



Chilwell Valley and Meadows Practice Newsletter

Welcome to the latest issue of Chilwell Valley and Meadows Practice newsletter. We produce an issue three times a year to keep you up to date on the latest news from the surgery.

Please visit our website: www.chilwellvalleyandmeadowspractice.co.uk

On it you will find all sorts of up to date useful information about the surgery, other services and self-help. Please go and have a look!

*The surgery **remains open during normal surgery hours** to look after all patients. In order to protect all patients including vulnerable ones we need to prioritise infection control and this will remain a priority over the coming months and throughout the summer. This also has the effect of reducing the number of phlebotomy and nursing appointments as we clean rooms in between patients, so please be patient. Thank you.*

Staff leaving and joining

Julie Rhodes, our secretary at Chilwell Meadows is retiring from the practice and we wish her a long and very happy retirement. We welcome **Rachel Chester** who joins the practice as Julie's replacement.

Nick Kemp joins us as a First Contact Physiotherapist. You may be referred for an appointment with him directly by Reception without the need to see a doctor first.

Aiysha Raof has been with the practice a few months now working as a Clinical Pharmacist. She is involved with our residents in care homes and carries out detailed medication reviews on those patients on more than 10 medications at the request of doctors.

Primary Care Networks

PCNs are groups of GP practices working closely together - along with other healthcare staff and organisations - providing integrated services to the local population. You can find more information here: <https://healthandcarenotts.co.uk/care-in-my-area/south-nottinghamshire-icp/pcns/nottingham-west-beeston/>

Chilwell Valley and Meadows Practice is part of Nottingham West PCN, Beeston Neighbourhood, which also includes Abbey Medical Centre, Oaks Medical Centre, Bramcote Surgery and Manor Surgery. The practices work closely together and for some things (e.g. Covid vaccinations) you may actually be seen at one of these practices. We also share some staff across the PCN, for example we have a Clinical Pharmacist, Aiysha Raof, and a First Contact Physiotherapist, Nick Kemp, who has recently joined us.

Appointments & Consultations

Most of our appointments are now 'on the day' i.e. you are seen the same day you ring to book the appointment. This is because due to the pandemic if any staff fall ill or have to self-isolate clinics can be more quickly and easily changed or cancelled. We have successfully arranged for clinical and administrative staff to work from home in these circumstances allowing where possible a minimum of disruption to the service that we provide.

We will continue to talk to any patients **initially on the phone** to avoid unnecessary journeys to the surgery and contact with other people. Patients can upload photos of skin lesions and carry out video consultations if appropriate. **We can see patients in the surgery if needed** and carry out **home visits**. Seeing patients takes longer because of the need to wear personal protective equipment (PPE) and cleaning the rooms before and after patients have been in them.

Do you feel like your mental wellbeing has been negatively impacted upon due to the Coronavirus pandemic?

Click on this link for more information on helping you to live a healthier lifestyle:

<https://tinyurl.com/k2strk38>



**Armed Forces veteran
friendly accredited
GP practice**

Information for Young People

We have a page on our practice website dedicated to services and information for Young People. You can find it here:

<https://www.chilwellvalleyandmeadowspractice.co.uk/youngpeople.html>

It is also signposted on our website homepage.

Chilwell Valley and Meadows Practice is proud to be a Veteran Friendly Accredited GP Practice.

Are you, or do you have in your family or household a military veteran?

You can find a dedicated page of information and services for military veterans signposted on our practice website's home page, or click this link here: <https://www.chilwellvalleyandmeadowspractice.co.uk/militaryveterans.html>

Smear tests

It is very important that **if you receive in invitation for your smear test that you attend** the surgery for this appointment. We continue to provide this service.

Covid Vaccination uptake

89% of our patients aged over 50 have now had their vaccination. You are also entitled to a vaccination if you are aged 18-50 and have certain medical conditions (the same as the Flu season each year). Currently 76% of this group has been vaccinated.

Vaccinations and Immunisations

Please bring your children for all **childhood immunisations**. **Measles and whooping cough are four times more infectious than Covid 19** and much, much more serious in children.