

The White House Surgery Autumn Newsletter

DR'S HOPKINS, MCDONOUGH, WERNHAM AND LEADBETTER.
1 FAIRFAX RISE, SHEFFIELD, S2 1SL.

Opening Times

Monday 8:15am - 6:00pm

Tuesday 8:15am - 6:00pm

Wednesday 8:15am - 6:00pm

Thursday 8:15am - 1:00pm

Friday 8:15am - 6:00pm

Contact Us:

Reception - 0114 224 5878

Prescription Order Line - 0114
372 3000

Email -

SHECCG.WhiteHouseSurgery@
nhs.net

Your White House Team:

GP Partners

Dr Brian Hopkins

Dr Helen McDonough

Dr Elizabeth Wernham

Dr Rhona Leadbetter

GP's

Dr Andrew Douglas

Dr Elizabeth Walton

Trainee Doctors

Dr Namrata Sharma

Dr John Doris

Nurses

Nurse Sally Smith

Nurse Bernadette Hill

Practice Manager

Shameem Khan

**And all our admin and
reception team.**



Announcements

We are very pleased to welcome Dr Doris to the practice this month. Dr Mills, Livesey, Platt and Harrison have now completed this part of their training at The White House. We wish them all the best for the future.

Holiday Season

If you are planning a trip abroad, you may need travel vaccinations to help keep you safe and well. If you would like to know if you need any injections just pop into surgery and ask for a Travel Vaccination form. If you need your passport signing you can renew it by paper applications available at post offices or by calling the Passport Advice line or apply for renewal online.

CQC

We are happy to announce that as per our recent visit from CQC we have been rated Good. We hope to continue keeping our standards to the best for all our patients, providing you with the best possible care.

Patient participation

Would you like to join the patient participation group to contribute and put forward your ideas for the surgery?

If you would like information on the next scheduled meeting, to join our patient participation group or to pass ideas for the next discussion please call surgery and leave a message for Jacquie.

DNAs.

Please make sure you ring when you cannot attend an appointment! It all piles up and wastes lots of Doctor and Nurses time.

These are the amount of DNA's from March to May.

Doctors—369 appointments/ 86 hours and 35 minutes

Nurses— 240 appointments/ 56 hours 10 minutes

There have even been 50 DNA's of Book on the day appointments.

You can also cancel appointments via text by replying to your text appointment reminder!

It only takes a minute to call and cancel your appointment!

Sick Notes and Self certifications

If you find yourself off of work with illness, for the first seven days you will need a self certification note either available from surgery or on the Gov.uk website. After these seven days you will need to come into surgery and see a doctor for a sick note. Sick notes are only available by appointment and cant be done over the phone. If you feel yourself able to go back to work before your sick note runs out surgery are unable to a fitnote, you need to discuss going back to work with your employer.

Self referrals

Did you know you can now self refer without needing to see a doctor for services such as:

- Carers association
- Social services
- Physiotherapist
- Dentist
- Continence advisor
- Mobility services
- Occupational Therapy
- Alcohol services
- Citizens advice
- Podiatry
- Counselling
- Family planning clinic

The Manor and Castle service is now self referable too! They can assist you with problems from dealing with being a carer to healthy eating. You can either ask for a form at reception, book in to see one of their advisors or discuss a referral in one of their clinics at surgery.

Keeping active and healthy

As you know, physical activity keeps you health, improves sleeps, reduces stress levels, helps you maintain a healthy weight and improves you r overall quality of life.

If you are wanting extra help to improve your lifestyle please contact us where our reception team can refer you or you can self refer to Manor and Castle to improve weight management, increasing activity and healthy eating.

We also now run clinic in surgery on Tuesday afternoons every week for our Smoking Cessation Advisor, Kefaya to help you quit or help cut back on smoking.

Choosing the correct care

Ever wonder who to see for what? Here's what different some care providers do.

Occupational Therapist

- Aids and equipment
- Rehabilitation
- Identifying goals
- Maintaining independence
- Improving daily activity
- Assessing function

Counsellor

- Anger Issues
- Mood Problems
- Phobias
- Anxiety
- Panic
- Stress
- Depression
- OCD (Obsessive compulsive disorder)
- Trauma

Health Visitor

- Abuse Concerns
- Preschool Issues
- Healthy Eating
- Postnatal Blues

Citizens Advice Bureau

- Benefits advice
- Employment advice
- Law and rights
- Debt information
- Financial worries
- Tax
- Discrimination
- Housing
- Work Issues