

BEACONSFIELD MEDICAL PRACTICE

Winter 2018

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 (after 10.30 am)
- 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:-

25.12.18 - Closed
26.12.18 - Closed
01.01.19 - Closed

Please ensure you have enough medication for the festive period.

If you require any assistance when we are closed please use your local pharmacy for any minor ailments or medication queries. If you require any other help please call 111. Please keep A&E for saving lives.



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)

GP USUAL WORKING HOURS

Dr. Bird

Monday (am/pm), Tuesday (am/pm), Thursday (am/pm), Friday (am/pm)

Dr. Schaedel

Monday (am/pm), Wednesday (am/pm)

Dr. Coxon

Monday (am/pm), Friday (am/pm)

Dr. Myers

Monday (am), Tuesday (am), Thursday (am/pm)

Dr. Rehill

Monday (am) Thursday (am/pm) Friday (am/pm)

Dr. Maddison

Monday (am/pm), Tuesday (am/pm), Wednesday (am/pm), Friday (am)

Dr. Cooper

Monday (am)

Dr. Sturge

Tuesday (am), Wednesday (am/pm), Friday (am/pm)

Dr. Powell

Tuesday (am/pm), Thursday (am/pm)

Dr. Daniel

Wednesday. (am/pm) Friday (am/pm)

APPOINTMENTS

Thank you to all patients who attended their appointments and to those who cancelled their appointments in good time.

You can cancel your appointment online or if you are signed up for text reminders you can follow the instructions and cancel or phone us when you no longer require it.



LGBT AWARD

(Lesbian, Gay, Bisexual, Transgender)

As part of our Silver Award we continue to promote awareness of the poor health outcomes faced by the LGBT community; 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.



Please be aware that parking at our surgery is very limited and we cannot guarantee a parking space.

There is pay and display 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 ARE CAREFUL TO CHOOSE CAREFULLY BETWEEN A ZERO AND THE LETTER O ACCORDING TO WHERE THIS IS PLACED IN YOUR OWN REGISTRATION.

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 that carers 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 support carers to maintain the caregiving situation.

If you are a carer please inform the surgery on your next visit.

You can do this in many ways via the website, via e-mail or in person when you next visit the surgery.

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.



We are pleased to announce that we are working towards becoming a Dementia Friendly Practice

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.

EXTENDED HOURS SERVICE (formerly known as EPiC)

Appointments are available with a GP from 6.30pm-8.30pm Monday to Friday, with a GP or a nurse on a Saturday from 8am to 2pm and rotational Sundays from 10am to 1pm. These appointments are held on the ground floor of our building.

The clinicians working in these clinics are able to access your usual medical notes in order to provide seamless primary care. If you would like to be seen outside usual surgery hours please ask our receptionist.

These appointments are in addition to our own extended hours.

