

August – September 2019

## Our Articles

- MyGP app
- Surgery closures
- Flu season
- Derbyshire Home from Hospital Support Service

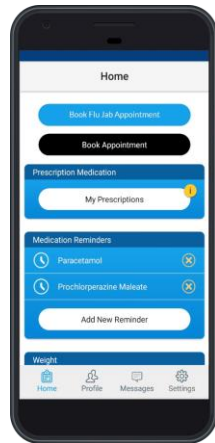
## Notices/ Information

Thank you for reading our newsletter! If you have any feedback please let us know.

## Welcome to our new Patient Newsletter!



### MyGP app



We are introducing a new, free app called **myGP**, aiming to give you and your family easier access to healthcare.

### Book and cancel appointments

The smartphone app allows you to easily book and cancel appointments with the click of a button, wherever you are!

### Medication reminders

Set reminders to take your medication on time.

### Tracking

Follow your weight and blood pressure data

### Care for your family

You can add dependents to the myGP app (with their permission), allowing you to book and cancel appointments for your family or those you care for.

### Sign up

It is quick and easy to sign up, just enter your mobile number and date of birth!

For more information or to download the app go to [www.mygp.io/app](http://www.mygp.io/app)

## Surgery Closures

The surgery will be closed on Monday 26<sup>th</sup> August 2019 for the Summer Bank Holiday.

We will re-open as normal on Tuesday 27<sup>th</sup> August 2019.

The surgery will then be closed from 1.00pm on Wednesday 11<sup>th</sup> September 2019 due to staff training.

We will re-open as normal on Thursday 12<sup>th</sup> September 2019.

Apologies for any inconvenience this may cause. Staff training is something we do to further improve the services we offer to you.

Should you require urgent medical attention or advice

whilst we are closed, you should call 111. Alternatively if you feel your situation is life threatening call 999.



## Extended Hours –

We are now offering early appointments with our phlebotomist from 7.30-8.00 each Tuesday morning

We are offering early appointments with a GP and Nurse on a Thursday from 7.30-8.00

We have also increased our telephone consultation slots Please contact the surgery for telephone availability

## Flu season

Flu season is quickly approaching us; we always encourage our patients to get prepared for the flu season early.

Flu can be more dangerous if you;

- Are Over 65
- Have an existing

health problem

- Are pregnant
- Are a carer

It can also be more dangerous for children under 4.

Don't put it off, get prepared this year and

get your flu vaccine straight away.

We are opening flu clinics on the following Saturdays;

- 12<sup>th</sup> October 2019
- 26<sup>th</sup> October 2019

Please contact the surgery to book an appointment for your flu jab.

## Derbyshire Home from Hospital Support Service

The Derbyshire Home from Hospital Support Service provides practical support for vulnerable people leaving hospital, or those living at home but at risk of being admitted.

### Who can use the service?

Anyone who lives in Derbyshire (outside Derby City) or is registered with a GP in Derbyshire and has limited support from family or friends

### What sort of help does the service offer?

- Undertaking simple shopping
- Making sure the home environment is warm and comfortable

- Collecting medication prescriptions
- Arranging for key safes to be fitted and community alarm or telecare systems to be provided if needed
- Helping people find out about and access local community groups
- Helping people to understand care options and to plan what they need for the future
- Signposting people to other statutory, voluntary sector and community organisations as appropriate.

### Who can make referrals?

Anyone can make a referral to this service including self-referrals

### How can I make a referral?

Please call **01283 817417** Monday to Friday 8.30am – 4.30pm (an answerphone is available outside these hours) or email [home@dhfh.org.uk](mailto:home@dhfh.org.uk)

