



YOUR NEWSLETTER

This newsletter has been jointly put together by the members of the practice's Patient Participation Group and the practice team.

This newsletter aims to keep you updated about important changes within the practice that affect and influence the care you receive.

We aim to publish this newsletter quarterly. We hope you find it useful and would appreciate any feedback and comments, via the NHS Friends and Family feedback form.

Autumn Season & Wellness

The autumn season comes with shorter days and cooler temperatures and the transition can also be a challenge. There are fewer hours of daylight and the changing weather can be hard on both physical and mental health for some people. With that in mind, we have a couple of tips below to help you during this time:

Book for your flu and covid vaccinations at the practice if you haven't already. These are free and available to eligible patients. The practice will also be sending out text messages asking you to self-book your appointment via a link or you can call the practice direct.

Stay warm, wear layers to keep warm and stay comfortable while the temperatures are dropping.

Practice self-compassion, be kind to yourself and if you know you tend to have a lower mood during autumn, consider prioritising your mental health.



Repeat Medication

Please ensure you have sufficient medication to bridge the gap between ordering and it being ready to collect.

Check your medication cupboard before ordering.

Order your prescription when you have 7 days of medication left



Practice Contact Details

Website:

www.ripleymedicalcentre.co.uk

Telephone: 01773 303591

Practice Information

Surgery Opening Hours

Monday 08.00 - 18.30

Tuesday 08.00 - 18.30

Wednesday 08.00 - 18.30

Thursday 08.00 – 18.30

Friday 08.00 - 18.30

General Practitioners

Sarah Milner

Kehinde Oyede

Noor Bhat

Janice Djabatey

Zulu Okoligwe

Helen Zaklama

Busi Munodawafa

GP Registrars

Emily Dilley

Alissa Rippon

Ifeanyi Ede

Robert Schofield

Practice Manager

Gail Bird

Advanced Nurse Practitioners

Ruth Regan

Practice Nurses

Lisa Garthwaite

Jude Deehan

Miranda Williams

Health & Wellbeing Coach

Alison Green

Patient Participation Group (PPG)

The purpose of the PPG is to foster good relations between the practice and its patients. This is achieved through monthly meetings, and the communication of comments and observations back to the practice, about your experience and how if possible, it may be improved.

It is also a means of informing patients of any proposed developments which may affect them, for example, changes in opening hours. The PPG is **NOT** a forum for making complaints about the staff or the services provided.

Membership is open to all patients registered at the practice. If you feel you could contribute and participate in the group, please do not hesitate to speak to the reception staff or the practice manager who will forward your contact details to the PPG group.

Remember, you could make a difference to the services that Ripley Medical Centre provide, and have an influence in important changes affecting patient care within your local community.

Charles Sindall – PPG Chair.

Practice News

Website update: on Tuesday 8th October the practice website will be updated to a new format which will be easier for patients to use. Patient feedback on the new website would be welcomed.

Telephone system update: the practice telephone system will be moving over to a new provider called X-on Health in the next few months. The new system will improve patient access and will provide patients with a "callback" facility which will hold the patient's place in the queue. Patients will receive a callback from the practice instead of waiting on the line, saving patients time and money.