

AUTUMN NEWSLETTER SEPTEMBER 2018

ST CLARE MEDICAL CENTRE

You will notice the building work at St Clare is taking shape. We are due to move towards the beginning of December 2018 and when exact dates are confirmed you will be notified. We are currently in the process of deciding on the finishing features and colour schemes. At the moment in Rosmellyn we are taking steps in the direction of starting to think about packing and moving. There is lots of change happening and for all of us exciting times lie ahead.

RETIREMENT

After 40 years of service Jayne Hocking retired back in July. Jayne was a friendly face to most and will be missed at Rosmellyn. We thank Jayne for all her hard work, dedication and loyalty to the Practice over the years. In August Dr Power officially retired however you will still see her about the Practice until Christmas as she remains Dr Russell's locum whilst he is on sabbatical

STAFF

In August we welcomed new GP Registrar Edward Schwarz. Dr Schwarz joins us full time and will consult all day on a Monday and Tuesday, Thursday afternoons and Friday mornings. He will also do visits.

FLU

It's that time of year again!!!! **Our flu clinics will be held on Saturday 6th of October and Saturday 13th of October, they will be drop-in clinics from 9am till 12 o'clock PLEASE BE AWARE THAT WE WILL BE DOING SEPARATE CLINICS FOR OVER 65 YEAR OLDS AND UNDER 65 YEAR OLDS** – we look forward to seeing you and as usual we encourage you to have the vaccine.

If you are unable to make either of these clinics we will be holding catch up clinics – please call the surgery and we will be able to book you an appointment.

All of the usual at risk adult groups will continue to be invited. All 2-3 year olds will be invited by the surgery and will be administered via nasal spray. Older children in the at risk groups will also be vaccinated within the Practice. However children in the age group 4-9 years old will be invited to have their vaccinations administered in schools. NHS England has requested that we use the most effective vaccine for our patients. This means that this year's immunisations will vary. If you are in the over 65 age group you will be given the Fluad vaccine and if you are in the under 65 age group you will be given the Quadrivalent vaccine. If you would like more information on the Flu vaccines being given to you please ask one of our Practice Nurses.

FLU CLINICS

SATURDAY 6TH OCTOBER FOR OVER 65 YEAR OLDS ONLY
SATURDAY 13TH OCTOBER FOR UNDER 65 YEAR OLDS ONLY

PNEUMONIA

We also offer patients over the age of 65 or who are in an at risk group a one off Pneumonia vaccination which protects patients from 22 strains of the virus.

SHINGLES

We are offering vaccinations to people aged 70 years old to provide protection against shingles. The effectiveness of the vaccine declines with age and so it is not recommended for people aged 80 years or older. The catch-up campaign for those aged 78 will also start this month.

SEASONAL VIRUSES

Seasonal viruses will circulate every year. A key part of avoiding catching the flu virus and Noro virus is good personal hygiene. If you cough or sneeze, use a tissue and then throw it away safely. Then wash your hands.

MEASLES MUMPS AND RUBELLA VACCINATION

The MMR vaccine has been shown across the world to be a safe and effective way of preventing measles and mumps and can protect your child and others against these infections and their serious consequences.

Measles, mumps and rubella are highly contagious infectious diseases and spread very easily; you can catch measles if you spend just 15 minutes with someone who has the disease.

We are urging all parents of young people who have not yet had the vaccine to take advantage of this new programme. Children in the UK usually have the first MMR dose when they have turned a year old, and a second dose just after the age of three. Two doses of MMR are needed to get the best protection from measles and mumps.

WALKING GROUP

Rosmellyn Walking Group still continues to meet weekly come rain or shine. If you would like to meet up with the group to take a walk around the local area for about an hour please contact Liz Berryman on: 07812 433 791.

NURSE APPOINTMENTS

We are very lucky to have a highly qualified and experienced team of Nurses who are specialists in such things as asthma, diabetes, learning difficulties and wound care. Three of the Nurses are also able to prescribe medicines for you; the Doctor will often advise that one of our Nurses is the best person to see. For many common illnesses, you can book in to see the Nurse without needing to wait for a call back from the Duty Doctor.

HEALTHCARE APPOINTMENTS

Our Healthcare Assistants are a highly qualified team. As well as completing their normal everyday duties they can also do routine nurse tasks such as, wound care, B12, flu, pneumonia vaccines, ECG's and ear irrigation. Please remember this when you are booking an appointment!

DID YOU KNOW?

Your local Pharmacy can treat these conditions: Urinary Tract Infections, Skin conditions such as Impetigo, Nappy Rash and Sunburn as well as Conjunctivitis. Pharmacists are fully trained to advise in minor illness and medication reviews. They have onsite consulting rooms available for use.

DEMENTIA SCREENING

Certain people have an increased risk of dementia due to their other medical conditions. If you are worried about your memory please ask us if you would like to be screened and we will be happy to arrange this for you.

REPEAT PRESCRIPTIONS

Surprisingly, many patients get their prescription drugs and then don't take them. This is a costly waste as even if they are returned unopened, they cannot be recycled. Please think carefully before ordering repeat medication, and let us know if you want to discuss reducing or stopping any medication. You need to give us two working days' notice for repeat prescriptions, so please keep an eye on your stock and avoid running out.

Please note: If your pharmacy automatically orders your monthly prescriptions it may be worth checking what is being ordered on your behalf on a regular basis. Please let the pharmacy know if some items are not needed.

EVENING & SATURDAY APPOINTMENTS

We offer weekly evening appointments on alternate Tuesday and Wednesday evenings at Rosmellyn from 6.30pm. Occasionally we will run a Saturday morning clinic. These clinics have doctor, nurse and HCA appointments available and prove popular. You may book ahead for these appointments if it is more convenient for you.

WHEN YOU PHONE THE SURGERY

When you contact us for an appointment we aim to find the best route for you to the right care, with the right clinician as quickly as we can; please help us to achieve this by telling the receptionist something about what ails you so that they can help the doctors to get your care right. It may not always be appropriate to see a doctor, depending on your condition; our nurses and healthcare assistants are all very highly trained and competent in many areas of care. The receptionists are trained to advise you of the most appropriate care path, but will always direct you to the doctor if unsure or if it is obviously appropriate. Every conversation you have with everyone in the surgery is held in the strictest confidence, and the doctors ask that you help us in this way. All calls are recorded.

MOBILE TELEPHONE NUMBERS & EMAIL ADDRESSES

Please keep us informed of your email address and contact numbers so that we can be sure to contact you if we need to; we will not send you emails or text messages if you ask us not to.

TELEPHONE MESSAGES

As a rule we do not leave a telephone message on patients' phones to notify them that we have called. However if you are happy for us to leave a message, please let the Receptionists know.

WEBSITE

We strive to keep our Website as up-to-date as possible. If you have suggestions for the website please let us know, especially if any links are broken – it sometimes happens! Please use the Friends & Family Test link to rate us online.

