



Welcome to our relaunched Mather News. Your health is our priority & we look forward to sharing key information with you every quarter.

Get the expertise you need sooner!

For numerous health concerns, our knowledgeable Care Navigators can direct you to the expertise you need at the point of your call, eliminating the need for multiple appointments. This streamlined approach saves you time and ensures you receive specialist care promptly. By directing you to the right specialist from the onset, unnecessary delays in receiving treatment are minimised and your healthcare journey is progressed.

Care Navigators can refer you directly to a pharmacist for several minor ailments.

(all circumstances are evaluated on an individual basis)

- Uncomplicated UTI. (female only)
- Sore Throats.
- Sinusitis.
- Earache. (Otitis Media)
- Impetigo.
- Shingles.
- Infected insect bites.

Care Navigators can refer you directly to First Contact Physio for advice with joint problems.

(all circumstances are evaluated on an individual basis)

- All soft tissue injuries, sprains, strains, or sports injuries.
- Arthritis – any joint.
- Possible problems with muscles, ligaments, tendons or bone, e.g tennis elbow, carpal tunnel syndrome, ankle sprains.
- Spinal pain including lower back pain, mid-back pain and neck pain.
- Spinal-related pain in arms or legs, including nerve symptoms, e.g pins and needles or numbness.
- Changes to walking.
- Post-orthopaedic surgery.

Care Navigators can refer you directly to Social Prescribers who help with non-medical concerns.

- Well – being support.
- Diet/lifestyle.
- Exercise.
- Social isolation.
- Refugee support.
- Finance.
- Housing.

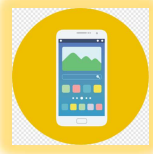


Appointments Not Attended

Whilst we understand sensitive circumstances that can lead to being unable to inform us of not attending an appointment, it is important that those who can, do.

This year alone, January to February we have had **128** 'did not attends'.

This is not a rate we can sustain.



**IF YOU CHANGE
ANY OF YOUR
CONTACT
DETAILS
PLEASE LET US
KNOW!**

Repeat
prescriptions take
two full working
days to process.

Please note, at busy
times, it may take a
little longer.



Staff News

Dr Johnson has given birth to a beautiful baby boy. Both Mum & baby are healthy and well.

Our lovely Care Navigator Charlie is leaving Mather after 2.5 years. We will miss him & wish him all the luck for the future.

Dr Smith is retiring as a Partner after 31 years. But don't despair! He will still be working here at Mather one day a week.

Did you know?

You can save time getting your repeat prescription: You can order your repeat medication with the click of a button on the NHS App. You can also check if your prescription has been issued.



patches

PATCHS is a new easy way to contact the surgery online to request a sick note.

REGISTER TODAY.