



YOUR NEWSLETTER

Dear Patients

As the days grow longer and the blossoms begin to bloom, we are excited to welcome the energy and renewal that spring brings. At Ripley Medical Centre we are here to support your health and wellbeing every step of the way.

Spring Season Health & Wellness Tips

- **Health Focus: Mental Health:** Spring can be uplifting, but for some, the transition can bring mood changes. If you are feeling anxious, low or overwhelmed, do not hesitate to reach out. Our team offers mental health support and can connect you with counselling and other resources.
- **Seasonal Allergies:** Pollen counts are rising! If you are experiencing sneezing, itchy eyes, or congestion, speak with us about allergy management options.
- **Spring Clean Your Health Habits:** Use this season of renewal to reassess your diet, activity levels and sleep hygiene.
- **Sun Safety:** As you spend more time outdoors, do not forget sunscreen (SPF 30 or higher), even on cloudy days!

Children's Health Corner

- **Time for Spring Check-ups:** It's a great time to schedule your child's catch up on any vaccinations.
- **Hay Fever in Kids:** We can help with child-safe antihistamines and allergy management plans.



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

Zulu Okoligwe

Helen Zaklama

Busi Munodawafa

Chris Warner

GP Registrars

Emily Dilley

Alissa Rippon

Ifeanyi Ede

Ronisha Tamber

Practice Manager

Gail Bird

Advanced Nurse Practitioners

Penny Belfield

Asha Praveen

Practice Nurses

Lisa Garthwaite

Jude Deehan

Miranda Williams

Healthcare Assistant

Lauren Boyd

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.

Practice News

- **New Advanced Nurse Practitioner (ANP) and Health Care Assistant (HCA) Joining the Team:** We are delighted to welcome Asha Praveen (ANP) and Lauren Boyd (HCA) to the team.
- **Online Booking Available:** Save time — book your appointments via our website www.ripleymedicalcentre.co.uk

Upcoming Events:

- **Free Health and Wellbeing drop in**
Local services will be available to chat to you about groups and activities available to support your health and wellbeing and any support you may need:

Somercotes Parish Hall 4.30pm – 6.30pm

Monday 2nd June

Monday 16th June

Monday 30th June

Monday 14th July