



Maple View

Medical Practice

Newsletter Spring 2017



GP online services
Quick, easy and secure

- Book GP appointments
- Order repeat prescriptions
- Access your GP records

Would you like to be able to order your prescriptions and book your appointments online?

Keeping well over winter, how GP online services can help

It's important to look after yourself, especially over the winter months. The cold weather can be bad for your health, particularly in children, the elderly and for people with long-term health conditions such as diabetes or heart diseases. There are lots of things you can do to keep you and your family well this winter.

GP online services are available at Maple View to help people better manage their health this winter. These services enable patients to book GP appointments and request repeat prescriptions via their computer, smartphone or tablet at a time that suits them, anywhere, anytime – 24 hours a day, seven days a week.

Patients who require repeat prescriptions can request these from the comfort of their own home, rather than venturing out in the cold or wet weather to drop their request off at the practice. You

will also be able to review which medication you should be taking, the dosage and when it should be taken – helping to improve your understanding of your medication.

If you want to register for GP online services you will need to fill out a form at the practice and show two forms of ID one of which should have a photo (such as a UK passport or driving licence) and the other should have your address (such as a council tax bill). If you don't have photo ID or anything with your address on it, it doesn't mean you will not be able to use online services, our practice staff may be able to help.

To register for GP online services, visit our practice website, ask at reception, or to find out more visit [HTTPS://PATIENT.EMISACCESS.CO.UK/ACCOUNT/LOGIN](https://patient.emisaccess.co.uk/account/login) (our receptionist can give you a slip with this website address on).

Welcome to Dr Sehar Umer MBBS, MRCGP, DFRH



Dr Umer trained with the South Worcestershire GP Scheme
She has previously worked at GP Surgeries in Worcester and Droitwich and has now joined Maple View as a salaried GP six offering sessions per week.

Dr Umer has a special interest in: Womens Health and Family Planning

To relax Dr Umer enjoys long walks and baking with her son Abdullah

Warwick Students: Maple View is a training practice and we have medical students from Warwick University who are mentored by our experienced GP's. By observing consultations and recording medical histories the students gain valuable experience to support their studies
Tom and Adam will be with us from: Tuesday 24th January – Tuesday 7th March 2017. Tuesdays are our teaching days and the students will be with the Doctors during these sessions. We greatly appreciate our patient's valuable input into the education of our future generation of doctors

From Couch to Confidence - Reconnections

Something special is happening in our area. Over 1,000 people have already been referred to Reconnections. This is a FREE service for you if you are over 50 and want to connect with people, places or activities in your area. If you are feeling lonely or isolated then this could be for you.

It's easy to get stuck in a rut after retirement or bereavement and lose the confidence or will power to get out and do things. Maybe you have a family at home but you want to find some things that are just for you. Perhaps you want to make friends but don't know where to start. Maybe you are stuck at home and would like some company. Whatever your situation why not get in touch and see if Reconnections can help.

Sandra did just that and she's not looked back. She was overweight with several health issues and spent most of her time on the sofa watching TV. Her doctor's surgery told her about Reconnections.

Change came in the form of Rosanna - a volunteer from Reconnections, Not everyone likes the same things, and so Reconnections starts by getting to know each person individually.

Sandra admits that she was initially nervous about getting involved with Reconnections because "I didn't feel that I had anything to offer". Six months later, Sandra now has a busy schedule of regular activities and even supports two other people by volunteering.

"Now I'm laughing and chatting with people... I haven't done that for seven years, since my husband died". Since starting to use Reconnections Sandra has lost weight, reduced her blood pressure and got her confidence back. From armchair aerobics to weekly group singing, she's happy, healthy and having fun – and supporting others to discover that change too.

Does this sound like something you could do? Whether you or someone you know are feeling lonely, and would be interested in joining in, or whether you think that you could make a difference by volunteering, Reconnections would love to hear from you.

You can get in touch by phone by calling – **01905 740954**

Or online –

To get information, refer yourself / someone else –

<https://www.surveymonkey.co.uk/r/RREFERRAL>

To Volunteer - <https://www.surveymonkey.co.uk/r/RECONNECTIONS>

Unfortunately we can only support people who live within the Worcestershire County, who don't live in a care home, don't have dementia, and don't receive state funded care. There are other services in the area who can help these individuals.

Worcestershire County Council Mental Well-being Campaign

The Council are currently running a campaign on mental well-being and it focuses on the 5 ways to well-being. Evidence suggests there are five steps we can all take to improve our mental wellbeing. They are:

- 1. Connect** – connect with the people around you: your family, friends, colleagues and neighbours. Spend time developing these relationships.
- 2. Be active** – you don't have to go to the gym. Take a walk, go cycling or play a game of football. Find an activity that you enjoy and make it a part of your life.
- 3. Keep learning** – learning new skills can give you a sense of achievement and a new confidence. So why not sign up for that cooking course, start learning to play a musical instrument, or figure out how to fix your bike?
- 4. Give to others** – even the smallest act can count, whether it's a smile, a thank you or a kind word. Larger acts, such as volunteering at your local community centre, can improve your mental wellbeing and help you build new social networks.
- 5. Take Notice** – be more aware of the present moment, including your thoughts and feelings, your body and the world around you. Some people call this awareness “mindfulness”. It can positively change the way you feel about life and how you approach challenges.

Find out more online: <https://ylyc.worcestershire.gov.uk>

How do you keep a healthy mind?

Do you get stressed, anxious or regularly feel like things are dragging you down?

Worcestershire Healthy Minds Service provides support to people, aged 16 and over, who are experiencing problems such as anxiety, stress or low mood. The service helps people improve their mental wellbeing through a range of support.

Visit www.hacw.nhs.uk/healthyminds to find out more.