

# PATIENT PARTICIPATION GROUP

# PARK LANE SURGERY NEWS

[www.parklanesurgeryallestree.co.uk](http://www.parklanesurgeryallestree.co.uk)

*Edition 02*

*May/June 2025*



## NEWS

### NEW GP ANNOUNCEMENT

Park Lane Surgery are proud to announce that we are welcoming a new GP to our wonderful clinical team – Dr Saritha Somarajan in April 2025.

Dr Somarajan has had over 15 years of General Practice experience. Her professional and friendly manner will be a perfect fit for our caring Park Lane team.

In light of this exciting news, Dr Parkes, Dr Davidson and Dr Kay will be reducing their clinical days to accommodate Dr Somarajan's clinical time.

Our clinicians usual working days will now be:

#### **Dr Parkes**

Monday and Wednesday

#### **Dr Kay**

Monday, Tuesday, Wednesday and alternate Fridays

#### **Dr Davidson**

Thursday and Friday

#### **Dr Turner**

Monday, Tuesday and Friday

#### **Dr Wilson**

Monday and Tuesday

#### **Dr Somarajan**

Thursday and Friday

Our Advanced Clinical Practitioner; **Nina Winterton** will still be working every Wednesday, Thursday and Friday to support the GPs with any acute illnesses, referrals and prescribing.



# SIGNPOSTING

[www.parklanesurgeryalvestree.co.uk](http://www.parklanesurgeryalvestree.co.uk)



## PHARMACY 1ST

Did you know you can get treatment for seven common conditions directly from your local pharmacy, without the need for a GP appointment or prescription.

The seven common conditions are as follows:

- Acute Otitis Media - Ear Infection (ages 1 to 17 years)
- Impetigo - Skin Infection (ages 1 year and over)
- Infected Insect Bites (ages 1 year and over)
- Shingles (ages 18 years and over)
- Sinusitis (ages 12 years and over)
- Sore Throat (5 years and over)
- Uncomplicated Urinary Tract Infections (women 16-64 years)

If you are eligible for your Spring Covid Booster, please visit your local pharmacy. Unfortunately, we were only allocated a small amount of the Covid booster this spring, so the most vulnerable were offered this first.

To check if you are eligible, please check the following website for more information.

<https://www.gov.uk/government/publications/covid-19-vaccination-spring-booster-resources/a-guide-to-the-covid-19-spring-booster-2023>



## NHS 111

NHS 111 can help 24 hours a day if you need any medical help or advice fast. This is not an emergency service. In an emergency, please use 999.



## URGENT TREATMENT CENTRE

If we feel it is more appropriate, we can book an appointment at the urgent treatment centre on Osmaston Road. This is an actual appointment with an allocated time, this should prevent you having to wait too long.

Derby Urgent Treatment Centre  
Entrance C  
Osmaston Road  
Derby  
DE1 2GD

Tel: (44)1332 452199



# YOUR PATIENT PARTICIPATION GROUP (PPG)

[www.parklanesurgeryallestree.co.uk](http://www.parklanesurgeryallestree.co.uk)

## PATIENT PARTICIPATION GROUP (PPG)

As a registered patient here at Park Lane Surgery, your opinions matter. Why not join our wonderful, friendly Patient Participation Group to help make a positive difference to your GP practice. Please contact us on (44)1332 552461 or via [www.parklanesurgeryallestree.co.uk](http://www.parklanesurgeryallestree.co.uk) if you would like more information on how to join the PPG.

We are proud to announce that our PPG reaches out to the local community and hospitals, hosting our Living Well Workshops, here at Park Lane Surgery and in local community venues.



### Living Well With Pain

Thursday 29<sup>th</sup> May 2025 – From 6.30pm until 8pm.



### Learning about Prostate Cancer

July 2025 (date to be confirmed). From 6.30pm until 8pm.



### Living Safely in the Sun & Skin Cancer

June 2025 (date to be confirmed). This will require you to book an appointment with one of our specialist doctors from 2pm until 8pm (This is part of Park Lane Surgery's Enhanced Access). There will be information and help available throughout this time.



### Living Positively with Diabetes

August 2025. (date to be confirmed). From 6.30pm until 8pm.



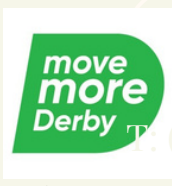
### Stay Safe, Warm & Healthy, including Flu jabs

October 2025 (date to be confirmed). At Darley Abbey Village Hall. 11.30am – 1.30pm.

## Ageing Well Workshop with Daisy Giuliano,

The Derby City Council Active Ageing Activator on 13<sup>th</sup> March 2025

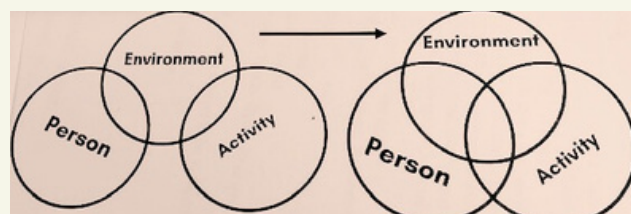
[movemore@derby.gov.uk](mailto:movemore@derby.gov.uk)



"Daisy gave us a very friendly and informative presentation on the ways in which we can help ourselves and others as we age." 1 of the 20 participants.

Daisy showed us a way of thinking about continuing to do the things that we want to do and living well as we age by considering:

- What is important to us and why?
- How we might change/adapt what we do as it is important to us
- Not changing the activity too much, as it might lose its importance and becomes just something to do.
- Accepting it can be hard and sad to have to change how you do things.
- You can change the activity and the environment as much as possible, and remember you might need to change something in yourself.

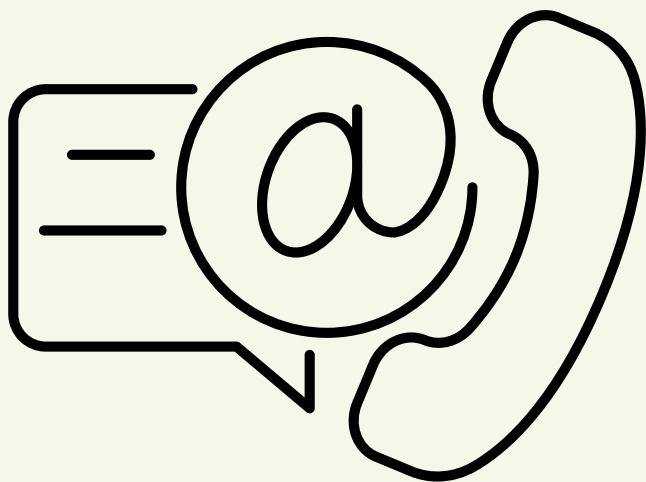


Did you know our Strength & Balance starts to deteriorate at 30 years of age? With 35 being our peak bone mass!-----important to minimise our sedentary time, do moderate exercise and some vigorous exercise at least 2 days every week to improve your strength and balance.

Contact Daisy and Move More activities, help throughout the city on:  
[movemore@derby.gov.uk](mailto:movemore@derby.gov.uk)

# GETTING IN TOUCH

[www.parklanesurgeryallestree.co.uk](http://www.parklanesurgeryallestree.co.uk)



There are many ways which you can contact us here at Park Lane Surgery.



**By telephone**



**Online**



**In person**

T: (44)1332 552461

[www.parklanesurgeryallestree.co.uk](http://www.parklanesurgeryallestree.co.uk)

We do not take prescription requests over the phone.

You can order these online by visiting [www.parklanesurgeryallestree.co.uk](http://www.parklanesurgeryallestree.co.uk).

If you have any medication queries, please call us after 10am.

Alternatively, you can press option 3 when calling us which will take you direct to the Medicines Order Line, or by coming into the surgery in person.

## When to Contact Us

Please contact us at:

8am - 9am for URGENT, ON THE DAY APPOINTMENTS.

After 9am for ROUTINE APPOINTMENTS

By 10.30am for HOME VISITS to ensure Same Day Appointments, where appropriate.

After 10am for MEDICATION QUERIES.

If you need to cancel an appointment, please let us know as soon as possible, so that your appointment can be given to someone else who needs it.

Please remember, that your appointment with your GP or Advanced Clinical Practitioner (ACP) is only for one medical issue. If you have more than one issue, please be sure to inform the receptionist when making the appointment to see if this can be changed to a double appointment or to book another appointment in the future. This prevents delays with other patients waiting.

We offer Enhanced Access Every Monday and Tuesday Evenings from 6.30pm - 8pm