



HILLTOPS PPG NEWSLETTER
Hilltops Medical Centre
Great Holm Summer

Welcome to our Summer 2017 Newsletter.

NEWS FROM THE SURGERY



Hilltops' Minor Illness Nurse

Clinics run by Rose, the Minor Illness Nurse, are now being fully booked daily. Appointments are available to book online from lunchtime the previous day

Joiners and Leavers

Sad news that Dr Kylan Stray is leaving us on 31/7/17 to live down South. We also say goodbye to Dr Athappilly our GP registrar who moves on to his next rotation but we are expecting a new registrar from 4th August Dr Olajide who will be with us for a six month rotation



We are pleased to announce that we have a new member of staff that has joined the team Rajiv Nandha who is a clinical Pharmacist in a GP Practice, what does this mean I ask you say!

Clinical Pharmacists are here to support the GP practice as another specialist role in medicines management. So what can they do/ will be able to do for you the patient.

- You will be able to book an appointment with them for your medication review they will look at all your medications. This includes whether it is still appropriate for you to continue with the medication, if you are getting any side effects and looking at how you are personally getting on with the medication. They will discuss any medication changes that you may have had, including any changes from hospital or clinics. They can also discuss any queries regarding over the counter medication, herbal products, vitamins and check they don't interact with your current medication.
- They will be running smoking cessation clinics
- Flu clinics

There is a lot of behind the scenes work that he will also be carrying out which will aid the GP's at the practice.

We have a permanent new GP who joined on 17th July 2017 Dr Abigail Taylor, who will be working Monday, Wednesday & Thursdays. This month we also had a long term locum GP join us Dr Maria Amir who will be working Wednesday & Thursday.

As you know we are a training Practice for GP registrars and Buckingham University Medical Students, from October we are also going to be training Student Nurses they will be in Practice for 11 weeks, they will be sitting in on clinics and they will also be running some as well.

Protected Time:

From September the time of our Protected time will change this initiative is by the CCG, instead of closing 12pm-5pm, the surgery will now close from 1.30pm and not re-open until the following day, if you require a GP in this time you will need to ring 111.

20 th September
19 th October
22 nd November 2017
25 th January 2018
21 st February 2018
22 nd March 2018



We are in the process of updating our website, you will be able to download it to your mobile devices, we want to make it more user friendly.

GPs' Special Interests

These include:

- Dr Hopson Alifoe:** ear, nose and throat
- Dr Dewji:** paediatrics
- Dr Bipin Patel:** cardiology.
- Dr Islam:** paediatrics and cardiology
- Dr Maddipati :** Diabetes

All these specialties run alongside the GPs' work within Hilltops as well as their outside roles.

Cancellations: If you are unable to attend your appointment, please telephone the surgery as soon as possible so your appointment may be offered to another patient. Alternatively, you can text your name, DOB, who your appointment is with and when to 07758 755998, 24 hours a day. You can also cancel your appointment online using *System Online* 24hours per day. You can also get the App for iPhones and Android.

NAPP Conference

PPG members attended the 39th Annual NAPP Conference in Basingstoke in June 2017. The meeting, the theme of which was Patients, Partnership and Power, was also attended by GPs, Practice Managers and host Dr Patricia Wilkie and speaker Professor Pali Hungin, whose talks can be heard in full on YouTube.

HAYFEVER



Sneezing? Blocked or runny nose, itchy eyes, nose or throat, headaches

ALLERGEN

Grass pollen – May to June

Birch Pollen – April/May

Weeds/Spores – June to November

Get advice from your GP or Pharmacist before starting any medication even if you don't need a prescription for it.

HILLTOPS PPG

Meetings take place every four months and minutes are available within the Hilltops website PPG section.

Hilltops PPG is run by the patients for the patients, meeting regularly and working closely with the doctors at the practice. New members are always welcome so do come along and join us.

Please feel free to contact us: hilltopspg@gmail.com.

Books and DVDs



A selection of books and DVDs are available for sale in the bookcases on the back wall of the waiting area.

DVDs 60p

Books - soft back 60p, hardback £1

Proceeds from sales this year will go to Willen Hospice