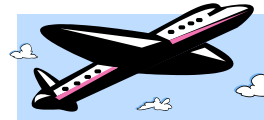




**HILLTOPS PPG NEWSLETTER**  
**Hilltops Medical Centre**  
**Great Holm Spring 2019**

Welcome to our Spring 2019 Newsletter.

**TRAVEL INFORMATION**



If you're planning to travel outside the UK, you may need to be vaccinated against some of the serious diseases found in other parts of the world. Visit [www.fitfortravel.nhs.uk](http://www.fitfortravel.nhs.uk) for advice on what vaccines you will need. **(It is important to contact Hilltops as early as possible to book your vaccines – at least 6 weeks prior to you travelling).**

**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 Surgery or Pharmacist before starting any medication even if you don't need a prescription for it.

**Hayfever Medicines**

After a local and national public consultation on OTC (over the counter) medicines, the CCG has informed us that we should no longer prescribe simple hay fever treatment. Hayfever is a common allergy and most people with mild to moderate symptoms are able to treat themselves with OTC medicines. These medicines are cheaper OTC than a prescription charge. For children in full-time education and for people who receive benefits that allow them to have free prescriptions, pharmacies can supply some medicines free of charge through the local minor ailments service (MK Pharmacy First). Speak to a member of the pharmacy team for more information.

Your pharmacist is a great source of advice, whether you use the MK Pharmacy First scheme or buy your medicines over the counter

## NEWS FROM THE SURGERY

As always it's been a very busy time in the surgery training new staff and preparing for the Spring.

Did you know our reception team are trained care navigators? This means they need a few details from you so they can make sure you're seeing the right clinician and getting the right care suited to your needs; it's not always necessary to see a Doctor.

You may be directed to our Urgent Care Team. Banu, Sue, Carole (Advanced Nurse Practitioners) and Tom (Paramedic) will be able to help with most issues and can prescribe where necessary.

Rajiv our Pharmacist will be able to see you for your medication, hypertension, cholesterol reviews, smoking cessation and many more issues.

Lesley is our dedicated Diabetes Nurse and if you have diabetes you will most probably be seeing Lesley for your reviews or any other diabetes related issues.

We also have our Practice Nurses, Karen and Kerry, who will see you for immunisations, cervical smears, dressings, health checks, contraception and much more.

Our Health Care Assistants, Sylv, Nick, Stacey and Avril, will be seeing you if you need your bloods taking, ears syringing, B12 injections, dressings and many other issues.

We have a variety of appointments over a wide range of highly trained clinical staff so that we can offer you the right appointment with the right clinician at the right time.

**GPs VARIOUS ROLES** (which they have in addition to their GP role at Hilltops)



### GPs' Special Interests

**These include:**

**Dr Islam:** Paediatrics, Cardiology and CQC Inspector

**Dr Maddipati:** Diabetes

**Dr Hopeson Alifoe:** Ear, Nose and Throat, Board Member of the CCG

**Dr Kohli:** Gynaecology and GP Training Lead

All these specialties run alongside the GPs' work within Hilltops as well as their outside roles that include visiting patients in residential care, holding clinics in their Special Interest roles both at other surgeries and at MKU Hospital, home visits, admin, etc.

## CANCELLATION OF APPOINTMENTS

You can text **ONLY** by using the 24 hour mobile phone 0775 875 5998 – you must leave your name, date of birth, when the appointment is and who it is with.

You can also cancel your appointment on SystemOne online if you are signed up.

### Hilltops Patient Participation Group

**HILLTOPS PPG** is run by the patients (for the patients) – The PPG meets regularly and works closely with the doctors at the practice. New members are always welcome so do come along and join us. Meetings are held quarterly. The next meeting will take place on Wednesday 15 May 2019 at 5.00pm.

**Please feel free to contact us at: [hilltopspg@gmail.com](mailto:hilltopspg@gmail.com)**