



An exciting get together for the new SParkies!

The SParkies, our new patient reference group, enjoyed a lively discussion at their first informal meeting.

We discussed how the group can support the practice, and as their first action, the members will be checking out our website and suggesting improvements.



The group also considered how members can get involved, including attending meetings and 'virtual' online membership, and pooled ideas for future topics to cover and how the SParkies can help with reaching out to and engaging other patients and local groups.

SParkies member Maggie said: "I enjoyed our first meeting of the SParkies group, it felt good to be able to support the practice in a practical way, make new friends and share ideas to keep the practice relevant to us all. Come and join us at the next meeting."

Kath, another member added: "I feel privileged to have been a patient at Sherrington Park for the last five years or so. Last week I joined the SParkies, where we had an interesting hour's discussion on topics relating to health issues. Any patients having an hour free once a month would be very welcome. Your views are important."



It's not too late to get your flu vaccine!

Our dedicated flu clinics finished in mid-October, but if you missed those you can make sure you don't miss out altogether by speaking to our reception team.

If you're eligible for the vaccine we can arrange it for you with the practice nurse while stocks are still available and we expect to still be offering the vaccine throughout the winter months until early February.

Flu vaccines are also available from some local pharmacies, although you may be charged if you do not have a long term condition or are not pregnant. The vaccine they offer may also be different to the one offered at the surgery.

To join the SParkies, complete the form on reception or email ncccg.c84682@nhs.net. The next meeting is 3.15pm, Tuesday 31 October, at Sherrington Park - please email us if you'd like to attend.

Stay in the best of health this winter



Keep warm, keep well is a national campaign that runs each winter, offering advice on staying well in cold weather. Six top tips are:

- 1. Heat your home well** - Set your heating to between 18–21°C (64–70°F). At night you can use a hot water bottle or electric blanket – but never use both together.
- 2. Get financial support** - Energy efficiency grants, benefits and advice are available.

3. Eat well - Have hot meals and drinks regularly through the day.

4. Get a flu vaccination - See previous page.

5. Look after yourself and others - Wrap up warm if you need to go outside on cold days. Look out for older neighbours or relatives to make sure they are safe and well.

6. Keep active - If you would like advice on social activities locally please make an appointment to see Nicole, our Health Care Assistant, who will explain all about the 'social prescription'.

Find out more at www.nhs.uk.



News from the team

In our last issue we said Dr Qureshi would be joining us in September but due to unforeseen circumstances the date had to be put back. We are pleased to confirm he will be starting with us on 14 December, giving patients the opportunity to see a male GP. As you know our GPs have personalised lists so patients can only see Dr Qureshi if they are registered with Dr Sawyer, (Dr Qureshi will be working Thursdays only when Dr Sawyer will not

generally be at the practice). Any of Dr Vindla's patients wishing to see Dr Qureshi should speak to a member of the reception staff.

Happy news! - Shannan, our reception supervisor will be going on maternity leave at the beginning of December. Shannan is a key member of the team and she will be greatly missed by the GPs and her colleagues. Good news though, Shannan does plan to return to work after her maternity leave.

Opening times	Monday	08:00 - 18:30	Our phone lines (0115 985 8552) open at 8am, Monday to Friday. We are closed at the weekend - for urgent care call 111 or visit the Urgent Care Centre, in an emergency call 999 or go to A&E.
	Tuesday	07:30 - 18:30	
	Wednesday	08:00 - 18:30	
	Thursday	08:00 - 18:30	
	Friday	08:00 - 18:30	

Reminder - Festive Bank Holidays

We will be closed on Christmas Day and Boxing Day (25 and 26 December) plus New Year's Day (1 January 2018). Please make sure you've ordered any repeat prescriptions in plenty of time (these usually take two working days).



How to contact us:
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