OUR STAFF:

Partners:- Salaried GPs:-

Dr M. J. Hillier Dr N. O’Leary

Dr S. Sukumar Dr E. Doole

Registrar:- Clinical Pharmacist:-

Dr A Hussain Janet Ramsden

**Social Prescriber:-**

Alison Pitt

**Practice Manager:-** **Deputy Practice Manager:-**

Julie Gordon Denise Mason

**Nurses: - Health Care Assistants:-**

Sr Gillian Ward Julie Brittain

Sr Danielle Gleadall-Senior Amy Ferrett

Sr Roumila Mootyen

Sr Michelle Fereday

**Secretaries:- Reception Supervisor:-**

Maureen Brookes Nicola Straw

Teresa Gillespie

**Receptionists:-**

Julie Ward Susan Gibbons

Adele Hanson Josh Roberts

Laura Makin Karen Ferrett

Lynn Smith Michelle Rothery

Surgery opening times:

Rawmarsh:

Monday 08:00am—18:30pm

Tuesday 07:00am—18:30pm

Wednesday 08:00am—18:30pm

Thursday 08:00am—18:30pm

Friday 08:00am—18:30pm

Thorpe Hesley:

Monday 08:30am—18:00pm

Tuesday 07:00am—18:00pm

Wednesday 08:30am—18:00pm

Thursday 08:30am—18:00pm

Friday 08:30am—18:00pm

For emergency treatment out of hours please contact 111.

If your condition is life threatening please ring 999.

Any minor ailments may be dealt with at your local pharmacy, and the

treatment is usually free if you do not have pay for your prescriptions.

Please enquire with the Pharmacist to see if they can be of help to you.

**THURSDAY AFTERNOON CLOSURES**

Each month the surgery will be closed on a Thursday afternoon for Training and Development of Staff. This is to ensure that the best possible care can be delivered to all of our patients, and that the surgery is up to date with all the latest information to help patients with their care.

The Surgery will be closed from 12 noon on the following dates:

12th March 2020 2nd April 2020 14th May 2020 11th June 2020

9th July 2020 6th August 2020 17th September 2020

8th October 2020 12th November 2020 3rd December 2020

**WHY NOT DOWNLOAD THE NEW ROTHERHAM APP?**

Our app works across all mobile devices in a native app or all modern web browsers. We have also tested the app with screen readers to ensure accessibility to all patients. This service allows patients to:-

Book Appointments - Manage Medication-Have Access To Medical Record

Access To Online Triage - Self-Help Guides - Lifestyle & LTC Monitoring

**ONLINE ACCESS**

This service allows patient to book appointments online, order their prescriptions online and also to view their summary record on line.

Anyone who wishes to register for this service, please enquire at reception. You will need to bring with you ID proof, (preferably with a photo).

You must register details for this service in person.

Carer`s, can with your permission obtain registration.

If you are a parent of a child under 16 years old then you may obtain registration details on their behalf.

**PRESCRIPTIONS**

Prescriptions can be ordered in various ways:-

You can order them online - telephone your order in 24 hours a day and leave your request on our answer machine, **or** you can drop your order form into the prescription box situated in the Reception foyer 7 days a week up to 9pm.

**MEDICINE WASTAGE**

To reduce the amount of medicine wastage that is happening, please be aware when stock piling medications at home, when ordering prescriptions, only order what is required each month.

FRIENDS AND FAMILY RESULTS

How likely are you to recommend our Practice to Family & Friends?

The results for end of January 2020 are as follows:-

Extremely likely – 245 Likely – 19 Neither Likely Nor Unlikely – 3

Unlikely – 2 Extremely Unlikely – 13 Don’t know – 2

We as a practice, appreciate patients taking time to complete these forms, and take on board all comments made, with a view to improving our service to you.

PATIENT PARTICIPATION GROUP

We welcome all patients who wish to join our Patient Participation Group, either by attending the meetings or joining the virtual group.

We meet BI-MONTHLY as a group to discuss changes in the NHS, what can be done to improve our service, and to help us keep up to date with the latest information.

If anyone would like to join our group then please see a Receptionist for more information.

HEALTHY LIFESTYLE

Why should I be active?

Being active helps lower your risk of coronary heart disease which can lead to chest pains, angina or heart attacks.

By being active, you are:

Exercising your heart, helping it to keep strong

Lowering your cholesterol (a fatty substance in your blood, which can cause your arteries to clog up)

Lowering your blood pressure, meaning your arteries are less likely to clog up.

What can I do?

You can begin making small changes such was walking rather than driving and taking the stairs instead of an escalator or lift. You can also take a walk everyday whether it is to work, to shop or to see a friend.

This is also an opportunity to set up a date and time to spend with your children, family, pets or friends in the local park.

Take control of your weight

Being overweight means your heart has to work harder but by keeping to a healthy weight, you can cut down the strain on your heart as well as lower your cholesterol, helping to keep your heart healthy.

Measuring your waist is a good starting point to find out if you are overweight.

Women should have a waist of below 80cm (32 inches) and men should aim for a measurement of less than 94cm (37 inches).

Remember:

Every 10 minutes counts!

FACTS FOR COUGHS

Coughing is usually harmless and often last for several weeks, acute coughs are almost always harmless and usually start to improve within three weeks, and chronic coughs may go on for more than eight weeks.

There is no need for antibiotics as they do not work against viral

infections, which cause most acute coughs, and so they may do more harm than good.

Solutions

Try not to cough, it sounds silly but you may be able to cough less often by actually trying not to cough due to the influence of our brain.

'Honey and lemon' home remedy - just add freshly squeezed juice from one lemon and a teaspoon of honey to a mug of hot water. Drink at least 6 to 9 glasses of water in a day and suck lozenges.

Stop smoking, smoking is one of the commonest reasons for a chronic cough.

When should I seek medical help?

Seek medical advice immediately if you feel more unwell than you'd expect, or if you notice any of the warning symptoms below:

Coughing up blood.

Your cough is not getting better within three to four weeks.

Chest or shoulder pain.

Breathlessness/difficulty to breathe.

Weight loss for no apparent reason over 6 weeks or more.

Your voice becomes hoarse for longer than three weeks, and the hoarseness persists after the cough has settled.

BRAIN TEASERS

1. There are three houses. One is red, one is blue, and one is white. If the red house is to the left of the house in the middle, and the blue house is to the right to the house in the middle, where is the white house?

#### What are the next three letters in the following sequence? J, F, M, A, M, J, J, A, \_\_, \_\_, \_\_

1. Give me food, and I will live; give me water, and I will die. What am I?

4. When you have me, you immediately feel like sharing me. But, if you do share me, you do not have me.

Brain Teaser Answers

1. Washington DC 2. S, O, N (September, October, November) 3. Fire 4. A secret





Spring 2020

Drs. Hillier & Sukumar

NEWSLETTER

Contact Telephone Numbers

Rawmarsh Surgery: 01709 522022

Thorpe Hesley Surgery: 0114 2454504

Website: [www.highstsurgery.co.uk](http://www.highstsurgery.co.uk)