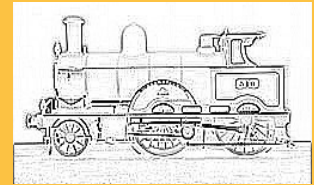


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Welcome to the 12th Issue of our Newsletter. After little break we are back to bringing you the latest information on what has been happening in the surgery and in the wider community.

We hope you will find informative and if you have any suggestions on what we should include in the future releases, please let us know.

## Contents:

1. Flu Vaccinations
2. Going digital
3. New opening hours for branch sites
4. Saturday opening
5. Health and Wellbeing

## Surgery Closures

All of our surgeries will also be closed on the following days from 12.30 for staff training :

**Wed 8th September**

**Wed 1 3th October**

**Wed 10th November**

Please ensure you have ordered and collected any necessary prescriptions before closure, remembering to allow 48 hours from the time of your request.

## Flu Vaccinations

Sadly due to delivery issues we had to temporarily postpone inviting eligible patients to our annual clinics and will be in touch with everyone once we receive more information on the new delivery date.

As every year we will be providing clinics from all 3 sites.

**Support the NHS by having your vaccination done at your local GP surgery.**



## Improving access to our services-going digital!!

Over the recent months we have been focusing on improving access to our services as we recognise pressures on our telephone systems.

**New website**— we have introduced new website which is not only user friendly but allows you to submit query via the ***Online Triage button***. Many patients have already found it very useful and if you have not yet gave it a go, please visit our web site [www.oldstationsurgery.co.uk](http://www.oldstationsurgery.co.uk) to try it.

**Facebook page**— we have also launched a facebook page to keep you up to date with all the news. To access it please visit [www.facebook.com/Old-Station-Surgery-Ilkeston-104020665278722/](https://www.facebook.com/Old-Station-Surgery-Ilkeston-104020665278722/)

## Changes to opening hours of branch surgeries

From 1st October both Kirk Hallam and Cotmanhay surgery will be open

**Monday to Friday from 8.00—17.00**



### **Staff changes:**

Over recent months we have seen many changes in our team and we have welcome and will be welcoming into our team the following members:

**Aimee**– joined our reception team in June .

**Abi**-joined our nursing team in August She is experienced nurse with keen interest in anticoagulation . She is working 3 days a week.

**Doctors Singh and Savjani** joined our team clinical team on a locum basis providing sessions on Mondays, Tuesdays, Thursdays and Fridays.

**Amanda**– has recently joined us as a phlebotomist and will be seeing patients across all 3 sites.

**Patricia** (phlebotomist ) and **Jodie** (ANP) will be joining our team at the end of September.; whilst **Cheryl** (HCA) will be with us from October.

You will be able to view their profiles in due course on our website.

### **Saturday appointments are coming back!!!**

Also from 1st October 2021 we will be re-opening our main site to offer pre-bookable appointments only. These will be face to face appointments based on a clinical need.

As prior to pandemic these will be available between 8.00-11.00 am only.

### **Looking after your mental and physical health this Autumn**

NHS talking therapies can help you if you are struggling with to cope with feelings of anxiety or depression. They're effective and confidential. You can refer yourself online at [www.nhs.uk/talk](http://www.nhs.uk/talk)



**JUST TALKING CAN HELP**

Having good mental health helps us relax more, achieve more and enjoy our lives more. Better Health have expert advice and practical tips to help you look after your mental health and wellbeing.



And remember, mind and body go hand in hand so whether you want to loose weight or quit smoking – [visit Better Health](https://www.betterhealth.nhs.uk) for lots of free tools and support to help you kickstart your physical health too.

For more information on other help and support available, please visit [www.nhs.uk](http://www.nhs.uk)

### **Happy Retirement**

Jackie our long standing HCA will be retiring in October and we would like to thank her for all her work over the years wish her Happy Retirement!!!