

WINDMILL FLYER

MADE IN ASSOCIATION WITH WINDMILL PPG.



www.coastaldoctors.co.uk

April 2019—June 2019

THE TEAM

GP Partner

- Dr Steven Taylor

Salaried GPs

- Dr Wendy Clark

- Dr Navin Ghosh

- Dr Andrew Thompson

- Dr Chathuri

Hadinnapola

Regular Locum Doctors

- Dr Kevin D'Mello

- Dr Asha Rattan

Nursing Team

- Deborah Fish

- Jo Seaman

- Margaret Dasent

HCA Team

- Vicki

- Courtney

Practice Manager

- Sharon Marsden

Site Lead

- Abi

Deputy Site Lead

- Hayley

Reception Team

- Christine

- Jodie (MAT Leave)

- Kate

- Sophie

- Sue

Dispensary Team

- Emily

- Ronnie

Administration

- Jenny

- Josephine (secretary)

SURGERY NEWS

STAFF: Nurse Jo Seaman is about to start her nurse prescribing course and will be having her training here at Windmill. We are also sad to be losing Hayley our Deputy Site Lead at the end of April, We are sure you will all join us in saying a big good luck and farewell, we wish her all the best and will miss her greatly.

GENERAL: We recently had our infection control audit done at the Surgery. We scored 90% which is considered an excellent pass.

Parking: concerns have been raised lately in regards to there not being enough parking or people parking inappropriately We are constantly in contact with the other parties in the building and are continuously trying to improve this situation. Although we have very limited options.

May is National Walking Month

You may not realise it, but May is National Walking Month and now the evenings are lighter for longer, this makes it the perfect time to get outside, and get walking. Walking has a whole host of different health benefits that you can use to motivate you to introduce walking into your daily lives.

Walking is good for your heart—Walking not only strengthens your heart but reduces the risk of heart disease and strokes. In fact a brisk walk for 30 minutes every day is said to reduce your risk of a stroke by 27%. Also it reduces bad levels of cholesterol and increases the levels of good cholesterol too!

Walking helps you to lose weight— If you walk at around 2mph for 30 minutes then you will burn around 75 calories, 20 minutes of walking a day will burn an incredible 7lbs of body fat a year.

It's a full body workout—Many muscles in your body are activated during walking including; calves, glutes, hamstrings, quads and abdominals.

Walking gives you energy—It boosts your circulation and increases the oxygen supply is around your body, which in turn will keep you feeling alert and awake.

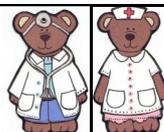
Walking makes you happy —In the same way walking can help you feel energised, it is also great for making you feel happy. A brisk walk can be just as beneficial as taking an antidepressant, and can be a great helping hand if you are suffering from depression, anxiety or feeling stressed.

Appointments not attended

In the last 3 months

Dr's appointments

wasted: **98**



Nurse Hours

wasted: **29**

!PLEASE CANCEL YOUR APPOINTMENTS!

WE ARE OPEN: Monday 8:30am till 8pm. Tuesday to Friday: 8:30am—6:00pm

DISPENSARY TIMES: 8:30-6:00. Please note, the dispensary phone line is only open between 9:00am and 1:00pm, Voice message service now available.

For an on the day urgent doctor appointment please contact the Surgery at 8:30am. Pre bookable appointment availability is based on demand and usually averages 2 weeks. We also offer GP telephone appointments for anything you feel can be dealt with over the phone.

What we offer:

- Childhood Immunisations
- Phlebotomy,
- Travel Advice and Immunisations,
- Minor Injury Service,
- Minor Surgery including Cryo-therapy,
- Sexual Health - Including coil and contraceptive implant fitting, emergency contraception.
- Diabetes & Respiratory Specialist clinics
- Chronic Disease Management
- NHS Health Checks to all patients aged 40-75yrs
- Cervical Screening
- Flu Vaccination Clinic

APPOINTMENTS

Windmill Surgery, London Road, Wymondham, NR18 0AF. Telephone 01953 607607

Reception email: windmill.reception@nhs.net.

Dispensary email: windmill.dispensary@nhs.net

Your Local Pharmacies



Pharmacists play a key role in providing quality healthcare. They're experts in medicines, and use their clinical expertise, together with their practical knowledge, to advise you on common problems, such as coughs, colds, aches and pains.

Did you know that pharmacies can help with stopping smoking, cutting down on alcohol, advice on safe sex and emergency contraception? Lots of pharmacies are open until late and at weekends. You don't need an appointment – you can just walk in. Your pharmacist can also talk to you confidentially without anything being noted in your medical records.

BOOTS, POSTMILL—NR18 0NL

WELL, MARKET STREET—NR18 0AJ

BOOTS, HETHERSETT—NR9 3BA

LLOYDS, ATTLEBOROUGH—NR17 2AH

Extended Hours

Do you struggle to get to surgery due to busy working hours?

After the outcome of our recent questionnaire and correspondence with South Norfolk CCG we are now able to offer extended hours access with the Gps and nurses.

Evening appointments will be available every Monday, and quarterly on a Friday. GP and nurse appointments are now available from 6:30pm to 7:30pm on these days. These are bookable in advance only and through the Reception Team.

We also now offer telephone medication reviews with the GP on Sunday mornings.

Please take full advantage of this wonderful new service. For more details speak with reception.

Community Groups

Wymondham Diabetes Group— A support group for people and families affected by diabetes. Meets every other month on the 2nd Tuesday at Fairland Church 2-4pm. Contact Anne Hoare on 01953 607494.

Roots Community Café— A volunteer service provided by Wymondham Baptist Church. Feeling lonely or just want a chat and bit of support? Pop along Monday—Friday 10am-1pm. Contact: office@wymondhambaptist.org or 01953 606520.

Wymondham Dementia Support Group— Providing a safe, friendly and understanding environment for people living with dementia and their Carers. Meets every Mon & Fri 10am-12:00. Fairland Church. Contact Dianne Fernee on 07712727897.

The Hub—Hub Community Project aims to build a strong and resilient community where everyone is valued, cared for and included. It provides the settings and opportunities for people to be empowered and to grow in relationships and skills. It provides much needed resources and equipping for those in the community who need assistance, enabling people to build strong foundations for their future.

Cup of caring—If you are caring for someone this group can offer you support and respite. The group meets on the second and last Thursday of each month, 10.30am – 12noon at The Hub.

Meeting Point—If you are new to the area, sometimes feel alone or isolated, want to meet new people or simply know you should 'get out more' why not come and join us for coffee and a chat? - Meeting every Friday at 10.30am at The Catholic Church in Wymondham.

The Space Youth Café 6-13 years—A place to come, be yourself, relax and build relationships with the team and other young people. The Space runs throughout the school term and is open to all secondary aged youth. The Space is open Tuesdays (term time) 2.15pm – 4.30pm. 50p entry.

The Hub, Ayton Road, Wymondham, NR18 0QJ 01953 798505.

Good To Know

- Written by Windmill Site Lead Abi.

Test Results Process: We will ONLY contact a patient direct when test results come back abnormal, You are more than welcome to contact the surgery at any point to ask about your results. Blood results tend to take 2-5 working days to come through, depending on what tests are being carried out.

Travel Vaccinations: When travelling abroad please fill in one of our travel vaccination forms at least 6-8 weeks prior to your departure date and hand back to the reception team.

Private Fees: Requests for letters and signatures from the GP's is considered private work and there will be a fee at the Doctors discretion. This is due to this work not being funded by the NHS and this work can not be done during working NHS hours. Also, not all Doctors are obligated to do private work. Please ask at reception if you have any queries regard private work.

Hospital Results: If you have tests done that have been requested by a hospital consultant, these results will go directly back to that consultant. Please do not contact the surgery for these, Contact your consultant.

WINDMILL PPG

Please see the PPG Board in reception for more information.

Our next meeting is in June - if you wish to have your say in your care please join us. Either leave you details with the reception or contact the Chairman, Christopher Longhurst on 01953 605126. Email: chris@capernwray.eclipse.co.uk.

If you would like to receive this newsletter via email in the future please fill in below, tear off and hand to the reception team. Thank you.

Name:.....

DOB:.....

MOB:.....

Email Address:.....