



Last year former GP Partner, Dr Shan Hussain made the very difficult decision to leave Willowbrook and the NHS in November 2017.



We were saddened by this news and his medical knowledge and care for his patients is greatly missed, but wish him all the very best in his future endeavours.

For more practice news and information, visit our website: willowbrookmp.co.uk

and Like our Facebook page:
[facebook.com/willowbrookmedicalpractice](https://www.facebook.com/willowbrookmedicalpractice)

**NHS
Nottinghamshire**

Beat the Heat

Drinking more fluids helps to prevent infection and incontinence

Aim to drink 2½ - 3½ pints or 1½ - 2 litres* including water, decaffeinated and sugar free drinks per day.

*unless otherwise advised by a healthcare professional

In partnership with Public Health Nottinghamshire County Council

Bank Holiday Closing

The surgery will be closed all day on these dates:

- | | |
|-------------------|-----------------|
| • Friday 30 March | • Monday 7 May |
| • Monday 2 April | • Monday 28 May |

We reopen at 8.30 again the next working day.

Please ensure you order your medication in time to cover these dates.



Staff Training Dates

We close at 12 noon on the following dates:

• Wed 21 March	• Wed 25 April
• Wed 23 May	• Wed 27 June

The practice is closed ONCE a month for staff development and training, except in August and December. Our doctors, Nursing and administrative staff do need time to train together, which is vital to improve service delivery. We DO NOT close on other Wednesday afternoons.

Brook Street • Sutton in Ashfield
Nottinghamshire • NG17 1ES
01623 440018
willowbrookmp.co.uk

willowbrook
○ ○ ○ Medical Practice ○ ○ ○



off to
the best
start



Want more helpful tips and information on breastfeeding?
Go to [www.nhs.uk/
start4life/
breastfeeding](http://www.nhs.uk/start4life/breastfeeding)



**start
4 life**
A good start for a healthier life

Breastfeeding is good news for baby and you

Breast milk is tailor-made for your baby and gives them all the nutrients they need in the first 6 months, and alongside other foods thereafter.

Breast milk boosts your baby's ability to fight illness and infection.

Breastfeeding lowers your risk of breast cancer and ovarian cancer, and burns about 500 calories a day.

Breastfeeding is a great way to strengthen the bond between you and your baby.

For more information visit
www.nhs.uk/start4life/breastfeeding

Keeping well over winter



Nottinghamshire Healthcare
NHS Foundation Trust

Q. Why is cold weather a problem?

A. Temperatures below 8 degrees centigrade increase the risk of flu and pneumonia in people over the age of 65.

If you have health conditions, including heart and lung disease, heat your room to at least 18 degrees centigrade. Make sure your curtains are drawn at night to keep your room warm.

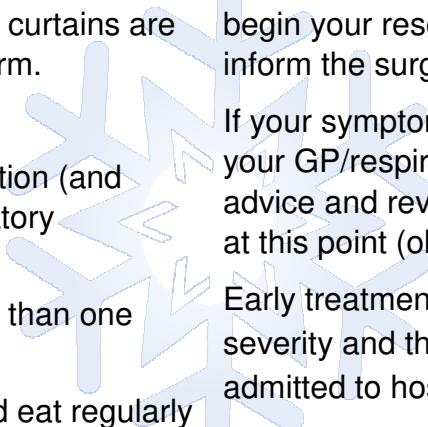
Your health:

Make sure you have your flu vaccination (and pneumonia if appropriate e.g. respiratory conditions)

Wear several layers of clothes rather than one thick layer

Have at least one hot meal a day and eat regularly this helps to keep you warm

Stay active – even light/moderate exercise can keep you warm and help to prevent chest infections



Patients with respiratory conditions:

If your usual symptoms are significantly worse, refer to your COPD action plan. If you do not have one please speak to your practice nurse. Follow the written instructions in the 'amber zone' and begin your rescue medications as directed and inform the surgery to obtain a replacement supply

If your symptoms do not improve, please contact your GP/respiratory nurse as soon as possible for advice and review. We may need a sputum sample at this point (obtain sample pot from surgery)

Early treatment of chest infections will reduce the severity and therefore reduce the risk of being admitted to hospital.

For further advice please ask your practice nurse/respiratory nurse.

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Physiotherapy Self-Referral

MSK + together
An integrated MSK service for Mid-Nottinghamshire

Patients over 16 years can now self-refer to physiotherapy for muscle and joint problems without needing to see a GP. Forms are available from our reception or you can download and print from our website (willowbrookmp.co.uk). You can either return it to us or send it to the address or email at the end of the form.

Please consult your **GP URGENTLY** or NHS 24 by **calling 111** if you have recently/suddenly developed:

- Difficulty passing urine or controlling bladder / bowels
- Numbness or tingling around your back passage or genitals
- Numbness, pins and needles or weakness in both legs

Please inform your GP of this referral if you:

- Have recently become unsteady on your feet
- Are feeling generally unwell / fever
- Have a history of cancer

Your pharmacy team can help you with minor health concerns

We're healthcare experts who can give you clinical advice for minor illnesses such as coughs, colds and tummy troubles, right there and then. And if symptoms suggest it's more serious, we'll ensure you get the help you need.

We're here to help you and your family stay well.

STAY WELL

nhs.uk/staywellpharmacy



Prameet Shah, Community Pharmacist



Nottingham and Nottinghamshire Healthy Housing Service is NEP's longest running Affordable Warmth scheme

Their aim is to improve the quality of life of vulnerable people aged over 60 and families with children (living in Nottingham and Nottinghamshire) by reducing cold-related illnesses through the delivery of practical, home energy improvements.

FREE Home Visits

They now have funding and the capacity to deliver 120 Home Visits in Nottingham and Nottinghamshire. These are for people who are either elderly, disabled or chronically ill.

Priority Service Register Referral Service

They can now add eligible individuals on to Western Power Distribution's Priority Service Register via our very own online portal.

These groups will become a priority in the result of a power cut.

For more information or to make a referral contact The Nottingham and Nottinghamshire Healthy Housing Team today:

- ① Telephone: 0115 985 3009 (open weekdays 9am - 5pm)
- ① Email: healthy-housing@nottenergy.com
- ① www.healthy-housing-service.com

Boiler Help

- Subsidised boiler replacements
- FREE or subsidised boiler servicing

FREE Help in the event of a power cut

- Contact us to sign up to the Priority Services Register - you will be prioritised for support in the event of an unplanned power cut

Keeping you warm and your bills down

- £99 loft insulation*
Existing loft insulation depth must be 100mm or less
- £99 cavity wall insulation
If the cavity has not already been injected with insulation

*terms and conditions apply

FREE home visits

- This is an Energy and Safety Assessment carried out in the comfort of your own home - a free energy tariff comparison is included as part of the home visit

National Child Measurement Programme

2017/18



Nottinghamshire
County Council

The National Child Measurement Programme (NCMP) is an important tool to help tackle obesity in the population. As part of this programme, children in Reception year (aged 4–5 years) and Year 6 (10–11 years) have their height and weight measured during the school year.

Locally, Nottinghamshire County Council uses our NCMP data to monitor progress on the Public Health Outcomes Framework Indicator on Excess weight in Children ages 4-5 and 10-11 years, and to inform planning of services to promote healthy weight in childhood.

This year's programme for Nottinghamshire County will commence in November 2017 and results will be fed back to parents or carers with the offer of information and advice, providing an opportunity for families to make lifestyle changes if they choose to.

① **For more information, go to the website:**

www.gov.uk/government/collections/national-child-measurement-programme

CHECK YOUR MOOD

Am I depressed? How can I feel less stressed? Why am I so anxious?

Whatever you need to know about coping with stress, anxiety or depression, or just the normal emotional ups and downs of life, the NHS Choices Moodzone is there to help.

It offers practical advice, interactive tools, videos and audio guides to help you feel mentally and emotionally better.

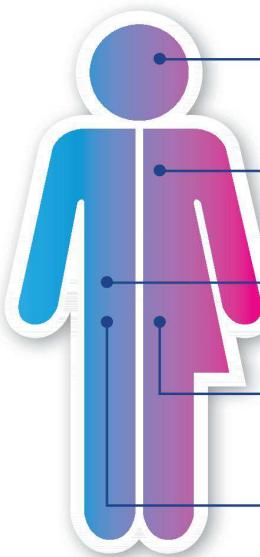
You can also take a "Mood Self-assessment" to see how you are feeling.

If you are struggling, it is not intended to replace a consultation with a GP.

Source: NHS Choices

[Visit nhs.uk/moodzone](http://nhs.uk/moodzone)

It's your right to be seen Get a Screen



- Diabetic Eye Screening**
Offered annually to people with diabetes from the age of 12 **EVERY 1 YEAR**
- Breast Screening**
Offered to women aged 50 to 70 every three years **EVERY 3 YEARS**
- AAA Screening, Abdominal Aortic Aneurysm Screening**
Offered to all men in their 65th year **65TH YEAR**
- Cervical Screening**
Offered to women aged 25 to 49 years every 3 years and to women aged 50 to 64 every 5 years **EVERY 3/5 YEARS**
- Bowel Screening**
Offered to men and women aged 60 to 74 every 2 years. Those aged 75+ can request screening **EVERY 2 YEARS**

MOT YOURSELF

If you would like to contact someone about screening please speak to your GP or email:
screeningaccessproject@nottshc.nhs.uk More information about screening and your eligibility:
<https://www.gov.uk/government/collections/population-screening-programmes-leaflets-and-how-to-order-them>

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Find digital tools to help you manage and improve your health



The link below is full of apps around healthy lifestyle choices and self-care advice with community forums for discussion topics. It's a great free resource and well worth a visit.

apps.beta.nhs.uk

Contact Numbers

Appointments & Cancellations (8.30am to 6.00pm) 01623 440018

Emergencies and Home Visits (8.00am to 6.00pm) 01623 557108

Prescriptions (10.30am to 2.00pm) 01623 443006

Test Results (10.00am to 12.00pm) 01623 440018

NHS 111 non-emergency service (24 hours a day, 365 days a year) 111

Staff Update...



We are very pleased to announce that Dr Martha Berhanu has joined Willowbrook as a Salaried GP. She is currently working for us on an ad-hoc basis but will have regular sessions from July.

We also have a new GP Registrar, Dr Onuoha, who joined us in February for 4 months. We will be saying goodbye to Dr Irfan at the beginning of April after completing his exams, and wish him all the very best.

We would like to welcome new members of our administration staff to Willowbrook: we have new members in our reception team, Dawn who started with us in August, Barbara joined us in December and Courtney started in March and is part-time in the Reception & Secretarial Departments.

YOUR Patient Group needs YOU!

We hold bi-monthly meetings at the practice for patients to attend.



The PPG meetings are held on the first Monday in the odd months from 6.00 to 7.30pm (see website for dates, agenda and minutes). If you wish to join our Patient Participation Group, please enquire at reception.

We are always looking for additional patients to join our Patient Participation Group and ePPG. We would like to know how we can improve our service to you and how you perceive our surgery and staff.

To help us with this, we have a virtual patient representation group (ePPG) so that you can have your say. We will send members of this representative group questions or surveys from time to time, such as what you think about our opening times or the quality of the care or service you received. We will only contact you via email and keep our surveys succinct so it shouldn't take too much of your time. We aim to gather around a hundred patients from as broad a spectrum as possible to get a truly representative sample. We welcome patients from any backgrounds, e.g. workers, retirees, people with long term conditions and people from non-

British ethnic groups. If you are happy for us to contact you occasionally by email please go to our website and fill in the form:

willowbrookmp.co.uk/about-us/have-your-say-ppg/



**Lumps,
Bumps,
Warts or
Moles?**

Book in at Willowbrook Medical Practice to have them removed FREE OF CHARGE by our doctors if they are causing you discomfort or are catching when you get dressed or comb your hair. You don't have to be a patient of Willowbrook Medical Practice to qualify for this FREE SERVICE!