

Church Lane Medical Centre

NEWSLETTER

Autumn 2024 Issue

Dr Worah



After 32 years with the practice, Dr Worah will sadly be retiring at the end of the year. Dr Worah laid the foundation brick of our current surgery and has seen many changes over the years. We are sure many patients have been treated by Dr Worah for their entire lives!

She is very sad to be leaving and still very much enjoys her work. However, she is looking forward to spending time with her family and more travelling. We are sure patients will join us in wishing Dr Worah a long and happy retirement. She will be missed by us all. If any patients would like to leave a “goodbye” message please ask at reception.

North Lincolnshire Primary Care Awards

We are very proud to announce that we won a number of awards at the recent Safecare Awards Ceremony which recognises contributions in Primary Care across North Lincolnshire.

All 19 surgeries are eligible for nomination in a number of categories and we were successful in winning **four awards**: GP of the Year (Dr Hussain), Practice Manager of the Year, Reception Team of the Year and also a Clinical Improvement Award for Diabetes.



Health Awareness

Stress Awareness Day – 6th November 2024

Stress affects us all in different ways and at different times. There are some easy stress management tips that you can try, which can help to reduce your stress levels. If you're finding things too difficult to manage with self-help, you can always talk to a member of our team.

<https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/tips-to-reduce-stress/>.

Mouth Cancer Action Month

The symptoms of mouth cancer are varied, and range from some you might expect, like lumps and swellings in the mouth, to others you might not have thought about like teeth that become loose, or dentures that stop fitting suddenly.

<https://www.mouthcancerfoundation.org/symptoms/>

Team News



Sally has recently returned from maternity leave and is working every Tuesday, Thursday and Friday. As well as providing a wide range of nursing services, Sally has a qualification in Sexual and Reproductive health and is able to fit/remove coils and implants and offer contraceptive and sexual health advice.

She also has a particular interest and knowledge of the menopause and can prescribe and review HRT and offer support and advice.

Sally has completed a Post Graduate Minor Illness qualification which means she can also see and assess patients with a range of symptoms including sore throats/coughs, back pain, rash/skin problems and abdominal pain.

We need to talk

This week, the Government launched what it says is "the biggest national conversation about the future of the NHS since its birth", with the entire country – including NHS staff and experts – called upon to share their experiences of our health service and help shape the Government's 10 Year Health Plan.

The local Integrated Care Board are seeking feedback from patients - you have the opportunity to help shape the future of the NHS.

You can complete a [short online survey](#) (an [easy read version](#) is also available). For full details and more information visit: <https://letsgetbetter.co.uk/our-nhs-we-need-to-talk/>.



Future Newsletters

We welcome feedback on our newsletters and are open to any ideas of topics you would like to be included in future issues. Please let us know what you enjoy and what you would like to see more of by either speaking to reception or emailing the practice: nl.b81064@nhs.net. You can also submit feedback via our website: <https://www.churchlanemcscunthorpe.nhs.uk/>

All ideas are welcome!