



# Newsletter

## September 2010

### **SEASONAL FLU VACCINATIONS**

If you are aged 65 or over, are a carer or have a chronic health condition you should have received a letter inviting you to attend the surgery for a winter flu vaccination. We are offering our patients a range of Saturday morning appointments throughout October, ring 0117 9082360 to book your appointment now.

If you want a vaccination but are not eligible for one at the practice you can ring 0845 468 2104 and GP Care will be able to advise you of other private providers who will give the vaccine locally. Alternatively some larger supermarket pharmacies and chemists will offer a private service for about £15-£20.

### **Are you able to spare a few hours on a Saturday morning during the autumn?**

In previous years we have been very grateful to our patient group members who have helped us at the Saturday flu clinics by serving refreshments to patients and also by helping to show other patients to the correct surgeries. (These mornings can be very busy!). This year we may need a few extra pairs of hands and anyone who could spare some time to assist would be very welcome to come along. If you think you may be interested please let the receptionists have your name and telephone number and we will call you to arrange the best times for you to come along.

### **CARER'S HEALTH CHECKS**

If you are on our carer's register we will be inviting you to come in and have a health check with one of our practice nurses as part of a new pilot project running in this locality. The carer health check will take about half an hour and will involve a variety of checks, for example, blood pressure and blood glucose checks. It will also give you an opportunity to talk about how you are feeling, and to look at ways of improving your health and wellbeing.

If necessary we can provide alternative care for the person you care for, to enable you to attend the appointment.

A carer is someone who looks after and supports a friend, relative or neighbour who could not manage without your help. This can be due to age, physical or mental illness or substance misuse. We only know you are a carer if you tell us, so please give us your details if you feel that you are a carer and you would like us to add you to our register.

### **PATIENT CONTACT DETAILS**

Please let us know if you change any of your contact details; name, address or telephone numbers as it is important we have the correct details should we be trying to reach you. If you use a mobile phone please let us have the number and remember to tell us if you change your sim card.

### **PRESCRIPTION REQUESTS**

We have noticed a large increase in the number of patients who are not allowing themselves enough time for their repeat prescription requests to be processed before their supply of medication runs out. This is a big problem for the practice as it is very disruptive to try and get individual prescriptions signed by a GP when they are already consulting with patients.

Please plan to allow 48 hours for the practice to process your repeat prescription requests. Our prescription clerks deal with upwards of 200 requests each day and each prescription then has to be scrutinized and signed by a GP, this is most effectively done as one task at the beginning or end of the day.

## Don't waste medicines



- Waste medicines cost the NHS up to £800 million a year.
- Once medicines are prescribed, they cannot be re-used and have to be incinerated – even if they are unopened.
- Tell your doctor or pharmacist if you are not taking your medicines exactly as prescribed. Your doctor makes a diagnosis based on your condition assuming you have been taking your medication as prescribed.
- Don't order what you don't need – check your supply before ordering more. Discuss your medicines on a regular basis with your GP or pharmacist.

If you are taking four or more medications and would like to review what you are taking you can make an appointment to see Rebecca Thorne, our practice pharmacist. Telephone 0117 9082360 and ask for a medication review with the pharmacist.

If you have medicines that you no longer need they should be disposed of in a safe manner. They cannot be returned to the chemist for re-use but the chemist will take them to dispose of them for you. Do not put unwanted medicines down the drain or in the household waste bins.

### PATIENT GROUP

We are always looking for more patients to come along to our patient group meetings. We meet every two – three months with the patients suggesting discussion topics with the aim of improving patient services and providing information. If you would like to become involved please give your details to one of the receptionists and we will add you to our mailing list.

#### Dr Kate Rush – Tour de France

A big thank you to everyone who sponsored Dr Kate Rush for pledging to cycle a mountain stage of the Tour De France. The eagle eyed, who read the local papers, may

have seen that there was a disaster with transportation of the race bikes involving a well known airline which resulted in the race bikes not arriving in France in time for the race. It was decided that as so many people had donated money up front that we would continue with the plan to support the Macmillan Cancer Charity. All funds were donated to the charity and more than £1090 was raised. – Watch this space for the next event!

### PRACTICE NURSE APPOINTMENTS

The practice has a very skilled team of practice nurses who manage all our chronic disease patients and run many other clinical services such as smears, travel health, immunizations, annual health checks, emergency contraception and contraceptive pill checks. If you are invited for a health check this will usually be with the practice nurse and not the doctor as this allows the doctors more time to see patient with more complex or acute problems.



– 4  
YOUNG  
PEOPLE

If you are a young person who needs help & advice about sexual health then we are offering services in conjunction with the 4YP project in Bristol. Information can be found from the leaflets in reception, a telephone helpline 0117 3426900 and a website at [www.4ypbristol.co.uk](http://www.4ypbristol.co.uk). The service offers information and contact details on all manner of sexual health topics and is free and confidential for all users. This practice is able to offer free contraception, advice and supplies to young people aged between 15-24. Please speak in confidence to one of our receptionists for more information.

If you would like to submit an article for inclusion in the newsletter please contact one of the practice managers. Our practice details are: Beechwood Medical Practice, Fishponds Primary Care Centre, Beechwood Road, Fishponds, Bristol, BS16 3TD. Tel 0117 9082360, website [www.beechwoodmedicalpractice.co.uk](http://www.beechwoodmedicalpractice.co.uk)