness/>

Go Sober for October is an annual fundraising campaign and health initiative that encourages participants to give up alcohol for the entire month of October. The campaign aims to raise awareness about the health benefits of reducing alcohol consumption and raise funds for organizations that support individuals and families affected by cancer. It provides an opportunity for individuals to challenge themselves, improve their well-being, and make a positive impact on their own lives and the lives of others.

Wear it Pink Day On 20th October, wear pink and raise money to help make life-saving breast cancer research and vital support happen.

Movember 2023, also known as Men's Health Awareness Month, is an annual global campaign that encourages men to grow mustaches and participate in various activities to raise awareness about men's health issues. This month-long event focuses on promoting physical and mental well-being among men, addressing issues such as prostate cancer, testicular cancer, mental health challenges, and suicide prevention.

Each November, **the COPD Foundation** and its community increase the focus on building awareness for chronic obstructive pulmonary disease (COPD). This year, the Foundation's COPD Awareness theme is Lace-Up for Lungs: Let's Outpace COPD. They are committed to innovative approaches to preventing COPD and encouraging early diagnosis while improving lives and advocating for all affected.

National Stress Awareness Day, run on November 1st this year — is 24 hours of reinforcing the fact that you're not doing yourself a favour by stressing about situations you can't control. <https://nationaltoday.com/national-stress-awareness-day/>

FLU CLINICS - We are still running flu clinics in the surgery, if you think you are eligible please ring to book an appointment. Most of our eligible patient should have received a text message to book. For eligibility criteria please check on <https://www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine/>



DON'T FORGET TO "PUT YOUR CLOCKS BACK BY ONE HOUR ON SUNDAY 29TH OCTOBER



PERSONAL DATA - Where we hold email addresses and mobile telephone numbers for patients we will only use them to send information regarding appointments, reviews or your medical conditions.

If you decide that you do not wish to receive sms texts or emails from the practice please contact us and we will make the necessary amendments to your records.