



January 2024
**Walkley House & Stannington
Medical Centre**

A Happy & Healthy New Year!

- 2023 saw a total of **88,312** appointments provided for our **16121** patients. That's an average of **5.5 appointments per patient**.
- We introduced a new phone system, and expanded our administration team to help manage the continuing demand on our services
- 2024 is bringing a new GP, and even more practice improvements; we've started redecoration at Walkley, and plans have been approved for the redevelopment of Stannington.



January is 'Walk Your Dog Month'
If you're a dog owner, start the year as you mean to go on. Dogs need regular exercise, for both their bodies and minds, and ensuring your dog gets the right amount of exercise helps to make sure they aren't frustrated or destructive. Making sure they have the right amount of exercise can help you to meet your exercise goals too!

Home Visits

We have had an increase in the number of patients requesting home visits, we would like to remind everyone of the following:

Any requests for home visits should be made before 11am

Home visits are for either terminally ill patients, or truly bed bound patients where travel to the surgery premises by car would cause deterioration in their medical condition or unacceptable discomfort.

In cases of common childhood symptoms including fevers, colds, coughs, earache, headache, diarrhoea/vomiting and most cases of abdominal pain, patients are almost always well enough to travel by car.

The old wives tale that it is unwise to take a child out with a fever is untrue, and although these children may not be fit enough to travel by bus, or walk to the surgery, car transport is a sensible option and usually available from friends, relatives or taxi.

Doctors do home visits after they have finished morning surgery and will arrange their visits according to the degree of urgency. Normally the doctors will contact the patient prior to visiting and encourage patients to attend the surgery, where possible, as we have more facilities available.

Difficulty in getting to the surgery is not a valid reason for requesting a home visit, and this may be declined.

DID YOU KNOW
that Walkley House & Stannington have 16121 registered patients?...

and last month we issued over 10,000 prescriptions...

our GP team had 3632 appointments...

we processed 3805 Klinik request forms...

& our Nursing & Health Care team helped 2676 patients

New Care Co-ordinators at the surgery

We are pleased to welcome two care co-ordinators to our surgery from February. The new team will be working hard to help understand the wider determinants of health and it's impact on communities, individuals, their families and carers.

Care co-ordinators help to co-ordinate and navigate care across the health and care system, helping people make the right connections, with the right teams at the right time.

They can support people to become more active in their own health and care and are skilled in assessing people's changing needs. Care co-ordinators are effective in bringing together multidisciplinary teams to support people's complex health and care needs. They can be an effective intervention in supporting people to stay well particularly those with long term conditions, multiple long-term conditions, and people living with or at risk of frailty.



Do you need a GP appointment? Can your local Pharmacist help you instead?

Winter pressures make it harder to get to see your GP. If you are having to wait to see a doctor, you may want to consider popping into your local pharmacy instead. Like doctors, pharmacists have extensive training and can provide clinical advice as well as point you to the appropriate over-the-counter treatment for minor illnesses and injuries. They'll also tell you when it's important you see your GP or other healthcare professional. From infections to minor injuries and skin conditions, here are some conditions you don't need a GP appointment for:

COLD & FLU; coughing, congestion, sore throat, runny nose, fever

ALLERGIES; runny nose, sneezing, coughing, wheezing, itchy skin, raised rash, diarrhoea, feeling or being sick, swollen eyes, lips, mouth or throat

ACHES & PAINS; headaches, muscle aches and joint pain

DIGESTIVE ISSUES; indigestion, heartburn, diarrhoea, constipation

SKIN CONDITIONS; skin rashes, bug bites, sunburn

MINOR INFECTION; urinary tract infections, minor skin infections

EYE CONDITIONS; red or irritated eyes, minor eye infection

EAR TROUBLE; earache, wax build-up

MINOR INJURIES; minor cuts, scrapes, bruises, sprains and strains

ORAL HEALTH; mouth ulcers, cold sores and gingivitis

HEALTH CHECKS; blood pressure, cholesterol, blood sugar



CLINIC NEWS - LOCAL COMMUNITY - CHARITY EVENTS - CLINIC NEWS - LOCAL COMMUNITY - CHARITY EVENTS



For up to date news and events please follow our Facebook page:

www.facebook.com/walkleyhousemedicalcentre

CLINIC NEWS - LOCAL COMMUNITY - CHARITY EVENTS - CLINIC NEWS - LOCAL COMMUNITY - CHARITY EVENTS

Contact Us

KLINIK is the most convenient way to contact the clinic

www.walkleyhouseandstannington.co.uk/klinik-access

Walkley House - 0114 2343561 * Stannington - 0114 234 7775 * Out of Hours - 111