

Surgery News

In February 2024 we welcomed two new registrars to the practice team who will be completing a six month placement with the practice and working at the surgery until August. Each of them have provided a small introduction below:

Dr Navdeep Singh



"My name is Dr N Singh and I studied medicine in Punjab, North India and graduated in 2016. Before joining the NHS I worked in respiratory medicine, the emergency department and in a dialysis centre in public healthcare in India. I also did work as a medicolegal witness.

I have worked as a stroke registrar at the Norfolk and Norwich University Hospital for two years and worked in the TIA (transient ischaemic attack) clinics too.

I have joined GP training to learn and practice preventative medicine.

I love to socialise, travel and enjoy learning about different cultures."

Dr Risha Mukesh

"My name is Dr Risha Mukesh. I was born, raised, and trained in medicine in India.

I am extremely passionate about medicine and treating my patients. I worked in Delhi, and AIIMS, Patna, before moving to the UK in 2021 where I worked at NNUH in A&E. Then I started my GP training in 2021. I love traveling and exploring local food and culture."



REST Norwich and MIND

Norfolk and Waveney MIND are your local mental health charity. Whether it is you needing support, someone in your family, a friend or a work colleague, MIND are here for you. Did you know?



- 1 in 4 people experience at least one mental health diagnosable problem
- Up to 84% of people will experience a mental health problem at some point in their lifetime
- 1 in 3 GP visits are associated with a mental health issue
- 1 in 7 people in Norfolk live with depression or anxiety

To access MIND Services you can:

- Call **0300 330 5488** and select option 1 or email rictriage@norfolkandwaveneymind.org.uk •

REST Norwich is a community support group located on Bethel Street in Norwich (Churchman House, 71 Bethel Street, Norwich, NR2 1NR). They are open seven days a week 10am-5.30pm and they provide walk-in mental health support that will empower you to take positive steps towards recovery. However you are feeling, at REST you will find open and non-judgemental support.

Zero Tolerance

NHS staff should be able to come to work without fear of violence, abuse or harassment from other staff or the general public. Please may we remind you of our zero tolerance policy with aggression and verbal abuse towards our staff. Please remember we are human; we are trying our best and it is the whole of the NHS that is under severe pressure at the moment. *Thank you for your continued respect.*



"FORE" Get Me Not Golf

Dereham Golf club are running a dementia friendly golf group.

The address is: 75 Quebec Road, Dereham, NR19 2DS

Each person will be accompanied by an experienced golf volunteer and the group runs every third Thursday of the month between 2pm-4pm and began on 15 February 2024.

Refreshments are available are available at each session. Places can be booked free of charge and further information can be obtained from:

Stuart Goodman at Dereham Golf Club on 01362 695900 or Sarah Wicks 07833 107582.

Dates for 2024 will be:

- 16 May • 20 June • 18 July • 15 August • 19 September • 17 October •
- 21 November • 19 December •

Whooping Cough

Whooping cough (pertussis) cases are rising and babies who are too young to start their vaccinations are at greatest risk. Young babies with whooping cough are often very unwell and many are likely to need hospital treatment as it can lead to pneumonia and permanent brain damage. If you are pregnant, you can help protect your baby by getting vaccinated - ideally from 16 weeks up to 32 weeks pregnant. The immunity you get from the vaccine passes to your baby through the placenta and protects them until they are old enough to be vaccinated at eight weeks old. To book yours please contact the reception team.



Coeliac Awareness Month



May is coeliac awareness month. In the UK 500,000 people are estimated to be living with coeliac disease. For the entire month of May Coeliac UK is on a mission to find the 1 in 100 people in the UK with coeliac disease and help guide them on the road to recovery. For more information visit:

- www.coeliac.org.uk/get-involved/awareness-month-2024/ •

Social Prescribing

Many things affect your health and wellbeing. You may feel isolated or lonely or stressed out by work, money or housing problems. Sometimes it's the stress of managing different long-term conditions or caring for someone. A Community Connector will work in partnership with you to link you to services and organisations that can provide practical, social, emotional or mental health support. For more information you can call the surgery and speak with our care coordinators who can provide further details, or you can visit:

Social Prescribing Service



- Breckland.gov.uk/social-prescribing or call Breckland Council **01362 656870** •



Physiotherapy Service

Did you know that you can self-refer to the Musculoskeletal service (MSK) for physiotherapy without seeing a GP?

The service is for anyone over 16 years of age with an MSK related complaint such as muscle and joint issues. Visit the below link for information on self-referral:

- norfolkandwaveneycommunityhealth.nhs.uk/msk/refer-yourself/ •

Wellbeing - My Cancer Diagnosis

The Norfolk and Waveney Wellbeing Service are running regular workshops that aim to provide support and information to anyone who has recently been diagnosed with cancer. They will discuss the impact that a cancer diagnosis can have on your wellbeing and introduce some techniques to help manage them. Various support options will be discussed in the workshop with you.



The session is suitable for anyone who wants to know more about their emotional wellbeing and the impact of such diagnosis. You can either phone or visit the below link to book a place.

- wellbeingnands.co.uk or call 0300 123 1503 •

Missed Appointments

In the month of March 2024, a total of **239 patients failed to turn up for their booked appointment.**

This totalled **40 hours of wasted appointment time.**

The total cost of the appointments that were wasted **has cost your NHS £4,089.**

Please remember to cancel your appointment with the surgery if you know that you can no longer make it. We have patients in need of your missed appointment.

Thank you.

GP APPOINTMENT?
CAN'T MAKE IT?
DON'T NEED IT?



Hayfever

Do you suffer with sniffing, sneezing and itchy eyes? The local pharmacy can help tackle your hayfever symptoms without needing to see the GP. They are able to give advice and suggest the best treatments to help with symptoms such as antihistamine drops, tablets or nasal sprays, steroid nasal sprays. Non-drowsy antihistamine options are available and the pharmacist will be able to advise on options.



Examples of hayfever symptoms include: persistent sneezing, runny or blocked nose, itchy watery eyes, scratchy throat, coughing, fatigue or tiredness, headaches (often due to sinus pressure), loss of smell or taste (less common). Further information about hayfever can be found at:

- www.nhs.uk/conditions/hay-fever •

Exam Stress



Pressure to do well in exams can be overwhelming and affect your mental health. If you are worried about how your child is coping with exams at school, advice and help is available. To find out how to support your child during this time, how to manage exam stress and results day and where to get additional support, visit:

- youngminds.org.uk/young-person/coping-with-life/exam-stress/ •

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Open 8am to 6pm Monday to Friday