



NEWFIELD MEDICAL
GROUP LTD.
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NEWFIELD'S SUMMER 2025 NEWSLETTER

Well, it's fair to say, summer has started to arrive with the recent bouts of good weather. Over the last 3 months, the practice has been very busy. We welcomed the First Minister on a visit to the practice to see, firsthand, how Newfield works for our patients and the community. We were highlighted in the Chief Medical Officer's Annual Report with Dr Forrester providing a presentation at the launch of the report regarding Newfield and the accomplishments we have achieved over the last 3 years. We recently introduced a new way for patients to complete reviews regarding their health in order to increase further access to the practice without the need to arrange an appointment. We featured in the Education for Primary Care Journal regarding our Student Led Clinics and we also celebrated our 3rd birthday during the month of May. We welcomed 370 new patients to our practice and provided a total of 12149 consultations during the March to May period with our list size having grown to 7136 patients.

May I take this opportunity to wish all of you a pleasant summer period and I hope you find this edition informative.

David Ramsay - Business Manager

TAKING CARE OF YOURSELF DURING THE SUMMER PERIOD

With the summer days, it is nice to enjoy the summer weather. However, it is also important to take care of yourself and your family too. Below, you will find some helpful tips to help you stay safe:

Stay Cool:

- Seek shade: Stay out of direct sunlight, especially during peak hours.
- Cool down: Take cool showers or baths, use a wet towel or spray bottle on your skin and use a fan.
- Keep your home cool: Close windows during the day and open them at night when it's cooler.
- Dress for the heat: Wear light-coloured, loose-fitting clothing.

Stay Hydrated:

- Drink plenty of water: Carry a water bottle and sip on it throughout the day.
- Eat hydrating foods: Choose fruits and vegetables with a high water content like watermelons and cucumbers.
- Avoid sugary and caffeinated drinks: These can actually dehydrate you.
- Be mindful of alcohol consumption: Alcohol can also dehydrate you.

Stay Protected:

- Use sunscreen: Apply sunscreen with a high SPF regularly, even on cloudy days.
- Wear protective clothing: Hats and sunglasses are essential for sun protection

STAFF ANNOUNCEMENTS

We welcomed a number of junior doctors to Newfield recently. Dr Adebola (Ade) Jones is our GP ST3 (Specialist Trainee) and will complete her GP training here at Newfield. Dr Isabel Gartner is our GP ST1 and will also complete her GP training with us. Dr Kathryn (Kate) Tipping joins us as an FY2 (Foundation Year) doctor and will complete a GP block with us.

We also said goodbye to our two ScotGEM medical students recently. Alice and Lesley-Anne completed a full year of training at Newfield and we wish them all the best for the rest of their medical training to become doctors.

PATIENT ACCESS THIS SUMMER AT NEWFIELD

Patients will already know that, at Newfield, we're committed to making healthcare as accessible and convenient as possible. Last month, we provided 3700 consultations with a clinician and issued 4667 prescriptions. We also pleased to report that our non-attendance rate has continued to drop over the last 3 months which is an encouraging sign. We're always grateful to patients for cancelling any appointment they no longer require so we can offer that appointment to someone else.

We thought it would be helpful to provide a quick guide on how you can access our services and get the care you need:

Appointments:

- You can call the practice any time between the hours of 8am and 6pm Monday to Friday. As our incoming calls are answered by GPs, there really is no need for everyone to call at 8am. Please give us a call at a time that suits you and one of our helpful GPs will be able to assist you further.

Prescriptions:

- You can order your prescription by any of the methods below:
 - Online ordering (preferred method) -please pop into the practice if you wish to register for this service.
 - Handing your repeat slip into the practice reception area.
 - Completing a prescription request form from reception.

Appointment Reminders:

- Patients for whom we have a mobile number and / or email address will always receive a reminder regarding any appointment they have arranged.

If you're unsure about how to access a service, or which option is best for your needs, our friendly team is always happy to guide you.

Let's work together to keep your summer healthy, safe and stress-free!

HAPPY PRIDE MONTH



June is Pride Month - a time to celebrate the LGBTQ+ community and promote inclusivity and acceptance. Here at Newfield, we are committed to providing a safe, welcoming and respectful environment for everyone.

Everyone deserves to feel seen, heard and respected - especially when it comes to their health. We understand that LGBTQ+ individuals face unique health challenges and barriers to care. That's why we strive to:

- Offer inclusive, non-judgemental and confidential care.
- Listen with compassion and without assumptions

Whether you're here for a routine check up, mental health support or any other medical reason, we're here for you! We encourage all our patients to speak openly with us about their health needs and identities. Our team is always learning and evolving to better understand the diverse communities we serve.

May we wish everyone a very Happy Pride Month from Newfield Medical Group.

MEDLINK FOR REVIEWS

The practice is currently trialling a new system to enable patients to complete some reviews online (rather than having to arrange an appointment). This system is designed to improve the service we offer to patients further. At present, we are trialling the areas of asthma reviews and HRT reviews.

Patients, for whom we have a mobile number, will receive a text message from the practice with a link to follow to complete their review. Once the review is completed, it will be sent to the practice electronically and a clinician will review your review. If there is a need to make further contact with you, the practice will do so. However, if you have not heard from the practice after a 2 week period, you can assume your review is satisfactory and no further action is required.

HAPPY BIRTHDAY TO US

We recently celebrated our 3rd birthday here at Newfield. It was a day of cake and fizzy juice for our staff to help celebrate the hard work and dedication put in by our practice staff to make Newfield a success. Below, you will find information relating to what Newfield has achieved over the last 3 years and we look forward to supporting our patients and the community for many years to come.



The graphic features a large blue '3' with 'rd' as a superscript, set against a yellow banner that reads 'BIRTHDAY'. Above this, the text 'NEWFIELD MEDICAL GROUP CELEBRATING' is written in a blue, slightly curved font. The entire graphic is surrounded by colorful confetti in shades of blue, yellow, red, and green.

Achievements

-  GP Training Accreditation
-  Family planning services
- Minor surgery services
-  FROM 1,800 TO 7,000 PATIENTS & expansion to our practice boundaries
-  1st Primary Care Training Hub in the UK for training future doctors
-  Registered as an Employee Sponsor for Tier 2 Visa sponsorship
-  Community co-ordinator employed
-  Newfield Community Group set up a charity
-  Green Health Partnership Involved in 'Green' development in Dundee

Innovating...

-  GPs answering the telephone, becoming the 1st point of contact since 2022
-  Healthcare services for vulnerable people not registered with the practice
-  Green Health Partnership involved in 'Green' development in Dundee

Moving Forward...

-  Training for pharmacists to become prescribers
-  Increasing clinical access for vulnerable groups
-  Expanding social groups using the community café
-  Additional methods of communicating with the practice

KEEP INFORMED

We try to keep our patients as up to date with developments as much as possible. We do this in a variety of ways:

- FACEBOOK - Patients can find our Facebook Group Page by searching for 'Newfield Medical Group' on the site.
- WEBSITE - Patients can browse our practice website by visiting www.newfieldmedical.co.uk
- TEXT - We will send text messages out to patients regarding important news and updates.

Patients can also register to receive a copy of our quarterly newsletters hot off the press. To do so, simply email tay.newfield@nhs.scot and type the words 'newsletter' into the subject box. You don't need to type anything else in the email. Once your email is received, you will be added to the distribution list.

CARDIOVASCULAR DISEASE (CVD)

Most people do not know they are living with CVD risks factors. 1.3 million people in Scotland are estimated to have high blood pressure but only 24% of adults with high blood pressure are treated and controlled. CVD is also the 2nd most common cause of death after cancer and causes 25% of all deaths in Scotland with over 4400 of those deaths being avoidable.

We are currently contacting patients who may be at risk of CVD and inviting them to attend for screening. If you receive an invitation from the practice, we would strongly encourage you to arrange an appointment. Screening early for CVD risk factors can mean access to treatment and support at an earlier stage.

