

Practice Newsletter

ST JOHN'S
MEDICAL
CENTRE



July 2024

STAFF INFORMATION



- We welcome back Chloe and welcome Jemma to the Reception team.
- In August Dr Zidan will join us as a salaried GP.
- We will sadly be saying goodbye to our Advanced Nurse Practitioners Lilly and Jo and our Receptionist Hannah.
- Our best wishes to all of you in your new roles.

We are delighted to confirm that St. John's Medical Centre has been recognised as a multi-professional learning environment in primary care. This recognition acknowledges our commitment to providing high-quality learning opportunities for a diverse range of healthcare professionals and contributing to the development of a collaborative and skilled workforce.



Did you know we can send updates and reminders via text message?



You can opt in or opt out of receiving any text messages.

Further details can be found on our website or ask at reception.

YOUR DIABETES CHECK-UPS MATTER

When you have diabetes, you need regular health checks to tell you and your healthcare team how diabetes is affecting your body.

These vital tests can spot changes to your average blood sugar levels, kidneys, heart, eyes and feet. And the results help you make decisions on how to manage your condition.

To find out more call our helpline on 0345 123 2399 or go to diabetes.org.uk/health-checks

DIABETES UK
KNOW DIABETES. FIGHT DIABETES.

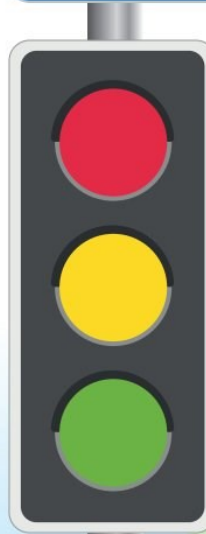
Welcome to our new scheme at Grantham Tennis Club - especially for people who want to stay fit, active and to enjoy life as they get older. Isn't that what we all want? It is designed to give you, whatever your level of fitness or experience of playing tennis, a couple of hours of fun each week, a great social atmosphere and healthy exercise. And, thanks to funding from Sport England, it's absolutely **free of charge** (even transport if needed!)



- A great way to meet people ...
- Fun physical activity and exercise ...
- Tennis beginners most welcome ...
- Open to all adults aged 60+ ...
- All fitness levels catered for ...
- All equipment provided ...
- 24 places available ...
- “Just what the doctor ordered!”
- Every Tuesday starting 4th June ...
- 1:00 until 3:00 with refreshment break ...
- Outdoor and indoor courts ...
- Help from our Coaches and volunteers ...
- Even help with transport if needed! ...
- Try it out Tuesday 4/6 1 p.m. at Grantham Tennis Club on Gonerby Rd or Tuesday 11/6 1 p.m. at Wyndham Park

“Active@60+!” - see our leaflet or phone 01476 591391

Support for your mental health and wellbeing



Need urgent help now?

Call 111 select mental health option
In a life-threatening emergency call 999

General support

Mental Health Helpline (over 18): 0800 001 4331 (24/7)
Here4You Advice Line (children and young people):
0800 234 6342 (24/7)
Lincolnshire Talking Therapies:
www.lincolnshiretalkingtherapies.nhs.uk
Night Light Cafes: 0300 011 1200

Looking after yourself

HAY Lincolnshire website: haylincolnshire.co.uk
Every Mind Matters website: nhs.uk/every-mind-matters
Lincolnshire Recovery College: lpft.nhs.uk/recovery-college



When: Thurs 4th April
(then every first Thurs of the month)

Where: Wyndham Park Visitor Centre, Grantham, NG31 9BA
Time: 1-3pm

New Young Adult Social Group (over 18's)

- Free refreshments!
- A safe space to meet new people
- To talk or not talk
- No pressure activities/ games
- Guest speakers & relevant services
- Open to ideas & suggestions

For more information contact: Gemma on 07825 518033 or Email: licb.k2socialprescribing@nhs.net

SOUTH KESTIVEN DISTRICT COUNCIL

NHS

Shine

Social Prescribing Lincolnshire

If you need urgent medical help but you're not sure where to go, use 111 to get assessed and directed to the right place for you. Call, go online or use the NHS App.

nhs.uk/111

HM Government

NHS

Get to the help you need

111.nhs.uk

Use 111 online Help us help you