



HILLTOPS PPG NEWSLETTER

Hilltops Medical Centre

Great Holm - Spring 2017

Welcome to our Spring 2017 Newsletter.



Promoting Minor Ailments Scheme

A minor ailments scheme is run by pharmacies for minor ailments (i.e athletes' foot, sore throat etc). Medications will be provided free of charge to patients who are exempt from prescription charges. Hilltops are offering presentations and advertisements which show ailments from this scheme eligible for the provision of medications such as Calpol by pharmacies

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

NEWS FROM THE SURGERY



1. Leavers and Joiners

- a. Dr Assad has now left Hilltops.
- b. Dr Adenike Babalola joined us on 2/2/17 as a long term locum working Wednesday, Thursday and Friday.
- c. Dr Aisha Mukhtar ST2 GP Registrar has moved on to her next secondment.
- d. Dr Cyriac Athappilly ST2 GP Registrar joined us on 2/2/17 for his 6 months' secondment.
- e. We sadly regret to inform you that Pam our Team leader for the past 15 years resigned in December. We have newly promoted Rebecca to senior receptionist.

2. **Medical Students:** The University of Buckingham sits in the Heart of Buckingham and has launched a new undergraduate medical degree course.

Some of you will be aware that last year we had Phase 1 students at the Practice carrying out medical examinations. Phase 2 commences at the beginning of March this year, when they will be developing an understanding of the medical specialties. During this time students will be spending 7 weeks attached to a Practice for 3 days a week. Hilltops encourage students and so we are one of those practices that will be accommodating their training. You might therefore be asked if you would mind a consulting with a medical student. Please note:

- They will be half an hour long appointments;
 - They are for only one ailment to be discussed;
 - The Medical student will start the consultation and then they will be joined by one of GP's working at the surgery who will be supervising them;
 - The Medical Students will gain your consent to record the consultation (for training purposes);
 - The final decision regarding your care will be made by the supervising GP who will generate any prescriptions, requests for investigations or any referrals. (Leaflets are available in the practice)
3. At the present time we are having the surgery decorated inside and they will also commence on the outside of the building when the weather is better.
4. Protected time Dates for 2017/2018:

23rd February
21st March
26th April
25th May
21st June
13th July
20th September
19th October
22nd November
25th January 2018
21st February 2018
22nd March 2018

The surgery will be closed between 12pm-5pm. Patients requiring a Doctor during these times please telephone 111.

GPs' Special Interests

These include:

Dr Hopeson 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.

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.