

# BEACONSFIELD MEDICAL PRACTICE

## Winter 2019

www.beaconsfieldmedicalpractice.co.uk



### NOTICE BOARD

Telephone & Surgery opening hours

- Mon-Fri, 8.00-6.00 and 6.00-6.30 for emergencies

Telephone Options:

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

For those who have difficulty attending during normal hours we offer extended surgery hours on a Tuesday morning from 7am with a nurse and on a Saturday morning with a GP, these are pre-bookable appointments.

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



### FLU SEASON IS HERE!!!

#### Are you eligible for a free Flu Vaccination on the NHS????

Flu-related illness is a major problem for older patients and can lead to complications, hospitalisation or even death. Each year older patients or patients with an underlying health condition such as chronic heart, kidney, liver or respiratory disease may become seriously ill due to flu. It is therefore recommended that all patients who fall into these categories take up the offer of a free flu vaccination.

All patients over 65 and those under 65 in at risk categories are eligible. See list below:-

- Chronic Respiratory Disease
- Chronic Heart Disease
- Chronic Kidney Disease
- Chronic Liver Disease
- Chronic Neurological Disease
- Immunosuppression due to disease or treatment
- Diabetes
- Morbidly Obese
- Asplenia or dysfunction of the Spleen
- Pregnant
- Carers



**\*Please note:** if you book an appointment and are not eligible we will be unable to provide the vaccination causing you to waste your time and an appointment which could be used for another patient.

#### Vaccine Information

The two types of vaccines have been produced in line with clinical evidence to ensure the best option for protection is given to each patient group.

#### **Over 65's**

These patients will receive the adjuvanted trivalent vaccine (FLUAD)

Please contact the surgery to make an appointment and the receptionist can book you in accordingly.

#### **18-64yrs at risk**

These patients will receive the quadrivalent vaccine. It is also used for the childhood programme if Fluenz (nasal spray for children) is not suitable.

#### **Fluenz (Child Nasal Spray)**

Appointments now available.

#### Clinic Information

In light of the different vaccines we have organised our flu clinics to ensure they run as efficiently as possible. Clinics are being organised for specific age groups, these are:

- over 65's only
- under 65's who are eligible
- children

If you are seeing the GP or nurse about another problem they will offer you the appropriate flu vaccination during this appointment there is no need to make a separate appointment.

**\* We would like to apologise in advance to any patient that may not be able to make an appointment with a member of their family due to difference in age but hope you understand our reasons for doing this.**

## AWARD FOR DR NIGEL BIRD

At the recent GP trainers meeting Dr Nigel Bird was given a prestigious award to recognise his work in training the GPs of tomorrow. Dr Bird has been a GP trainer for many years and seen many of his trainees go on to have long term careers in general practice; some have stayed with Beaconsfield.



Dr Bird receiving his Education Award from the Kent, Surrey and Sussex Department of Community Care Education of Health Education England

## ANNUAL REVIEW

If you or a family member have one of a number of long-term conditions, we would strongly encourage you to book for a review of that condition on an annual basis, here at the practice (usually with the nursing team).

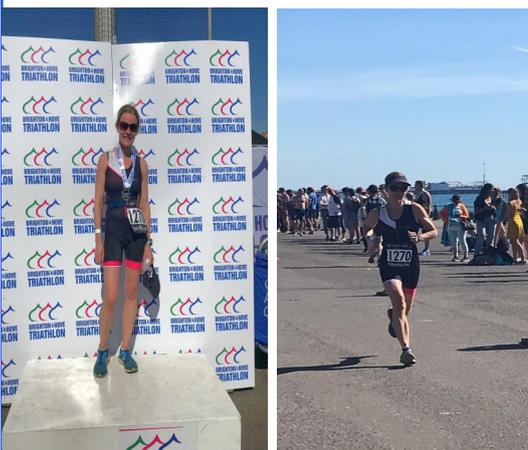
These conditions include: asthma, heart disease, chronic kidney disease, COPD (or "emphysema"), diabetes, high blood pressure, rheumatoid arthritis, and previous stroke or TIA ("mini-stroke").

If you feel it is over a year since a previous review, please book for one as soon as possible. We try to send out reminders throughout the year, but this can be a huge administrative task. We believe that arranging your own review is a good opportunity for you to be involved and take responsibility for monitoring your own health.

If you are absolutely certain you do not want an annual review, please let us know so your records can be kept up-to-date every year.

## BRIGHTON TRIATHALON BY DR. SOPHIE POWELL

"I decided to take on a new challenge this year and signed up for the Brighton Olympic Distance Triathlon on 15th September. The 1500m sea swim was the part that I was particularly nervous about having never done much sea swimming. I joined a local triathlon group in early June and started getting up at 5.30am to go swimming in the sea (something I never thought I would do!). Thankfully the sun shone for me on the day and the sea was nice and flat. There was a great atmosphere on the seafront and it was helpful having my friends and family supporting me for the rather monotonous 8 laps on the bike! I was pleased to finish it in a better than expected time and raise some money for Cancer Research UK in the process".



## 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.



## MERGER BETWEEN BEACONSFIELD MEDICAL PRACTICE AND MATLOCK ROAD SURGERY

Approval has now been given for the two practices to merge, Matlock Road Surgery will close on 31.3.20. This means that from the 1 April 2020 patients from Matlock will be joining Beaconsfield Medical Practice at 175 Preston Road.

For more information regarding the above please go to:

## Introducing an additional way to order your prescriptions

As of 1<sup>st</sup> November Beaconsfield Medical Practice patients have access to the POD (prescription ordering direct). The NHS POD service is provided, on behalf of our GP practice, by NHS Brighton and Hove Clinical Commissioning Group. Your call will be answered by a dedicated, experienced and fully trained prescription co-ordinator.

### How does NHS POD work?

To use this service you need to ring 0808 1647678 (Freephone) Monday- Friday between 8am and 4pm (excluding bank holidays). You will be asked which GP practice you belong to and if you consent to your medical record being accessed to process your prescription request. You will then be asked to confirm your identity by giving personal details such as name and date of birth. Each item on your repeat will be discussed and only those needed, will be ordered.

### Why are we offering this new service?

Our aim is to ensure that patients are receiving the correct quantity of medication needed in a timely manner, to reduce the amount of prescription waste in our area. Unused prescription medicines cost the NHS millions of pounds every year.

### I am happy with my existing service. Do I have to change?

**No**, this is just another service to help you order your medication at the correct time; you will still be able to order your prescriptions online or in person through your GP practice. In order to reduce prescription waste we believe that patients need to take responsibility and control of their own medication needs. You can still use the same pharmacy to supply your medicines and any delivery arrangements should still remain in place.



We would like to welcome back Helen Palk to the nursing team. Her working days are Wednesday and Thursday.