



Millview Surgery - Summer 2014

Hello and welcome to our Summer newsletter.

In this edition we have information on the Mansfield & Ashfield Health Forum ICE details, Shingles and what to do when the surgery is closed.

The Mansfield & Ashfield Health Forum

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-Julie Williams, Hon Secretary
PPG & CRP Rep for Rosewood.

The Health Forum was created about four years ago and when the Primary Care Trusts disappeared, Mansfield and Ashfield Clinical Commissioning Group (CCG) took over the management of the local database. There are five local CCGs that have combined to run their own Health Forums; Rushcliffe, Nottingham North & East, Nottingham West, Newark & Sherwood and Mansfield & Ashfield. The five CCGs currently share the costs but the information is only available to the CCG that the person signing up to the database is resident within, so anyone from Millview Surgery joining the Health Forum will automatically fall into the Mansfield & Ashfield CCGs database.

The Health Forum was set up as a way of making local residents aware of health matters that are of interest to them. New members complete a

form, available online or available at the Surgery, just ask at reception, highlighting the health issues that are of interest. Examples are; healthy living, hospital care, cancer, mental health, learning disabilities, children & young people's health, long term conditions, GP services etc. Any number of areas of interest can be selected and there is a box to complete if a particular interest isn't listed.



When the form has been completed and has been sent to the FREEPOST address or submitted online, a letter will be sent out confirming that the form has been received and the person's details have been added to the database. Member of The Health Forum, receive a regular newsletter called Take 5, as well as infor-

mation about the health issues that the person selected on their form. Notifications of forthcoming health events in the area will also be sent, for example The Big Health Event, public meetings etc. There will also be opportunities to feedback about local health services, events and become involved in the healthcare decisions being made.

Membership is totally free and a person can sign up either for their own health issues, for someone close to them or of course both! If you are interested in joining The Health Forum, then ask for form in Surgery or visit the Mansfield & Ashfield CCG website and click on the "Patient, Carer & Public Voice" tab for a link to the online form (<http://www.mansfieldandashfieldccg.nhs.uk/index.php/magetinvolved>). You can choose whether to have information sent to you via post or via email, depending which is better for you.

Join The Health Forum - It's a perfect way of getting information you want directly to you.

If you have a mobile phone then adding at least one Emergency Contact is a clever and easy way for emergency personnel to be able to quickly let your next of kin, or someone close to you, know when something goes wrong. I.C.E. was developed by a British paramedic who recognised the need for speed when people need to be contacted in emergency situations. Follow the simple steps to add I.C.E. contacts to your phone-

- 1) Open your contacts address book
- 2) Add "ICE" with the contacts name e.g. ICE Mum, ICE Helen and the contact numbers
- 3) Let your emergency contacts know and encourage them to add their own
- 4) If you can, use a sticker on your phone to show that you have ICE contacts available or put a note in your phone case, purse or wallet
- 5) If you are a parent, why not add ICE contacts to your children's phones or ask them to do it.
- 6) Spread the word and tell your friends and family about I.C.E contacts.



MISSED APPOINTMENTS



In August **124** appointments were missed with GPs and Nurses at this practice. This amounted to **26** hours of time wasted. These could have been given to other patients. Please let us know if you are unable to keep your appointment so that we can give it to someone else.

Please either :Telephone the surgery - 01623 649528

Reply to your text reminder with **Cancel**

Login to Systmonline and cancel your appointment.

FIT NOTES PLEASE NOTE: Patients don't need a GP's certificate of

absence if they are off work for less than seven days, as they can self-certify for the first seven days.

ORDER YOUR REPEAT PRESCRIPTIONS ONLINE AT:

www.millviewsurgery.co.uk

Please allow 48 hours for
repeat prescriptions

systemonline

OPENING HOURS



Consultations are by appointment during the
following hours:

Monday to Friday 8.30am - 11.30am

Monday to Friday 3.00pm - 5.30pm

Except on the 4th Wednesday of each month when
the practice closes at 12.00 noon for training.

Next Closure Date: 24/09/2014

SHINGLES VACCINATIONS

Were you aged 70,78 or 79 on 1st September

2014? If you were born on or between:

02/09/1943 and 01/09/1944

02/09/1935 and 01/09/1936

02/09/1934 and 01/09/1935

Ask today if you are eligible for a free shingles
vaccination



WHEN THE SURGERY IS CLOSED



When the GP surgery is closed dial
111 for medical attention or advice.

What is 111?

111 is a telephone service brought to you by the
NHS. It is the number you should call when you
need advice or medical treatment quickly, and you
cannot wait until the surgery reopens. Ringing 111
is free to ring at any time. They are
available 24 hours a day, 365 days
a year.

