

Patient Participation Group

Would you like to get involved in shaping the services we offer at the Practice?



Could you spare a few hours a month to get involved? Can you attend a monthly Patient Participation Group Meeting? If so come along to one of our monthly Patient Participation meetings.

Next Meetings:

Tuesday June 10th @ 1:30

Tuesday July 15th @ 1:30

Tuesday August 11th @ 1:30



In the Spotlight!

Name: Dr John Corlett

Job: Senior GP

How Long have you worked here:

26 years

Who would you like to get stuck in a lift with? Jeremy Hunt

Why? So I could tell him the best way to run the NHS

Where do you see yourself in 10 year's time? Retired

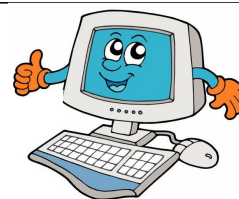


Welcome to the first edition of The Scott Practice Newsletter.

We hope to produce the newsletter every 3 months to keep our patients up to date with news and information related to the surgery. In this issue our senior partner Dr Corlett goes into the spotlight, Dr Wilkinson talks about his charity fundraising efforts and as the pollen counts rise we have some interesting information from the nurse team about living with hayfever. In addition there is news about our new look website and details about how to get involved with our patient group. We hope you enjoy this first edition and we'd love to hear from you if there is anything you would like to see included in our autumn letter. In the meantime thank you for your interest and we wish you an enjoyable and healthy summer.

Online services

Have you noticed our new website? Its full of useful information, contact details, links and new features allowing you to update contact details, cancel appointments and also opt out of the Data Sharing. Go to www.thescottpractice.co.uk to take a look.



Did you know you can book appointments and order prescriptions online? Its really simple and can be used any time day or night. Fill out the slip at the bottom of the page and hand in to reception to sign-up or register online at our website.

The Bakers Dozen Challenge

Our very own Dr Justin Wilkinson and Andy Whittingham a heart failure specialist nurse for Doncaster have together lead a team of runners over a year long challenge of 13 half marathons.



The team are hoping to change the lives of children in the local area with all money raised being split between 'Winstons Wish', who help support children after the loss of a parent or sibling and 'Dream Flight Doncaster' who take terminally ill children on the holiday of a lifetime to Disneyland.

With 11 of the 13 half marathons done the challenge is drawing to a close, but the support and sponsorship must go on to reach the target of £10,000.

For more information find us on Facebook and twitter

If you would like to donate please visit

<http://uk.virginmoneygiving.com/TheBakersDozen2013>

Can't Make It? Cancel it!

In April **67 Hours** of

Appointments were wasted by patients not attending and not cancelling! If you can't make your appointment please cancel it. You can cancel appointments by phone, online or by texting
07986301156

I would like to sign up to on line booking and prescription ordering (Your details will be sent out in the post)

Name:..... **D.O.B:**.....

Address:.....

Postcode:..... **NHS Number:**.....

Nurse News

That time of year is upon us again Hay fever Season!!!! As Nurses we deal with a lot of hay fever symptoms so here is some useful information on what it is and how to manage it yourself.

Hay fever is a common allergic condition that can effect 1 in 5 people at some point in their lives.

Symptoms include:



- Sneezing
- Itchy eyes
- Runny nose

These symptoms are caused by the persons allergic reaction to pollen. Pollen is a fine powder released by plants as part of their reproductive cycle. This usually happens during the spring and summer months. Pollen contains proteins that cause inflammation in the nose, eyes, throat and sinuses.

The different pollens are:

- Tree pollen-released during spring
- Grass pollen-released at the end of spring and the beginning of summer
- Weed pollen-early spring to late autumn



Treatment

There is currently no cure for hay fever but most people are able to relieve symptoms with treatment. The most effective way is to avoid pollen exposure, however this is difficult especially during the summer months as most people want to enjoy being outside.

Different treatment methods include:

- Antihistamines
- Steroids (these help to reduce levels of inflammation and swelling)
- Eye drops and nasal sprays

In most cases hay fever can be controlled by using over the counter medicines from your local chemist. Most of the above are available over the counter, speak to your local pharmacist for more info.



Self help tips:

- Wrap around sunglasses are useful in helping stop pollen from reaching your eyes
- Change clothes regularly and shower after being outdoors to remove any pollen
- Try and stay indoors when pollen count is high (over 50)

For more information and advice visit NHS choices website.

Waiting room seating

The patient participation group has recently commented that our waiting room seating is in a rather sorry state, the practice is aware of this and is pleased to announce that we are currently in the process of getting quotes to re-vamp the waiting room furniture! We are hoping to get it done as soon as possible.

Please up date my contact details.

Name:..... **DOB:**..... **NHS Number:**.....

Address:.....

Contact Number:..... **Mobile Number:**