

# Newsletter January 2018

## This Issue:

- ❖ **South Yorkshire Dementia Action Alliances (SYDAA) - Falls**
- ❖ **Having Trouble Remembering Your Booked Appointment?**
- ❖ **Staff Training Days**
- ❖ **GP, Nurse and HCA Routine Working Days**

## South Yorkshire Dementia Action Alliances (SYDAA) - Falls:

People with dementia tend to be at a high risk of falling. They are more than three times more likely to fracture their hip when they fall, which leads to surgery and immobility. One way to reduce falls in people with dementia is to understand why they fall.

### Causes of Falls:

Physical Weakness, Gait Changes and Poor Balance  
Lack of Physical Exercise  
Memory Impairment  
Poor Judgment  
Visual-Spatial Problems  
Clutter  
Medication Side Effects

### Other Contributors to Falls:

Restlessness  
Discomfort or Pain  
Hunger or Thirst  
A Need to Use the Bathroom  
Boredom  
Loneliness

South Yorkshire Dementia Action Alliance has developed a new video to help you support the person living with dementia.

See the video 'Keeping People Living with Dementia Safe from Trips & Falls, Safe & Well' on [www.youtube.com](http://www.youtube.com).

## Having Trouble Remembering Your Booked Appointment?

Our MJOG text & email messaging service will remind you that you have a booked appointment. This service will send you either a text, telephone or email message approximately 24 hours before your appointment to confirm the time and date.

The automated message will also give you the option to cancel the appointment if you no longer need it or cannot attend. The service will automatically cancel your appointment if you reply by entering the word **CANCEL**.

Patient replies to this service are not monitored by staff so please use the word **CANCEL** only, as any other word or words will not be recognised and your appointment will not be cancelled on our booking system. Please reply 'cancel' as soon as possible to give the system time to automatically cancel. Doing it an hour before your scheduled appointment time will not be recognised by the system either.

Please ask a member of our reception team for details on how to sign up for our MJOG messaging service. Alternatively see our poster in the surgery or on our website [www.waldersladesurgery.co.uk](http://www.waldersladesurgery.co.uk)

## Staff Training:

The surgery will be closed for staff training on **Thursday 11 January, 2018** from 1.00pm until 4.00pm and **Wednesday 17 January, 2018** from 12.30pm and for the remainder of the day; re-opening at 8.00am on Thursday 18 January, 2018.

### GP Routine Working Days:

These are our GP's routine working days; however these are subject to change on occasion due to annual leave, bank holidays and training etc.

Doctor	Mon	Tue	Wed	Thu	Fri
Dr Rebecca Wastling (female)	✓	✓	-	-	✓
Dr Andrea Ward (female)	-	✓	-	✓ Some Thursdays only	✓
Dr Roisin Cartwright-Terry (female)	On Maternity leave until October 2018				
Dr Rachel Scott (female)	On Maternity leave until March 2018				
Dr Georgina Taylor (female)	-	-	✓	✓(am)	✓
Dr Elizabeth Ness (female)	-	-	-	✓	✓
Dr Sona Bird (female)	-	-	-	✓	-
Dr Robert Farmer (male)	✓	✓	✓	-	✓
Dr Peter Lane (male)	✓	✓ Some Tuesdays only	-	-	✓
Dr Zia Ibrahimy (male)	✓	✓	-	✓	✓
Dr Olasimbo (male)	✓	✓	✓	-	✓
Dr George van der Riet (male Locum GP)	✓	-	✓	-	✓ Some Fridays only
Dr Hugh Pelc (male Locum GP)	✓	-	-	-	-
Dr Laura Leary (Registrar)	✓	✓	✓(am)	✓(am)	✓
Dr Stuart Allan (Registrar)	✓	✓(am)	✓(am)	✓	✓

### Nurse and HCA Routine Working Days:

These are our Nurse and Health Care Assistant (HCA) routine working days. However these are subject to change on occasion due to annual leave, bank holidays and training etc.

Nurse or HCA	Mon	Tue	Wed	Thu	Fri
Sister Julie Daughtry	✓	✓(am)	✓(pm)	-	-
Sister Claire Caine	✓	✓	-	✓	-
Sister Julie Moran-Healey	✓(pm)	✓	✓	-	✓
Sister Kay Sidebottom	✓(am)	-	✓(am)	✓	-
Sister Rebecca Oliver	On Maternity leave until March 2018				
Sister Chris Lane	✓	-	-	-	-
Sister Kelly Kershaw	✓(pm)	✓	✓	✓	✓
HCA Debbie Ryan	-	✓	✓	✓	✓
HCA Susan Brook	✓	✓	✓(am)	✓	✓(am)
HCA Karen Bates	✓	✓	✓(am)	-	✓(pm)