

THE BRIMINGTON SURGERY

NEWSLETTER

SPRING/SUMMER 2023

www.brimingtonsurgery.co.uk

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01246 273224

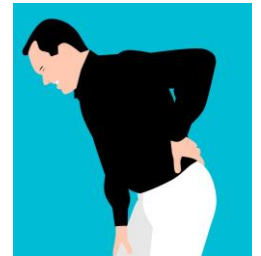


Thinking about seeking the sun this summer?

Remember, you might need vaccinations! Use these links to find out more:
www.fitfortravel.nhs.uk www.travelhealthpro.org.uk

OR make an appointment at a private travel clinic to ask them for advice.
We do not offer travel advice but can give the following vaccinations if they are required:
Polio (given as a combined diphtheria, tetanus, polio vaccination), Typhoid & Hepatitis A.

NEED HELP WITH YOUR MUSCLE OR JOINT PROBLEMS?



NHS Derby MSK app is now available to all patients. It's a FREE, easy-to-use tool helping you to self-manage a range of MSK injuries and condition, like back pain and ankle pain. It is designed to help you recover, understand when and where to seek help, and prevent further injuries.

No need to wait for an appointment; Instant access to a personalised plan; Safe and effective
GetUBetter is an app helping you self-manage at home, work, and on the move.

GetUBetter is for anyone over 18 who's been advised or chose to self-manage or is waiting for treatment

GetUBetter will provide a personalised recovery plan with Step-by-step guidance, advice to seek help if needed and referral to local healthcare providers, treatments, and services if required.

How do I download and use getUBetter?

1. Follow the link to access your local health service bit.ly/3ITpTOo or use the QR code
2. With the same email, create an account on the app
3. Follow the instructions on the app, get your recovery plan and get better!



Need more help? Get in touch: contact@getubetter.com

SPOTLIGHT ON:



Deputy Practice Manager: Chelsea

'I began working in the NHS when I was 16. I started as an apprentice in the admin and reception team at Hollywell Medical Group. I came to Brimington Surgery just before my 21st birthday and worked my way up from the admin team gaining promotion to Assistant Practice Manager and then Deputy.

My working day is varied and always goes very quickly!

I mainly work on the operational side of the practice

Doctors' rotas, managing the trainee programme, organising the flu campaign, managing the 'Did not attend' Policy and helping patients and staff who raise a wide variety of issues.

I have a Cocker Spaniel called Moose, the practice has adopted him and given him the title of 'Welfare Officer' as his presence puts a smile on everyone's face.'

PLEASE REMEMBER TO CANCEL YOUR APPOINTMENT IF YOU CAN NOT ATTEND:

Phone the surgery main line or just leave us a message on **01246 212 840**

Goodbye!

Happy retirement to our pharmacist Liz - enjoy your travels!

Hello!

We are delighted that Dr Tess Hardwick and Dr Esther James are joining us this Spring!

We welcome Georgia, Laura, Natalie, and Sarah into our Patient Support Team.

We have a new pharmacy team! Pharmacist Laura will be supported by Sheralyn our Pharmacy Technician - both are very experienced and come from Secondary Care and a private pharmacy respectively

Change

We wish Kim (formerly a Patient Support Team Leader) much success in her new role as Health Care Assistant.

Alice will step up as Deputy Patient Support Team Leader to help Juliet who is coming up to 20 years' service at The Brimington Surgery!

Congratulations also to Chelsea, another internal promotion; she is now our Deputy Practice Manager.

Contact Details

Please make sure we have your correct contact details, particularly your mobile number.



We frequently send appointment reminders and other information via text.

Also we may need to contact you at short notice.

If you wish to opt out of SMS contacts please let us know!