

PATIENT NEWSLETTER



danetremedicalpractice

Working together for better healthcare

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Welcome to the winter edition of YOUR Patients' Newsletter. We hope you enjoy reading through and finding out what's happening within YOUR practice.

Issue: Spring 2025

Message in a Bottle



Have you heard about the "Message in a Bottle" service? The Lions Clubs Message in a Bottle is a simple but effective way for people to keep their basic personal and medical details where

they can be found in an emergency on a standard form and in a common location – the fridge. Message in a bottle helps emergency services save valuable time when looking for vital information such as allergies, medications and even DNACPR instructions.

Paramedics, firefighters and social services all support this life-saving initiative and know to look in the fridge when they see the Message in a Bottle stickers. These bottles (and stickers) can be ordered on the Lions website here <https://lionsmessageinabottle.co.uk> or they can be collected from reception in the practice.

Spring COVID Boosters



Did you know if you are over 75 years old, or turn 75 before 17th June, are a resident in a care home for older adults or are considered to be immunosuppressed (as defined in the COVID-19 green book) then you are eligible for a COVID-19 spring booster? We will be offering these vaccines here in the practice and we will be arranging a vaccination program for all eligible household patients and those living in care homes. Please call us to arrange your appointment, if you are unsure if you are eligible please get in touch and we can check your records.

Hay Fever Season is Here



Hay fever symptoms include, sneezing and coughing, a runny or blocked nose, itchy, red or watery eyes, itchy mouth throat and ears, headaches and feeling tired. Symptoms are

usually worse from late March to September, especially when it is warm humid and windy. Symptoms can last for weeks or months.

Things you can do to help

- Put petroleum jelly (Vaseline) around your nostrils to trap pollen
- Wear wraparound sunglasses, a mask or wide-brimmed hat to reduce pollen getting into your nose and eyes
- Keep windows and doors closed
- Shower or change clothes after being outside to remove pollen
- Try to use a pollen filter in the air vents of your car

Try to avoid

- Cutting or walking on grass
- Spending too much time outside
- Keeping fresh flowers in the house
- Smoking or being around smoke
- Drying clothes outside

The NHS are no longer able to routinely prescribe medication for minor ailments. This includes medication for hay fever. This is because all treatments for hay fever are available over the counter from pharmacies, with some items available in supermarkets and budget health stores too. If you need advice on treatment you can speak to any of the knowledgeable pharmacists available in the pharmacies across Daventry.

Dr Judith Viira ○ Dr Amy Butler ○ Dr Trudy Lewis ○ Dr David Digby ○ Dr Amar Balakrishnan

Managing Partner – Mrs Jo Gilford

Hello's and Goodbye's

We would like to bid a fond farewell to our Practice Nurse Mandy who left the Practice in March. She will be sorely missed and we wish her all the best for the future.



We would like to welcome Jemma, our new Practice Nurse, and Dr Ifra Mahmood who both joined the Practice in April. We are excited to be working with both of these fantastic clinicians and we hope you join us in offering them a very warm welcome.

Primary Care Cancer Champion



Primary Care Cancer Champion

Working in Partnership with Macmillan Information & Support Centres in Northamptonshire



We are proud to announce that Karen, our Patient Services Manager, has completed her training to become our practice Primary Care Cancer Champion. We are still developing this role but we hope that this will enable us to provide further support to patients following a cancer diagnosis.

Did you know that there is also a Macmillan Weekly Wellbeing Walk at Daventry Country Park? These walks are held every Wednesday (excluding bank holidays) at 10am and meet at the playground at the Country Park. These walking groups are aimed at supporting individuals and carers who have been affected by cancer. To join the group call 01604 544211.

Informal Carers



Do you care for someone, or does someone care for you? If so, please let us know so that we can make sure we have this coded on your medical records. This allows us to make sure we are offering you

the best possible support as we understand the pressures on carers and the impact that this can have on both your physical and mental health.

Learning Disability Star Award



We are incredibly proud to announce that due to the hard work and support of our wonderful learning disability champion Emma we are now a Learning Disability Star Award practice. This is because we deliver person-centered care, we offer reasonable adjustments as needed and we offer annual health checks for our patients with learning disabilities. If you or someone you care for has a learning disability and would like to know any more about how we can support you please get in touch.

SystemConnect

systemconnect
powered by systemone

Have you used our new online triage system to request an appointment yet? This replaces the old Anima system and so far,

the feedback from patients has been positive. We have had some teething issues which are being addressed as they arise.

You no longer need any additional log in details to access the online triage system, you can continue to use either your NHS log in details or your SystemOnline details or you can chose to just enter your personal information at the end of the questionnaire. There is an instruction video on our website if you are unsure.

This system is also available ALL DAY until 5pm, so there is no longer any need to rush online at 8am as all requests will be dealt with by our triage team throughout the day.

Training Dates

Please note our PLT Training dates below. (We will close at 12.30pm and open again the following morning at 8am). Please call NHS111, think pharmacy first or ring 999 in an emergency if you require medical assistance.

7th May 2025

4th June 2025

2nd July 2025