



Happy Holidays

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 on 0115 9267628, or ask at reception for further details.

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. If you need to be seen urgently please go to the Urgent Care Centre on London Road (next to the BBC).



Daybrook Patients Group Newsletter Winter Edition 2017

CHRISTMAS & NEW YEAR OPENING HOURS

Please note the practice will close for Christmas on Friday 22 December at 18.30 and reopen on Wednesday 27 December at 7.30am.

For New Year we will close on Friday 29 December at 18.30 and reopen on Tuesday 2 January at 7.30am.

Remember to order your prescriptions early over this period to ensure you don't run out.

If you need medical advice whilst we are closed please ring 111 in the first instance, they will assess your needs and ensure you receive the appropriate service.

There is an Urgent Care Walk in Centre on London Road (next to the BBC) if you feel you need to be seen but you do not feel it is a medical emergency. Only attend the Accident & Emergency Department if your medical need is an emergency. The waiting times are likely to be longer over the Christmas and New Year period. You can also seek advice from any Pharmacist.



PRESCRIPTIONS

Please ensure you order your prescriptions in plenty of time over the Christmas and New Year period. You may need to order 1 to 2 weeks earlier to ensure you have time to pick the prescription up and collect your medication from the chemist.



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

**STAY WELL
THIS WINTER**

Do you need the flu jab?

Asthma? Heart disease? Diabetes? Weakened immune system?

Liver disease? Lung disease? Kidney disease?



If you have any of these conditions, you are also more likely to develop serious complications from flu, such as pneumonia. Contact your GP today to book your flu jab. It's quick, safe and free.

www.nhs.uk/flu



A Sure Start Children's Centre

Arnbrook

Ambrook Children's Centre, Home Close,
Off Bestwood Lodge Drive, Amold,
Nottingham, NG5 8NE

Killsick

Killsick Community Centre, Killsick
Road, Amold,
Nottingham, NG5 8BY

Calverton

Calverton Children's Centre,
Flatts Lane, Calverton, Nottingham NG14 6JZ



For all enquiries ring 0115 9165010 or Website www.surestart.notts.nhs.uk

Self Weigh and Play



Monday at Daybrook Health Centre 1.30-3.00pm

You will be able to self-weigh babies up to the age of one year
Feel free to drop in during this time to self-weigh your babies
(instructions will be provided)

Come along and have
some fun - activities
for you and your
baby to enjoy!



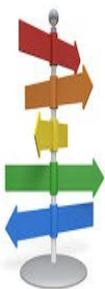
Commissioned by:

Delivered by:



Nottinghamshire Healthcare NHS Foundation Trust
Positive about integrated healthcare

New Signage System Trial



You may have noticed we are trying out a new signage system at the practice. All rooms are now numbered and signs in the waiting room, corridors and clinic room doors reflect this. The board above reception now also states which doctor or nurse you are seeing together with the room number. We are hoping to replace all the temporary signage with permanent ones sometime early in the New Year.

Rustic Winter Vegetable Soup

Ingredients:

- 1 tbsp rapeseed oil
- 1 large onion, chopped
- 2 carrots, chopped
- 2 celery sticks, chopped
- 50g dried red lentils
- 1½ l boiling vegetable bouillon (we used Marigold)
- 2 tbsp tomato purée
- 1 tbsp chopped fresh thyme
- 1 leek, finely sliced
- 175g bite-sized cauliflower florets
- 1 courgette, chopped
- 3 garlic cloves, finely chopped
- ½ large Savoy cabbage, stalks removed and leaves chopped
- 1 tbsp basil, chopped



Heat the oil in a large pan with a lid. Add the onion, carrots and celery and fry for 10 mins, stirring from time to time until they are starting to colour a little around the edges. Stir in the lentils and cook for 1 min more. Pour in the hot bouillon, add the tomato purée and thyme and stir well. Add the leek, cauliflower, courgette, and garlic, bring to the boil, then cover and leave to simmer for 15 mins. Add the cabbage and basil and cook for 5 mins more until the veg is just tender. Season with pepper, ladle into bowls and serve. Will keep in the fridge for a couple of days. Freezes well. Thaw, then reheat in a pan until piping hot.



Antibiotics are important medicines for treating bacterial infections in both humans and animals. However, bacteria can adapt and find ways to survive the effects of an antibiotic.

This means antibiotics are losing their effectiveness at an increasing rate. The more we use antibiotics, the greater the chance bacteria will become resistant to them and they can no longer be used to treat infections.

Antibiotic resistance is one of the most significant threats to patients' safety in Europe. It is driven by overusing antibiotics and prescribing them inappropriately. To slow down the development of antibiotic resistance, it is important to use antibiotics in the right way - to use the right drug, at the right dose, at the right time, for the right duration. Antibiotics should be taken as prescribed, and never saved for later or shared with others.

To prevent and control the spread of antibiotic resistance, individuals can:

- Only use antibiotics when prescribed by a certified health professional.
- Never demand antibiotics if your health worker says you don't need them.
- Always follow your health worker's advice when using antibiotics.
- Never share or use leftover antibiotics.
- Prevent infections by regularly washing hands, avoiding close contact with sick people, practising safer sex, and keeping vaccinations up to date.
- Prepare food hygienically, following the WHO Five Keys to Safer Food (keep clean, separate raw and cooked, cook thoroughly, keep food at safe temperatures, use safe water and raw materials) and choose foods that have been produced without the use of antibiotics for growth promotion or disease prevention in healthy animals.

For more information, please visit the NHS website on www.nhs.uk and search for: "The Antibiotic Awareness Campaign". Alternatively, you can also visit the Antibiotic Guardian website to make a pledge about how you'll make better use of antibiotics and help save this vital medicine from becoming obsolete.

Meet Maddison, our new apprentice receptionist



A big hello to you all. I'm Maddison, a newish face at Daybrook Medical Centre, and I look forward to meeting patients over the coming months and years.

Let me tell you a little about myself: I'm a Nottingham girl born and bred, and from a young age wanted to be a carer, I looked after my Grandad for a long time and it was so rewarding and fun. I loved him dearly.

Then the opportunity came along of becoming an Admin Apprentice at Daybrook, and so here I am, 3 months in and loving it.

I have a daily routine of jobs to get through, opening the mail, the general office routine, and learning the ropes on all the various office positions. I love talking to the patients when I see them, and because I care, I find it easy to allay anxieties they may have before seeing the Doctor, and when they phone with discomfort and worry. I suppose you could say I'm a bit of a chatterbox but I do know when to be serious, trust me. I have aspirations to learn as much as possible and I'm proud to be given the opportunity. I have a partner, who is a builder, and we hope to marry one day, when money and time allow. I'm very much a family person and love spending time with my baby sister, taking her out and doing different things with her, we're off to see Santa very soon, that will be so much fun!

I used to play for a girls football team every spare moment I had, but my dreams of playing in a professional team were cut very short when I had an accident on my bicycle. But I am still an ardent County supporter. I like my holidays, Europe for sun, sea and relaxation and the annual family holiday to Skegness which is just pure fun.

Favourite foods are Indian and Chinese, eating out or having a take-away. My partner is a fabulous cook, and prefers it if I stay out of the kitchen, can't think why!

So, that's me - Maddison -. Looking forward to getting to know you all, say "hello" when you come to the Surgery will you?

In the meantime, a very Happy, Healthy and Safe Christmas to everyone!



The Department of Culture Media & Sport provided funding to the National Trading Standards (NTS) Scams Team for call blockers to tackle the issue of nuisance calls. The current focus is on protection of consumers with dementia.

The initial phase of the project started in April 2017, where Local Authorities were engaged and asked to identify people living in their communities with dementia that would benefit from a call blocker. The team is now moving into the next phase. The public launch will go live on the 6th November. On this date free call blockers will be available to any person living with dementia that is currently receiving scam or nuisance calls. We are asking for your support to publicise this initiative and also to help us identify anyone that may qualify and benefit from having a call blocker.

To get a FREE call blocking device YES should be answered to the following:

1. Do you or the person you are applying for receive nuisance and scam calls?
2. Does the person who would like the call blocker have dementia?

If you answered yes to the above then please apply at:

www.friendsagainstscams.org.uk/callblocker

- Free call blockers for people living with dementia visit: www.FriendsAgainstScams.org.uk/callblocker
- Living with dementia? Plagued by nuisance calls? Visit: www.FriendsAgainstScams.org.uk/callblocker to get a free call blocker
- Did you know @AgainstScams are giving away free call blockers? Visit: www.FriendsAgainstScams.org.uk/callblocker to find out more