



A Newsletter for Patients of Jessop Medical Practice

## The Friends & Family Test

iWantGreatCare

How likely are you to recommend us?  
Did we provide you with great care?

Complete feedback form in reception and post in the box provided or visit our surgery website:  
[www.jessopmedicalpractice.co.uk](http://www.jessopmedicalpractice.co.uk)  
and click on the link to leave your review.

Your views really do make a difference and help us to improve care for our patients.



**Thank you!**

## Ripley Surgery Coffee Morning

Every 2nd Thursday of Each Month

10am - 12pm

A chance to see what's available to  
you in your local area

Everyone is Welcome

Church Farm Primary Care Centre, Steeple Drive,  
Ripley, DE5 3TH

## Sharing Your Information

### How is My Medical Information Shared?

It is possible for information to be shared with other healthcare organisations and professionals so that everyone caring for you is fully aware of your care plan, subject to your consent.

This enables the **best possible care to be provided.**

Please pick up a leaflet or ask at reception.

You can change your sharing preferences at any time, just ask at reception for more information on how to do this.



## Minor Ailments Scheme

PHARMACY  
FIRST >>>

You can get advice, treatment or medicines for common, less serious illnesses from a community pharmacy, without having to make an appointment with your GP. If you are suffering from any of these below:

Athlete's foot	Headlice
Bacterial conjunctivitis	Insect Bites/Stings
Constipation	Sore Throat
Dental pain	Teething
Diarrhoea	Temperature/Fever
Earache	Threadworm
Haemorrhoids	Thrush
Hayfever	

Please pick up a leaflet from reception or visit [www.nhsstaywellerbyshire.co.uk](http://www.nhsstaywellerbyshire.co.uk) for more information.

## Patient Participation Awareness Week

June 4th—9th 2018

Come Along to our Coffee Morning  
Thursday 7th June 2018 10am-12noon  
Greenhill Surgery

- Meet your Patient Participation Group (PPG)
- Get to know the Practice and what we offer

## Your Voice Counts

The Patient Participation Group is open to all patients of the practice and is always looking for new members.

For more information: **Email** [jessop.ppg@hotmail.co.uk](mailto:jessop.ppg@hotmail.co.uk)  
**Visit** [www.jessopmedicalpractice.co.uk](http://www.jessopmedicalpractice.co.uk) or ask at reception.



## HAYFEVER

About 1 in 10 people in the UK suffer from hayfever between the months of April and September. Grass pollen is the most common cause and less common causes are tree pollens and moulds.

Symptoms of hayfever include:

- Frequent Sneezing
- Blocked Nose
- Red, itchy, watery eyes
- Wheeze, tight chest
- Dry and Sore Throat



If you suffer from annual hayfever symptoms, please ensure you have the appropriate medication by using the **Pharmacy First Scheme** available at participating pharmacies.

Any queries can be discussed with the Nurse Practitioner/GP either by phone or by appointment.

## SUN SAFETY



Too much sunlight is harmful and can damage the skin. Follow these few tips to stay safe!

- Stay out of the sun between 11am-2pm
- Apply high factor sunscreen regularly.
- Children's skin is more sensitive than adults, so keep skin covered in loose clothing and use a hat with neck protection.
- Wear sunglasses as exposure to prolonged sunlight can damage the eyes.
- Drink plenty of fluids



## Travelling aboard this year? Make sure you are up to date with your travel vaccinations!

Being well prepared before you travel is an important step towards enjoying a happy and healthy holiday.



In order for us to offer the appropriate advice, please complete a travel vaccination form, which can be collected from reception. **Please contact us at least 6 weeks prior to travelling.**



## ★ ★ ★ New Appointment Check-In Screen ★ ★ ★

We have recently had a check-in screen installed in our Greenhill reception area.

Follow the on screen instructions to check you in for your next appointment.



**Avoid time queuing and check-in next time you have an appointment.**

## CLINICAL STAFF

Following the recent changes to the Partnership, the Partners are pleased to have expanded our team to include additional Doctors and Advanced Practitioners. Our team now consists of the following:

### GP Partners

Dr Joanna Blyth – Senior Partner  
Dr Saddeck Sheikhsain  
Dr Nan Tse  
Dr Andy Mott  
Dr Eileen Parrott

Dr Sukhvans Sandhu  
Dr Li Chung  
Dr Samantha Embleton  
Dr Daniel Blindt

### GP's

Dr Melanie Tetley  
Dr Nasim Akhtar

Dr Megan Foreman

Advanced Clinical Practitioner Kim Barrington-Hines

Advanced Care Practitioner Jessica Timmins

Nurse Practitioner Triage/Minor Illness Kath Conaghan

Pharmacist Genevieve Sampedey

In addition, Tammy Temple, Nurse Manager continues to lead our nursing team of Practice Nurses and Health Care Assistants

## Not sure what to do when your child is unwell?

Download the free HANDi Paediatric app and get expert advice, support and guidance for common childhood illnesses.



Search  
**HANDi Paediatric**



## DID YOU KNOW YOU CAN...

- Book & cancel appointments
- Order repeat prescriptions
- Access your medical records



**ONLINE**

**ASK AT RECEPTION FOR MORE DETAILS**

You will need to provide ID  
(photo ID if possible)