



Oulton Medical Centre  
Marsh Street Surgery  
Swillington Health Practice

## Its with great sadness that we will be saying goodbye to Dr Duvenage

Dr Duvenage has decided to retire, it's a sad time for all of us at the practice as well as for all the patients I'm sure. She will be leaving us in March after being with the Practice for 25 Years.

Dr Duvenage Qualified in 1982 at the University of Stellenbosch in Cape Town, South Africa. She then emigrated to the UK in 1997, and joined our practice as a Locum Doctor working with Dr Garrett and Partners, they loved her that much that she became a partner in 2001. We are all very sad to see her leave but wish her a happy retirement. You will be missed.

A little message from Dr Marti Duvenage:

**I would like to thank all the Staff and my GP Partners at Oulton, Swillington and Marsh Street surgeries for all their wonderful support over the years. We had so much fun! But also, a big thank you to the lovely people of Rothwell, Oulton and Swillington for making my life as a GP in this community really special and full of joy, a privilege! During my retirement I'll still be busy. I will be travelling, volunteering, exercise more and hope to live till I'm 100 years old, or as close as possible to it and if I don't that's ok too.**

**I have loved coming to work every day and will miss you all!**



### **Just a little reminder**

Please continue to wear your face covering in the surgery unless you are exempt. This is to keep all patients and staff safe.



**e consult**

Contact your GP for non-urgent queries via the E-Consult, this is available from 8am till 2:30pm Monday to Friday via our website, you don't need any log on information to access this service. It's a helpful service that is confidential and sent directly to the Practice.

**There are some helpful services which you can access through our website, you can either self refer or find an alternative path of care. Please find the website address below**

#### **Website**

[www.oulttonmedicalcentre.co.uk](http://www.oulttonmedicalcentre.co.uk)

#### **Facebook**

[@DrFreemanandPartners](https://www.facebook.com/DrFreemanandPartners)

# Covid-19 pandemic

## *Thank you*

Wow what a crazy year it has been!

We have done over 5000 booster vaccines since September 2021.

We would like to thank all our patients and staff during these difficult times. We have all had our ups and downs but we have all pulled together.

We have had some lovely kind words and support from our patients, which have helped us through these challenging times. Thank you

Thank you to all the volunteers who have been helping and making everything run smoothly, Thank you to all our staff who have done extra shifts including weekends and evenings to help where needed to allow these clinics to run smoothly.

## Prescriptions

Repeat prescriptions are simple to do online, if you need an online log-in please request one at the surgery or on our website. Alternatively you can still bring in your paper slip to the surgery to process.

### Repeat Dispensing (eRD)

#### **What eRD means for you**

eRD allows your GP to send a series of repeat prescriptions to your pharmacy in one go, so there's no need for you to order them each time. It's reliable, secure and confidential. Your regular prescriptions are stored securely on the NHS database, so they'll be ready at the pharmacy each time you need them.

#### **How eRD can benefit you**

If you get regular or repeat medicines, you might be suitable for eRD. Using eRD, you can:

- Save time by avoiding unnecessary trips or calls to your GP every time you need to order a repeat prescription
- Order or cancel your repeat prescriptions online
- Pick up your repeat prescriptions directly from your pharmacy without having to visit your GP spend less time waiting for your prescription in the pharmacy or GP practice, which means you can stay at home and avoid face-to-face contact when you need your repeat prescription during the coronavirus pandemic
- Save paper – you won't need a paper prescription to collect your medicine from the pharmacy

#### **How do I sign up for eRD?**

It's really easy to sign up for eRD - just ask your GP or pharmacist for more information.

# Welcome to all our new Staff Members

**Appointments are now Triaged by a GP and you may have an appointment with one of our newer staff members or passed onto our extended access appointments. This all depends on the query brought forward.**

## **Paramedics**

We are fortunate to have two paramedics who have joined the PCN team and are currently working in the practice. The paramedics will be rotating between primary care and with West Yorkshire Ambulance Service (YAS). Our paramedics are supporting practices with acute and long-term conditions clinics as well as carrying out home visits.

## **Physician Associates**

Physician associates are healthcare professionals, although they are not doctors, work to the same medical model, with the skills, abilities, and knowledge base to deliver holistic care to all patients, under the supervision of a doctor. Physician associates in primary care, can assess, manage and treat patients of all ages, with acute and chronic conditions. They are involved in a variety of activities at the practice, such as seeing acute on the day patients, triage, routine appointments, eConsults, home visits and referrals on to other services.

**PCN Pharmacist**– The PCN pharmacist works alongside and supports the Health Care Practitioners within the practice. They can perform medication reviews and are involved in helping to look after patients with long term conditions. They are able to deal with complex medication and prescription queries.

**PCN Physiotherapist**- The Role of physiotherapists in primary care is to assess patients with soft tissue, muscle and joint pain and support patients to decide on the most appropriate management pathway. Patients do not need to see a doctor first as they are expert in the assessment of these conditions and are able to request investigations such as x-rays and blood tests if it is required. They are experts in the assessment and management of Musculoskeletal (MSK) conditions.

### **Please note:**

If a GP requires you to come for a F2F appointment you will be given a time by the receptionist, but if you have the NHS app the time on the app will not be the correct time. Please stick to the time the receptionist has given you.

If a GP requires you to have a telephone call, this would be a Morning or Afternoon call. We don't have allocated times for these.

Nurses telephone calls are more dedicated times but Nurses can run over so please be aware of this.

**Thank you for your understanding**

## Cervical Screening



Don't ignore your  
cervical screening invite



- Cervical screening saves lives - don't ignore your cervical screening invite
- If you missed your last one book an appointment with your GP practice or local sexual health clinic.
- Encourage those you love to get screened if they are overdue a test. **For further information please visit: [nhs.uk/cervicalscreening](https://nhs.uk/cervicalscreening)**

# Mental Health Awareness



## Mental Health Matters

[www.nhs.uk/help](http://www.nhs.uk/help)

**Do not delay if you think you might need support, your consultation will assess what kind of help will be best suited for you**

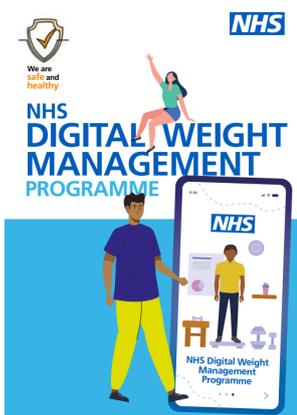
- The NHS offers a range of talking therapies, such as cognitive behavioural therapy (CBT), counselling for depression, other therapies, and guided self-help
- NHS mental health services can help with:
  - o panic attacks
  - o stress
  - o flashbacks and nightmares
  - o feeling low and hopeless
  - o coping with work, life or relationships
  - o worrying
  - o obsessive thoughts or behaviours
  - o fear of social situations
  - o constant worry about your health
  - o phobias
  - o negative thoughts
  - o trouble sleeping

- Whilst your GP can refer you, you can also refer yourself directly without a referral from your GP. The type of therapy you are offered depends on which one has been shown to be most helpful for your symptoms
- NHS Talking Therapies are conducted in confidence and help is available in-person, by video consultation, telephone and interactive text. For those whose first language is not English, talking therapies can be delivered through multi-lingual therapists or through confidential translators
- The NHS are working with SignHealth to deliver Talking Therapies services in British Sign Language (BSL)

**The NHS is here for your mental health, even during the pandemic. Our services have remained open and you can still access care and professional advice for your mental health**

# Healthy Eating

A healthy, balanced diet helps children achieve and maintain a healthy weight, and research shows children who stay a healthy weight tend to be fitter, healthier, better able to learn, and more self-confident. They're also much less likely to have health problems in later life. Recent National Child Measurement Programme data shows that 14.4% of children aged 4-5 are now obese (rising from 9.9% in 2019/20) and 25.5% of children aged 10-11 are now obese (rising from 21.0% in 2019/20). Whether you're using this toolkit in a children's centre, library, leisure centre or any other setting that works with children and young families, you can help make a difference. This toolkit will support you in improving children's health and wellbeing by encouraging children to explore what a balanced diet is, what is in their food and help their families make simple, healthier eating swaps. This toolkit introduces children to the NHS Food Scanner app, giving them an awareness of how to find healthier options, and why it is important to know what is in our food.



## Give the app a try

A fun way to get all the family involved with healthy eating. Small changes can make a big difference.

Have a look on the website, there are many more helpful ways to be healthy as a family.

[www.nhs.uk/better-health/](http://www.nhs.uk/better-health/)

[www.england.nhs.uk/digital-weightmanagement](http://www.england.nhs.uk/digital-weightmanagement)

