

Friar Gate Surgery Newsletter June 2024

Welcome to the June Newsletter



A Message from the Practice Manager

Firstly, may I say how touched I was by the feedback from the last newsletter when I wrote about my personal experiences as a Carer for my terminally ill mother.

Did you know that Friar Gate Surgery has now reached **50** years old? There will be events and activities taking place over the Summer and Autumn, so watch this space. To kick things off we have a **Sunflower Growing Competition**, with **seeds available at Reception**, while stocks last. Judging will take place at the end of October, as the weather has been a bit cold and wet for so long the growing season is delayed.

We have had some changes in this team as staff move onto pastures new. Liz is now our Reception Lead. We are also delighted that Jordan has now had a promotion to Medical Secretary. Jordan is also our LGBTQ+ Champion. We are very pleased that Nurse Malgorzata will be with us for two days a week throughout the late Spring working alongside the rest of the Nurse Team.

Happy Gardening



Carla

Carla Mathurin, Practice Manager

Q : Can I order my medication over the phone from the surgery

A : No, because we can't legally take a prescription order over the phone. However, Medicines Orderline can take your request because they have the contract to do so locally. Call : 0115 8550 260 8am – 4pm Monday to Friday

Q: If I find I have run out of medication, or I only have one left can I call the surgery to get an emergency prescription issued.

A : No, NHS111 have now been commissioned to provide patients locally with repeat medication at short notice.

Please ensure that you contact the surgery if you cannot attend an appointment. Currently, we are seeing an increase in the number of patients who are not attending which means that other patients can't have these appointments. Please be considerate to fellow patients who would be grateful for an appointment at short notice.

Striving for excellence, utilising technology, for care with compassion for our patients

FRIAR GATE SURGERY - 50 YEARS

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Did you know? 

Compared to ten years ago:

- 1,000 surgeries have closed.
- Over 10,000 GPs have retired or left the NHS.
- These GPs have not been replaced.

This is why you struggle to see your GP

General Practice is being broken. We know you deserve better than this. GPs Are On Your Side.

A Message from Jordan - LGBTQ+ Champion

June is **LGBTQ+ Pride Month**. This month reminds us of the importance of inclusivity, acceptance, and the equal rights of all individuals, regardless of sexual orientation. It is a time for celebration, but it is also a time to remember the journey and the struggles that got the LGBTQ+ community where it is today. Whilst there is a long way to go for equality, pride reminds us just how far we have come.

Historically, Pride month has been celebrated in June because The Stonewall Riots took place in June 1969. This became the defining event marking the start of the gay rights movement in America. June 1970 saw the first ever recognised pride march, a peaceful protest, which then spread across the world.

Friar Gate Surgery welcomes LGBTQ+ patients and patients from all walks of life. We have an LGBTQ+ champion, who is available to offer non-clinical advice to patients who may need it.

We have attached a list of links below that may be useful to the LGBTQ+ community, along with links to self-refer for Derbyshire mental health support and we have a dedicated section on our website "LGBTQ+ Friendly Surgery" with information, both local and national.

- Derbyshire LGBT - <https://www.derbyshirelgbt.org.uk/> - provides information, support and advocacy for LGBT people. Including social events for all ages.
- Mermaids - mermaidsuk.org.uk - supports gender-diverse children and young people until their 20th birthday, as well as their families and professionals involved in their care.
- Derby Life Links – derbycitylifelinks.org.uk - 4th Friday of every month LGBTQ+ mental health group
- Derby City Life links mental health self-referral – accepting new patients.
- PTS mental health self-referral Trent PTS – accepting new patients.

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- Call 116 123 to talk to Samaritans, or email: jo@samaritans.org for a reply within 24 hours · Text "SHOUT" to 85258 to contact the Shout Crisis Text Line, or text "YM" if you're under 19

Why can't the GP just refer me to the hospital for my joint or muscular issue?

The GP will refer you to our First Contact Physiotherapist, Anas. If you need further treatment, he will then refer you via MSK (musculoskeletal) Clinical Assessment and treatment service (CATS) in Derby City.

Cavendish Health Provider Ltd was established in 2010 by Lister House Surgery and Village Street Surgery in Derby, to enable the provision of enhanced services to patients in a primary care setting.

This service will:

- Assesses your condition
- Start your treatment
- Provides seamless transfer for further treatment by referring you on. This can only be provided by MSK CAT service and is not directly available for your family GP to do.
- MSK CATS, Pear Tree Street, Derby DE23 8PL

and

- MSK CATS, Lister House at Coleman Street, Coleman Street Health Centre DE24 8NH

These are examples of conditions that we can treat:

- Frozen shoulder
- Hip problems
- Knee problems
- Joint problems
- Tennis elbow
- Cartilage damage
- Spinal problems
- Ligament damage


Please note this is not an exhaustive list.

If you need ongoing treatment, we will provide you with your own personalised care plan.

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Did you know? 

Patients should be able to call us, send an email, or walk in to make an appointment and get the care they need.

But our contract makes it too complicated



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REBUILD

GENERAL

PRACTICE

Striving for excellence, utilising technology, for care with compassion for our patients

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