

# The Scott Practice

www.thescottpractice.co.uk

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Issue:4

## 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:**

**21st April @ 1:30pm**

**19th May @ 1:30pm**

**W**elcome to the spring edition of The Scott Practice news letter. This quarter we have said goodbye to our longest serving receptionist Hilary, all at the practice wish Hilary a happy retirement after her 15years service.

We explain our appointment changes that will hopefully help improve access to the practice and as always our nurses give some useful seasonal advice.

Thanks for taking the time to have a read. See you again in the Summer!



## Change to the Appointment system

As a practice we always strive to offer the best possible service to our patients. We feel that at the moment patients are having to wait a long time to see a Dr about routine matters and are looking at ways to improve this. We have therefore made the decision to make some changes to our appointment system. We intend to do this by reducing the number of pre-bookable appointments and replacing them with next day appointments. During the transition period week commencing 4th May there will be a limited number of pre-bookable slots available with an increased amount of next day slots. The changes will be a work in progress and monitored weekly until we find a balance of appointments that work. Any feedback during this process will be much appreciated.

**Thanks**

### Results by text

The practice will soon be offering a text results service. This will mean when you have a blood test in the practice we can send you a text to let you know if your results are ok or whether you need to contact the practice. To sign up please fill out the slip at the bottom of the page and return to reception. Our healthcare assistants will also be signing patients up when they take your bloods.

## **In the Spotlight!**

**Name:** Rose

**Job:** Manager

**How Long have you worked here:** 15 years

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

Robbie Williams

**Why?** If I'm going to be stuck in a lift I might as well be stuck with someone who can keep me entertained (plus he's not bad to look at).

**Where do you see yourself in 10 year's time?** Retired to a house with loads of land for my horses after winning the lottery



## **Can't Make It? Cancel it!**

In March 54 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

**Please sign me up to the text results service:**

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

**Address:**.....

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

**Would you like to also sign up for text appointment alerts?** Yes ☐ No ☐

## Lets make Doncaster Dementia Friendly

People with dementia sometimes need a helping hand to go about their daily lives and feel included in their local community. By becoming a dementia friend you will learn a bit more about what its like to live with dementia and the small things you can do that can make a difference to people living with dementia. From helping someone to find the right bus to spreading the word about dementia on social media, every action counts.



All the practice staff are proud to be Dementia Friends. If you would like to become a dementia friend visit [www.dementiafriends.org.uk](http://www.dementiafriends.org.uk) for more information.

### Nurse News

Its that time of year when we are all looking at booking our summer holidays hear are a few Tips to help you be Holiday ready.

#### **Travel Immunisations**

When travelling outside the UK you may need to be vaccinated against some of the serious diseases found in other parts of the world. Check out [ww.fitfortravel.nhs.uk](http://ww.fitfortravel.nhs.uk) to find out more. If you do need travel immunisations please fill out a travel immunisation form that can be found in the practice or on our website and re-turn to surgery.



#### **Be Sun Smart!**

Skin cancer is one of the most common cancers in the UK, and it's a growing problem. Each year, around 2,600 people die from skin cancer. Skin cancers are caused by damage from the sun's ultraviolet (UV) rays. Protecting the skin from the sun can help prevent these cancers. Whether you're on holiday or at home, you can protect yourself by following Cancer Research UK's SunSmart message

##### **Travel kit checklist**

- Antiseptic • Sunscreen
- After sun lotion
- Insect repellent
- Condoms
- Antihistamines
- Anti-diarrhoea pills
- Rehydration sachets
- First aid kit

- **Spend** time in the shade between 11am and 3pm.
- **Make** sure you never burn.
- **Aim** to cover up with a T-shirt, hat and sunglasses.
- **Remember** to take extra care with children.
- **Then** use factor 15 or more sunscreen.



#### **Insurance!**

Whether you're off on a six-month trek to the Himalayas or a family holiday in Spain, it's vital to have the right travel insurance.

When travelling in Europe, make sure you have a valid European Health Insurance Card (EHIC). This will entitle you to free or reduced-cost medical care. However, the EHIC won't cover you for everything that travel insurance can, such as emergency travel back to the UK.

**Visit [www.nhs.uk/livewell](http://www.nhs.uk/livewell) for more useful advice and information**  
***Enjoy Your Holidays!***

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:.....