



## Summer Holidays!

Dear Patients,

Summer is here! By now we've all had our fill of the hot weather and have bitten our tongues about the heat for too long. Winter brings unbearably cold weather and we moan and long for the sun to come back but now it's here we're desperate for a breeze. What is it about us that leaves us so unsatisfied?

Most of us are sweltering away at our desks counting down the hours until home time; a time for paddling pools and BBQs! The one thing that summer reigns over those winter months is how cheerful everyone is! It might be so hot we haven't slept in weeks but at least we're all getting out of bed with a smile! Studies have shown a boost in moods when exposed to sunshine so let's make the most of it and enjoy it whilst it lasts! Lenton boasts some beautiful

parks so let's make good use of them and pack a picnic and some games or hop in the car and make your way down to Skegness for the day! Please don't forget to enjoy the weather sensibly and use sun protection, especially on your children.

We wish you all a wonderful summer!



From all the team at Derby Road Health Centre



Find us on  
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# Our Staff

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Here at Derby Road; we have a large team made up of a variety of roles ranging from clinicians to accounts to maintenance. With every large team there are always changes as some may move on and new faces join the team. This summer we will be seeing a few changes in faces as we say goodbye to three of our team and welcome another four.

Please join us in a warm welcome to our

new F2 and Registrar doctors; Dr Wong and Dr Anand who will be with us for several months as part of their current training. We are also welcoming two new receptionists; Gemma Veck and Emma Hemstock. Emma and Gemma are both joining our reception team as apprentices, and we hope you will help us support them during their time training with us.

Sadly, this means that Ayo has now finished her apprenticeship here at Derby Road and will be leaving us to start her university course in September. We wish her the best of luck!



We also have to say goodbye to another two familiar faces here at the surgery. Dr Lloyd and Dr Mead will both be moving on to new opportunities this summer.

Firstly we would like to congratulate Dr Mead and Dr Lloyd on their new partnerships. Dr Mead has been a part of both the Derby Road and Grange Farm team for two years. His last session was on the 7th

August at Grange Farm Medical Centre.

Dr Lloyd started here at Derby Road in 2008 as a registrar and became a partner in 2010. Since then she has become a firm favorite amongst many patients and we know she will be sadly missed. She will be finishing her time with us in September.

Please join us in wishing both doctors every luck for the future!

## Date for your Diary

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This August we will be hosting a Car Boot Sale at our sister practice; Grange Farm Medical Centre in Bilborough. There is no charge for registered patients of Grange Farm or Derby Road, but for all non-patients there is the small price of £5 to hold a stall on the day.

The car boot sale will be taking place **11-2 on Saturday 31st August 2013 at Grange Farm Medical Centre**, 17a Tremayne Road, Bilborough. NG8 4HQ.

There will be refreshments available so don't forget to bring the family along and make a day of it!

If you are interested in having a stand there please let Anna or Katie know by calling us on **01158377987** or email us at **carboot@drhc.org.uk**



## Patient Reviews

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**Excellent service and support**—*Been with the practice since 1980 and they have always been friendly and supportive. I am reluctant to leave Lenton because I worry about finding another health centre as good.*

**Posted on 04 July 2013**

**Brilliant - A refreshing change**—*Having been to a number of Doctor's surgeries in the past few years and having to put up with poor service, unhelpful receptionists and time limited Doctors, this surgery has been a revelation.*

*The surgery itself is, clean, spacious and modern and the service is faultless. The Doctors' take real time with you and empathise with you, they genuinely seem*

*to care. It's nice knowing that you're in good hands.*

**Posted on 03 July 2013**



**Best health care in Nottingham**—*Having been 'forced' to move to a Nottingham GP when I started uni, I was at the local gym where the health centre were there recruiting new student patients. I had no idea about the surgery or even where it was, so I signed up, mainly because it saved me venturing out looking for a GP. It was the best thing i ever did. I have finally found a GP who understands me and has helped me so much. They have taken the time to get to know me and read my history and always has the next step planned*

*if one medication doesn't work. Their advice has been invaluable and i am so grateful and very lucky to have a GP who understands me fully and has helped to sorting my life out. So a massive thank you Dr!*

*The reception staff are very helpful and always book me an appointment with my doctor at times that suit!*

**Posted on 24 May 2013**

See more of our reviews on the [www.nhs.uk/services](http://www.nhs.uk/services) webpage.

*We thank you for all your kind comments!*

# Patient Participation Group

*Are you interested in having your say about how your surgery provides patient services?*

*Leave your details at reception and we will contact you with details of the next meeting*

The PPG meets two to three times a year to discuss your needs and the services we provide. Patients meet with the practice manager, staff members, and one of our GPs attends the meetings whenever possible.



**Do you know what *your* BMI is?**

Record yours today with our new Body Mass Index machine in the waiting room. Hand your slip over to the receptionist once you've finished so we can update your records.



## Service and Clinics

### LA LECHE LEAGUE

This breastfeeding support group is a *drop-in* and will take place on **Fridays at 10.30pm to 11.00am on the following dates:**

9th Aug, 13th Sept  
11th Oct, 8th Nov,  
13th Dec

### BABY CLINIC

**PLEASE NOTE CHANGE!**

Our weekly *drop-in* Baby Clinic is now be taking place on **Wednesdays at 9.30am to 11.00am**



### YMCA EXERCISE

This is a *drop-in* service provided by Carol Burrell from YMCA and will take place at Derby Road on **Tuesdays Afternoons**



### NEW LEAF

This is a weekly *pre-bookable* service for help and advice on how to stop smoking and will take place on **Wednesdays at 2.00pm to 5.30pm**



### Our Contact Details:

**Derby Road Health Centre,**  
336 Derby Road, Lenton,  
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**Tel: 0115 837 7987**  
**www.drhc.org.uk**  
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Derby Road Health Centre is the sister practice to Grange Farm Medical Centre  
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