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NEWSLETTER APRIL 2017



Welcome to the April Edition of The Crookes Practice Newsletter 2017

2017 is bringing many changes to the staff here at The Crookes Practice.



MEDICAL STAFF UPDATE

In June, Dr David Stroud is leaving the practice to take up a new role within Barnsley Hospice. David has been a GP here for over 12 years and has been a valued member of our medical team. We will all be sad to see him go but we wish him all the best in his new role.

Dr Heather Pagden who is currently a Registrar here at the surgery and has been having regular clinics seeing patients, is to join us as a salaried GP.

Diane Cupac is our new Health Care Assistant. Diane is available to do blood pressure checks, blood tests etc.

Alison Whitton joined our team to become our new Nurse Practitioner. The nurse practitioner is able to prescribe medication for any acute problem for patients over the age of one year old. Why not book an appointment with the nurse practitioner before asking for a GP appointment if your symptoms are acute i.e colds, flu, tonsillitis, ear infections, sickness and diarrhoea, asthma, UTI's, asthma and hay fever etc. The nurse practitioner is also able to refer patients as and when needed. Please note she is unable to see women who are currently pregnant.

RECEPTION AND ADMINISTRATION STAFF UPDATES

We said goodbye to two of our reception and administration team, Judy and Lyndsey. Both had been valuable staff members and we wish them well in their new careers.

We welcome three new receptionists joining our team. Samantha, Hannah and Gloria. Many of you will have already met our new team members at the front desk, and we thank you for your patience as we train our new members of staff.

PRACTICE MANAGER OF THE YEAR—TWICE!



We hope you will join us in saying a huge congratulations to our Practice Manager Kate Carr. She has won two top awards in recent months for practice manager of the year. Kate works extremely hard and we are all very proud of her achievements.

Well done Kate!

TOP TIPS FOR PATIENTS

Some things to bear in mind when visiting the surgery for an appointment

Make sure you are well hydrated before having a blood test. Why?

- ◆ If you are dehydrated it can affect the results and you may have to have them repeated

Ensure that the urine sample you bring to your clinic appointment is the first void of the day. Why?

- ◆ It gives the best chance of receiving an accurate result

Please do not bring specimens of urine/stool/sputum in non-clinical sample bottles and only bring one if you have been instructed to do so by a clinician. Why?

- ◆ contamination adversely affects the results of samples and clinical guidelines change based on research hence it may not be necessary to test your sample

Please bring only ONE problem at a time to your appointment. Why?

- ◆ To ensure we can afford enough time to that one problem and try to keep our clinics running to time

NOW THE WEATHER IS GETTING WARMER, LETS GET MOVING!!



Doing regular Physical activity can make you feel good about yourself and it can have a number of benefits for your health. For example, it reduces the risk of developing heart disease, stroke, high blood pressure, some cancers, type 2 diabetes and osteoporosis.

Regular physical activity also helps to control weight and may help to ease stress, anxiety and depression. Ideally, you should aim for at least 30 minutes of moderate intensity physical

AND FINALLY...

As ever, if you have any comments or feedback on any of the services we offer, please do get in touch, your opinions are very much valued.