

BEACONSFIELD MEDICAL PRACTICE

Winter 2017

www.beaconsfieldmedicalpractice.co.uk



NOTICE BOARD

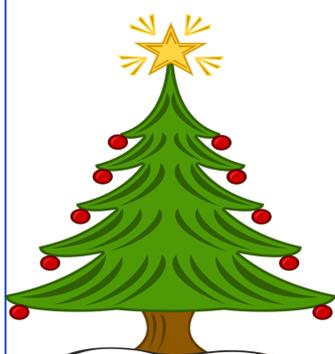
- Telephone & Surgery opening hours
- Our hours are Mon-Fri, 8.00-6.00
- Our telephone line is open until 6.30 for emergencies.

Telephone Options:

- 1 Emergency Home Visit
- 2 Appointments
- 3 General Enquiries
- 4 Prescription Enquiries and Test Results
- 5 Nurses Appointments
- 6 Secretaries

We also offer extended surgery hours on Monday evenings and on a Saturday morning for those who have difficulty attending during normal hours. These are pre-bookable only. With either a GP or a Nurse. (Nurse Mon eve only)

During your next visit to the surgery please check we have your correct details



The Beaconsfield Team would like to send Festive Greetings and a Happy New Year to all their patients and colleagues.

XMAS & NEW YEAR OPENING HOURS:-

25.12.17 - Closed
26.12.17 - Closed
01.01.18 - Closed

Due to the Xmas Bank Holiday our extended hours have been adjusted over the Xmas/New Year period. Please see our website for details.

Extended Hours/Epic appointments are also available evening and weekends.

Please ask reception when booking your appointment for availability.



REMEMBER—ANTIBIOTICS ARE NO USE AGAINST COLDS!



The best way to treat most colds, coughs or sore throats is with plenty of fluids and rest. Regular use of paracetamol, or ibuprofen (if you can take them) can make a big difference. Check the packet for dosage instructions. If you are unsure please ask your local pharmacist for advice.

NEW YEAR RESOLUTIONS

Top of your list for the New Year has to be PHYSICAL EXERCISE - you can walk, jog, dance, cycle, zumba, swim ...

People who do regular physical exercise have

- 35% lower risk of coronary heart disease and stroke
- up to 50% lower risk of type 2 diabetes
- up to 50% lower risk of colon cancer
- up to 20% lower risk of breast cancer
- 30% lower risk of early death and huge benefits in arthritis pain reduction

UK GUIDELINES

150 minutes of moderate intensity activity (feeling short of breath but able to talk) in bouts of at least 10 minutes per week or 75 minutes of vigorous intensity activity (short of breath and difficulty speaking) OR a combination of both.

Have a look at the Healthwalks programme (Brighton & Hove)



It has been a privilege to serve you all over the last 20 years but I will be leaving Beaconsfield Medical Practice at Christmas.

We have shared both the sad moments and the happier times from our lives. From time to time there has been the need for reassurance or a few tears but I hope I also made a few of you laugh! I leave you with this message.

'Do more of what makes you happy!'

Much love

Dr Vanessa Lynch



We are pleased to announce that we have the following new members of staff joining our team:-

Dr. Kate Matthews joins mid December as a temporary GP she will be working on a Wednesday and a Friday.

Dr. Sophie Powell joins us in January as a GP and she will be in the practice on a Tuesday and a Thursday.

We are also pleased to announce that we will be employing a pharmacist who will be joining us in January. See our website for more information in January.

ATTENDING APPOINTMENTS

In the month of November we had nurses and GP appointments wasted. Please think of other patients who could benefit from that appointment. Please can you cancel your appointment online or by phone when you no longer require it. MANY THANKS!

Online



PATIENT PARTICIPATION GROUP (PPG)

Our friendly group meet four times a year, you do not need to attend every meeting to become a member.

If you would like to join please give your details to reception or visit our website.

All Patients welcome

LGBT AWARD (Lesbian, Gay, Bisexual, Transgender)

The practice has been taking part in a pilot award scheme.

The LGBT Health Inclusion Award was created in response to the poor health outcomes faced by the LGBT community; it aims to improve both patient confidence and professional understanding.

Evidence linking discrimination and health inequalities is growing. Not only can discriminatory behaviour have a negative impact on mental health, but there is also a connection between sustained chronic stress and physical health conditions like cardiovascular disease.

We aim to offer an inclusive service for all our patients to ensure good health outcomes and to treat all our patients as individuals.

ELECTRONIC PRESCRIPTION SERVICE



We would like to remind our patients that you can have your prescription sent to any pharmacy who offers the above service, they will display the EPS logo. Any patient who wishes to register for this service can nominate a pharmacy and their prescriptions will go directly to that pharmacy. This will reduce the environmental impact with less paper; your prescriptions will also then go automatically which means you do not have to collect from the surgery or wait for the chemist to collect from us. Further information regarding this service can be found on our website or ask at your local pharmacy. **Please ensure you speak to your pharmacy and sign the appropriate form as without this we cannot offer this service.**

Some of the benefits of this service:-

We will send the prescription electronically to the place you choose, saving you time.

The prescription is an electronic message so there is no paper prescription to lose.

You will have more choice about where to collect your medicines from giving you the convenience of collecting your medication from a pharmacy near to where you live, work or shop as long as they are signed up to the service.

YOUR FEEDBACK

It is our aim to provide the highest possible standard of care for our patients and to help us achieve this we need your feedback. We welcome comments from our patients. Suggestion boxes are in both waiting areas.

P Please be aware that parking at our surgery is very limited and we cannot guarantee a parking space. There is pay and display parking on Preston Park Avenue, alternatively we are on several bus routes. If you are coming by car please ensure you allow enough time before your appointment. **You must ensure you enter the parked car's registration into the terminal on the floor you are visiting, please note this includes vehicles with a blue badge or any waiting vehicle.** Failing to do so will trigger a fine, administered by an independent company (the practice makes no profit at all from this).

PLEASE ENSURE WHEN ENTERING YOUR REGISTRATION NUMBER THAT YOU ENTER A ZERO AND NOT THE LETTER.

PLEASE ALSO NOTE THAT PARKING IS ONLY FOR PATIENTS VISITING THE BUILDING AND DOES NOT INCLUDE VISITING THE BREAST CLINIC OR DENTIST AT 177.

ARE YOU A CARER???

Carers can be very hard to identify and many do not consider themselves as such. Primary care teams are aware of the problems they face but without being identified it is impossible to involve carers in patient care or support them in their caring roles. As a practice we would like to give support to maintain the caregiving situation.

On the 24 November there was a new service launched for unpaid carers in Brighton & Hove which can be found at the following website: www.carershut.co.uk or by phone on 01273 977000.

If you are a carer please inform the surgery on your next visit. You can do this via the website, e-mail or in person when you next visit the surgery.

SUMMARY CARE RECORD (SCR)

You already have a Summary Care Record (SCR) your SCR has important information about your health. If you see a doctor or nurse who does not know you then your SCR can help them as regards medication, allergies etc. as they can see your information straight away on a computer.

Doctors and Nurses treating you in an emergency will ask if they can look at your SCR to help them treat you quickly and safely.

You can choose to have other useful information added to your SCR (called SCRAi, Summary Care Record with Additional information) including:-

- Your illnesses and any health problems
- Operations & vaccinations you have had in the past
- How you would like to be treated—such as where you would prefer to receive care
- What support you might need
- Who should be contacted for more information about you

If you think you want to add other useful information to your SCR, talk to the practice. They will add it to your SCR and keep it up to date. Or if there is information you do not want added let the practice know. For more information visit the website: <https://digital.nhs.uk/summary-care-records>.