



# Huthwaite Newsletter

## Spring 2010



## Welcome

Welcome to the Spring edition of our Newsletter. As you can see there are more new initiatives at the practice with the start of NHS Health Checks. We are also welcoming a new GP Registrar in training Dr Rizwan Muhammad and a new District Nurse Liz Barker who will both be welcome additions to our team. We also say goodbye to Dr Gavin Lunn who has made an excellent contribution to the practice!

As you will see the staff are once again doing the 'Race for Life' and we hope this will encourage some of you to perhaps take part. Now we have moved into spring and hopefully the weather improves it is an ideal time to take advantage of the beautiful walks around our local parks etc.



## NHS Health Check

Over the next 5 years all patients between the ages of 40 and 74 years who do not have a pre-existing illness such as heart disease and diabetes will be called in for a NHS Health Check. This is part of a national initiative to reduce heart disease. You will be given an appointment with one of our Health Care Assistants to have your blood pressure and cholesterol checked. During this appointment the state of your health will be looked at generally and advice given on how you can reduce your risk of developing conditions such as heart disease. It is important that you do attend the check as it will help ensure you keep as healthy as possible for as long as possible! Please wait until you are invited in to book your check as we are targeting patients who are at higher risk first and it is important to wait your turn!



## RACE FOR LIFE 6<sup>TH</sup> JUNE 2010

The doctors and some of the staff will be taking part in the 5K Race for Life on Sunday 6<sup>th</sup> June 2010 at the Victoria Embankment, Nottingham. Last year we raised just under £1200 and had a fabulous time as well. We hope that you will feel able to support us in our efforts by placing a donation in the collection box in Reception and help us to raise money for an extremely worthy cause.





## Nottinghamshire County

### Want to take a healthy interest?

'Take a healthy interest' is the start of a new era for your local NHS.

NHS Nottinghamshire County is offering you the chance to have a major say in shaping the services we plan and pay for. We are developing a forum of local people, whom we can consult regularly about health issues that matter to you.

We want as many people as possible to sign up, so we can ensure that all views and communities are represented. You'll be able to shape what you are involved in and how. Whether it's receiving newsletters or attending focus groups, commenting on service changes or influencing policy.

Members of the forum will be able to claim the same discounts as employed NHS Staff by registering for NHS discounts.

You can find out more by going to [www.nottspct.nhs.uk/healthforum](http://www.nottspct.nhs.uk/healthforum) or calling free phone 0800 028 3693.

## HIP Newsletter

### Huthwaite Involving Patients

The good news is that we would like to take this opportunity to welcome the five new members who have recently joined the group taking the total membership now up to nine but we still would like more patients to get involved.

Some of the most recent discussions within the group have taken place around the issues concerning the ease of obtaining an appointment and the availability of seeing a doctor of your choice. Hopefully some measures that have already been implemented such as the extended opening hours, the gradual release of appointments throughout the day and the ability to pre book an appointment for a future date can be complemented by some proposed changes to the telephone system and the ability to book/cancel appointments via the web.

Our next health promotion event will be around healthy eating and we hope to have representatives from Weight Watchers/Slimming World as well as healthy eating menus and advice from local chefs etc.

Can you spare a couple of hours per month and would like to get involved in shaping the future of your practice, acting as a representative of the local patient population, please contact Lorraine on 01623 513147 for time and date of next meeting.

Please note this groups function is only to help with patient/practice running and relationships on a general basis and cannot help resolve individual issues which should be taken up directly by calling to see the Practice Manager.

Finally Did you know that in our old age we become worth a fortune! We have silver in our hair, gold in our teeth, stones in our kidneys, lead in our feet and gas in our stomachs!

R Allen