

# NEWSLETTER

JAN / FEB 2026

## New Mental Health Practitioner - Jo Muhimana

We are pleased to welcome a new Mental Health Practitioner to our practice team. They will be working closely with our GPs and clinical staff to support patients experiencing common mental health difficulties such as low mood, anxiety, stress, and sleep problems. This service aims to provide timely assessment, advice, and short-term support, as well as guidance on appropriate next steps or referrals where needed. If you feel you may benefit from this support, please complete an online triage form request.



## Missed Appointments

In November and December **41** GP appointments were not attended. Each missed appointment is time that could have been used to care for another patient and contributes to longer waiting times for everyone. **If you are unable to attend an appointment, please let us know as early as possible** so it can be offered to someone else. **Even short notice makes a difference and helps us provide a better service for all our patients.**

## Total Triage - Accurx

In November and December, we received **6,950** online triage requests through our accuRx system. This tool helps us quickly assess patients' needs, directing them to the right clinician or service and ensuring urgent issues are prioritised. Using online triage can **save time, reduce waiting, and help us provide safer, more efficient care for everyone.**



## Dry January

Dry January is a national campaign encouraging people to take a break from alcohol during January. Many people notice benefits such as improved sleep, more energy, and better concentration, as well as saving money. Taking a short break can be a helpful way to reflect on drinking habits and support overall health and wellbeing, and support is available if you would like help to make changes.

# Are you getting the most out of your appointment?

GP appointments are usually 10 minutes long and designed to focus on one main problem. To help make the best use of this time, it can be helpful to think in advance about your main concern, any key symptoms, and what outcome you are hoping for. If you feel you need more time or have multiple issues to discuss, please let the reception team know when booking so they can advise on the most appropriate appointment type. This helps us provide safe, effective care and ensures appointments run on time for everyone



## Beating the winter bugs...

Winter often brings an increase in coughs, colds, flu, and stomach bugs. Many mild illnesses can be safely managed at home with rest, fluids, and over-the-counter treatments, and your local pharmacist can offer advice and treatment for common symptoms.

Self-care tips for common winter illnesses:

- Get plenty of rest and allow your body time to recover
- Drink fluids regularly to prevent dehydration
- Use paracetamol or ibuprofen (if suitable for you) to help with pain or fever
- Try honey and warm drinks for coughs or sore throats (not suitable for children under 1 year)
- Use saline sprays or steam inhalation to help relieve blocked noses

You should contact the surgery if symptoms are severe, worsening, or lasting longer than expected, or if you are in a higher-risk group. Please remember antibiotics are not effective for viral infections such as colds and flu. Using the right service at the right time helps ensure appointments are available for those who need them most.



## Emmer Green Surgery recommends the below healthy recipe...

### Method

1. Preheat the oven to 180C, fan oven 160C, gas mark 4.
2. Put the frozen cherries and berries into a baking dish (there's no need to thaw them).
3. Put the flour into a large mixing bowl and add the lower-fat spread, rubbing it in with your fingertips until the mixture looks like fine breadcrumbs. Stir in the porridge oats and sugar.
4. Sprinkle the crumble topping evenly over the fruit. Place the dish on a baking tray and bake for 30 to 35 minutes. Serve with 2 tablespoons of yoghurt per person.

### Cherry berry crumble

**Prep - 10 mins Cook - 30 mins**  
serves 6



### Ingredients

- 200g frozen cherries
- 200g frozen summer fruits
- 150g plain flour
- 75g lower-fat spread
- 30g porridge oats
- 1 tablespoon demerara or granulated sugar
- 12 tablespoons low-fat, lower-sugar plain yoghurt, to serve

### Nutritional Information

Per serving:

- 1,059kJ / 252kcal
- 6.2g protein
- 35.6g carbohydrate of which 12.9g sugars
- 8.8g fat of which 2.2g saturates
- 2.9g fibre
- 120mg sodium equivalent to 0.3g salt