

NHS Walk in Centre - the Walk in Centre on Upper Parliament closed on 30 September. The Walk in Centre on London Road (next to the BBC) has also closed and reopened as an NHS Urgent Care Centre. The centre will offer assessment and treatment for health conditions that are urgent but non-life threatening such as:

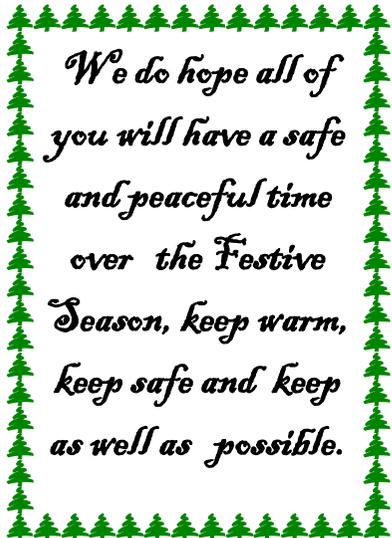
- Minor burns and scalds
- Minor head injury with no loss of consciousness
- Skin infections and rashes
- Suspected broken bones, sprains and strains (x-ray will be available on-site)
- Eye infections and minor eye injuries.

No appointment is needed: just drop in between 7am and 9pm 365 days a year.



If you are a female aged between 50 and 70 you will shortly be receiving an appointment to attend breast screening at Nottingham City Hospital.

Screening takes place every 3 years.



*We do hope all of you will have a safe and peaceful time over the Festive Season, keep warm, keep safe and keep as well as possible.*

The purpose of Daybrook patient participation group is to communicate and work with the Practice in order to enhance the patient experience. We are always interested in recruiting new members. If you would like to join this group please contact the surgery and ask for more details on 0115 9267628, or ask at reception for further details.



## Daybrook Patients Group Newsletter - Autumn Edition 2015

Date for our next PPG coffee morning: **Monday 7th December**, 10am-12pm

In the past the group have held 4 coffee mornings per year, but it was decided to bring that down to 2 per year, Christmas and Easter. They have been a very social time, full of fun and chatter, not to mention delicious coffee and biscuits which are free and beautiful homemade cakes, sold to raise money. Any monies raised have gone towards equipment for Daybrook surgery, or towards very worthwhile local charities. A great deal of time and effort goes into the organisation of the coffee mornings, and success is due to you as the patient, and your neighbours and friends for supporting us. Our raffles are legendary with beautiful prizes donated by PPG members and a few local businesses -

**YOU REALLY DON'T WANT TO MISS THEM!!!**

We shall be holding another coffee morning on Monday 7 December 10-12, and the money raised will go towards Notts and Lincs Air Ambulance. So come and join us, tell your friends and neighbours and bring them along too. If you can't get along but would like to donate a raffle prize, buy some raffle tickets, or even show your prowess with cakes and pastries, please do. You'll be surprised at how much you'll enjoy yourselves and the nominated charity will be so grateful for your support too. If you can help or need more details Marion Hatton is the lady with all the answers, do call her on (0115 9267561).



### Surgery Opening Hours:

Monday: 7.30am - 7.00pm

Tuesday, Wednesday & Friday: 7.30am - 6.30pm

Thursday: 7.30am - 6.30pm (reception only from 12.30pm)

If you need medical advice outside of these hours, please either call the surgery on: 0115 9267628, and you will be transferred to 111, or dial 111 directly.





### FLU JAB REMINDER

Flu can be unpleasant, but if you are otherwise healthy it will usually clear up on its own within a week.

However, flu can be more severe in certain people, such as:

- anyone over the age of 65
- pregnant women
- children and adults with an underlying health condition (particularly long-term heart or respiratory disease)
- children and adults with weakened immune systems

Anyone in these risk groups is more likely to develop potentially serious

complications of flu, such as pneumonia (a lung infection), so it's recommended that they have a flu vaccine every year to protect them.

The flu vaccine is given free on the NHS as an annual injection to:

- adults over the age of 18 at risk of flu (including everyone over 65)
- children aged six months to two years at risk of flu

FLU CLINICS - IF YOU THINK YOU MAY BE ELIGIBLE FOR A VACCINATION PLEASE CHECK AT RECEPTION AND IF YOU ARE BOOK AN APPOINTMENT

Monday 16th November 2015

2pm - Health Education Room

Perhaps you have concerns about a work colleague, friend or relative you think may be drinking more than they should.

If so come along and listen to Mike and his truly inspirational talk. Mike is a recovering alcoholic, and his talk last year was an eye opener to all present. He doesn't judge or wrap things up in cotton wool. He's amusing and keen to help anyone who may need it. So do come along, bring a friend you will be very welcome.



## Calling on our Young Adult Patients

ARE YOU IN THE 18 – 25 YEAR OLD GROUP, a patient at this Practice, or the son/daughter of a patient here?

If so we would very much like you to join our Patient Participation Group, voice your thoughts and ideas and make a difference to your Medical Practice.

Meetings are held every 6 – 8 weeks, are lively, with everyone having input. Do give us a try; our next meeting is at 5.30pm on the 13th April at the Practice. HOPE TO SEE YOU THERE.

For more information phone Helen Sinclair on 0115 9267628

### HELPING YOU TO HELP YOURSELF

Do you have a First Aid Box in your home? If you don't here's a guideline for a box and a few tips to help you.

You need: A large plastic box with lid, mark the lid clearly in large letters FIRST AID. Keep in a cool dry place that is easily accessible but away from small hands, and ensure the family know where it is. Keep a note of Daybrook medical practice tel. Number and your nearest NHS Walk-in-Centre no taped inside the box.

Keep a regular check on the contents and replace any items used, or past use -by dates. Buy a basic First Aid Manual, read it and bring yourself up to speed on what to do and what to use so that you're ready should you need to be.

Do shop around for the contents, local pharmacy, Sainsbury's, Boots, Wilkinsons etc. There is no need to spend a fortune on the contents. Chemists are also available to offer advice on man minor ailments.

#### What you'll need:

Plasters in various shapes and sizes, some hypo-allergenic ones might be useful too.

Small, medium and large sterile gauze dressings.

At least 2 sterile eye dressings together with eye wash and eye bath.

2 triangular bandages, and safety pins or clips

Disposable gloves

Tweezers

Blunt end scissors

Alcohol free cleansing wipes

Sticky tape, i.e. Micropore or Elastoplast

Thermometer, preferably digital

Skin cream i.e. calendula or hydrocortisone

Cream or spray for stings or bites

Cough medicine (choose one suitable for adults and children alike)

Antihistimine tablets

Distilled water for cleansing wounds and grazes.



## Courgette and Blue Cheese Soup

- serves 4 as a main course

25g butter

1 tablespoon oil

2 large onions peeled and chopped

150g pancetta cubes or smoked lardons

250g new potatoes, skin on and chopped

1kg courgettes, chopped

225g Blacksticks blue or Shropshire blue cheese

4 tablespoons chopped fresh flat leaf parsley

1. Melt the butter with the oil and cook the onions gently until soft, about 15 minutes.
2. Add half the pancetta and cook for 5 minutes.
3. Add the potatoes, courgettes and stock. Bring to the boil and simmer for 10 minutes, until the potatoes are tender.
4. (optional) Fry the remaining pancetta until crispy and drain on kitchen paper.
5. Add 150g of the cheese then whizz the soup with a stick (hand held) blender. Leave it quite chunky, do not puree.
6. Stir in the parsley then serve with the crispy pancetta (if using) and remaining cheese and some parsley on top.

Recipe provided by.....



### Doctors note:

#### ANTIBIOTIC AWARENESS

If you have been prescribed antibiotics, you should take them according to the instructions you have been given and complete the course. Remember to seek advice if you suffer from the side effects of your antibiotic. Antibiotics are prescription medications used to treat (or prevent) infections caused by BACTERIA.

Antibiotics DO NOT work against viruses that cause common colds, flu, coughs and sore throats. Most viral infections are self-limiting and will clear up without treatment. Even if you have a mild bacterial infection, the immune system can clear most bacterial infections. For example, antibiotics usually do little to speed up recovery from bronchitis, or most ear, nose, and throat infections that are caused by bacteria.

Why you should only take antibiotics when they are needed?

Bacteria can adapt and find ways to survive the effects of an antibiotic. They become 'antibiotic resistant' so that the antibiotic no longer works. The more you use an antibiotic, the more bacteria become resistant to it. Infections with antibiotic-resistant bacteria increase levels of disease and death, as well as the length of time people stay in hospitals. It is estimated that approximately 25,000 patients die in Europe every year now due to antibiotic-resistant bacterial infections.

Only very few new antibiotics are being developed. As resistance in bacteria grows, it will become more difficult to treat infection, and this affects patient care. Antibiotic-resistant bacteria don't just infect you; they can spread to other people in close contact with you.

Antibiotics can upset the natural balance of bacteria in your body. This allows other more harmful bacteria to increase. This may result in troublesome side effects such as diarrhoea and thrush.

Some antibiotics can cause allergic reactions such as rashes, severe anaphylaxis (which requires immediate medical assistance), being sick if you also drink alcohol and reactions to sunlight.

IF YOU ARE NOT SURE IF YOU HAVE AN INFECTION WHICH MAY NEED ANTIBIOTICS SEEK ADVICE FROM A PROFESSIONAL. (PHARMACIST, NURSE, GP, MIDWIFE, HEALTH VISITOR ETC)

NOTTINGHAM MENTAL  
HEALTH AWARENESS WEEKS  
OCTOBER 5th - 18th 2015



October is also Mental Health Awareness month - mental health problems can affect us all. These weeks aim to reduce stigma and ignorance, and promote greater understanding.

There are various events taking place in the Nottingham area - if you would like any further information please see the posters in the surgery or ask for a leaflet.



**Stoptober** - anyone wishing to stop smoking October is the month to try it. Please either see the doctor for help or contact New Leaf.

To sign up to the nation's biggest mass quit attempt, search Stoptober online or visit [www.smokefree.nhs.uk/stoptober](http://www.smokefree.nhs.uk/stoptober).

The practice regularly takes part in research studies which are carried out by the National Institute for Health Research. No patient data is given to the organisation, the patients are all contacted by the surgery and asked if they are interested in joining. Contact details are given to the patient should they wish to take part. One study being run at the moment is on dementia. This is a new service which allows people to register their interest in national dementia research. It helps people with dementia, their carers, or anyone interested in dementia research to be matched to studies. You can register your interest by logging on to [www.joindemetiaresearch.nihr.ac.uk](http://www.joindemetiaresearch.nihr.ac.uk) or by phoning Alzheimer's Research UK on 0300 111 5111

**NHS**  
National Institute for  
Health Research

## HAVING YOUR SAY



The Peoples' Council of our local Clinical Commissioning Group meets every month at Gedling Civic Centre. It is one of the ways in which patients, carers and communities, including members of Patient Participation Groups, can have a say in the provision and delivery of NHS services. Suggestions are made and researched, and if found practical they will be taken up and policy changes made in local services.

One of the most significant subjects discussed in recent meetings was that of Medical Records. There is now a new system in place for sharing records amongst other parts of the local NHS, which will have obvious advantages. Information and guidance for GPs and leaflets for patients have been sent to all practices. It is a local system only, unlike the previous Health.Data system, which caused such controversy over the possible wider use of medical records. Patients are still able to opt out.

A survey is being carried out on Telephone Assessment Systems, or Triage: this is a different system for receiving and assessing calls for appointments. There will be some written guidelines on this in due course - it is working well in some practices.

A Community Parkinson's Service has recently been set up, something the Peoples' Council pushed for so are very pleased it is happening! There has been very favourable feedback on this. There will be also a chance for patients to comment on new arrangements for Pain Management, including treatment by acupuncture.

New services are also being planned on Support for Carers, and the prescribing of gluten-free products is also under discussion.

If you would like to know more about the Peoples' Council or about other ways in which patients' voices can be heard during the planning of NHS services, please contact Daybrook PPG for further information, or visit the NNECCG website: [www.nottinghamnortheastccg.nhs.uk](http://www.nottinghamnortheastccg.nhs.uk).