

SETT VALLEY MEDICAL CENTRE

Hyde Bank Road New Mills High Peak

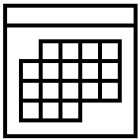
SK22 4BP

Tel: 01663 743483

Sett Valley Medical Centre Patient Newsletter April 2023

Welcome to the Spring edition of the Sett Valley Medical Centre Newsletter.

Bank holidays



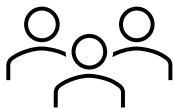
To celebrate the coronation of King Charles III an extra bank holiday has been granted this year. This means that the Practice will be closed on

- Monday 1st May
- Monday 8th May
- Monday 29th May

If you require medical attention whilst the Practice is closed please call 111, or 999 in an emergency.

For patients with repeat prescription please ensure that you have enough medication for the bank holiday weekends and submit your request with enough time to be processed.

Practice Staff



Sett Valley Medical Centre has a range of clinical staff able to help patients including:

- 8 GPs
- 2 GP Registrars
- 1 Advanced Nurse Practitioner
- 1 Nurse Practitioner
- 2 Practice Nurses
- 2 Healthcare Assistants
- 1 Phlebotomist
- 1 Clinical Pharmacist

The Practice is currently looking to increase our clinical team to include an additional Advanced Nurse Practitioner, Practice Nurse and Healthcare Assistant.

In addition to the staff employed by the Practice, patients can also access services provided by our local Primary Care Network and this includes:

- Clinical Pharmacists
- Musculoskeletal Practitioners
- Social Prescribers
- Mental Health Support Workers
- Dementia Support Workers

When you ring to request an appointment the reception team will ask you for a brief description about the problem in order to determine the best person in our team that can deal with this so that you see or speak to the right person the first time.

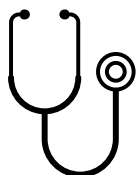
Covid Vaccinations



Patients aged 75 years and over as well as those who are immunocompromised are eligible for a Spring Covid Booster Vaccination. If you fall into one of these categories you will be invited by the Practice as soon as our delivery of vaccines is confirmed.

The National offer for 1st and 2nd Covid vaccinations will end on 30th June 2023 so anyone who has not had their 1st or 2nd Covid vaccination and would like this please contact 119 to arrange your vaccines at a local vaccine centre. The Practice does not have access to the vaccine for this group of patients, so we are unable to offer this ourselves.

DNA numbers



In March 143 appointments were wasted as patients failed to attend their appointment. This is 2.7% of the total number of appointments for the month. If you are unable to keep your appointment please contact the Practice to cancel, giving as much notice as possible so that the slot can be offered to another patient.

Are you a carer?



A carer is a person of any age, adult or child, who provides unpaid support to a partner, child, relative or friend who couldn't manage to live independently, or whose health or wellbeing would deteriorate without this help. This could be due to frailty, disability or serious health condition, mental ill health or substance misuse.

If you are a carer for anyone please let the Practice know by either completing the form on our website or informing a member of the team. We will then add a note to your records and will be able to provide you with details of local and national support agencies as well as inviting you for a flu vaccine in the Autumn.

Do you have trouble sleeping?



Patients can now access a new online service to help with insomnia called Sleepstation. You do not need an appointment to access this service and can self-refer by visiting www.sleepstation.org.uk

Sleepstation is a clinically validated sleep improvement programme that can help you sleep better after just four sessions. Designed by experts and backed by science, the online sleep service is proven to combat even the most severe insomnia. Sleepstation delivers remote care with a personal touch.

Patient Participation Group



Do you have ideas on how you could support Sett Valley Medical Centre to develop the services we offer to our patients and promote health in the local community? If yes and you feel you could be a critical friend of Sett Valley Medical Centre then why not join our Patient Participation Group (PPG). More information on the role of PPGs is on the National Association for Patient Participation website <https://napp.org.uk/> If you are interested in becoming a member or would like more information, please register your details through our website or speak to a member of the reception team.

Contact details



Are your contact details up to date on our system? If not please complete the form on our website so that we can keep in touch with you. The Practice is increasingly using text messages to contact patients in a bid to make communication quicker and more environmentally friendly. If you change your mobile number please let us know. If you would prefer not to receive text messages from the Practice please inform a member of the team so that we can opt you out of this service.

Live Life Better



Do you want to feel fitter, lose weight or quit smoking? If so you can self-refer to Live Life Better Derbyshire by visiting www.livelifebetterderbyshire.org.uk or calling 0800 085 2299. They can offer advice and support on:

- Losing weight
- Stopping smoking
- Getting active
- Mental wellbeing
- Alcohol awareness
- Family health and wellbeing support
- Falls prevention
- Employment and finances