

# THE ARLINGTON ROAD MEDICAL PRACTICE NEWSLETTER



December 2012



## Christmas Opening Hours

Monday 24th December - Closed from 2.00pm  
Tuesday 25th December - Closed  
Wednesday 26th December - Closed  
Tuesday 1st January - Closed

**W**e will be open at our usual times on all other weekdays over the Christmas period.

**T**o contact the Out of Hours GP Service, for urgent problems that will not wait until we are next open, please call 0300 0 24 24 24.

**W**e take this opportunity to wish all of our patients a Merry Christmas and a Happy New Year!

## Trainee Doctors

**D**rs Katsoni and Sellers finish their four month training with us at the beginning of December, we wish them well as they continue their training back in Hospital Medicine.



**D**r Saloua Ribani and Dr Stuart Gallimore will join us for the following four months.

## Patients Registered with Dr Rajap

**D**r Rajap, in common with some of the other partners, has reduced his working week from four and a half days to four days so that he has a full day (Thursday) away from the practice. With the amount of paperwork that all of the Doctors get and with the Out of Hours work that Dr Rajap does, it is essential to keep stress to manageable levels.

**H**owever, in addition to his commitments to looking after his registered patients, Dr Rajap is our Dermatology (skin) specialist. He is now seeing patients from within the practice and from other practices in the town who have skin problems. This means that he is not available to his patients on a Wednesday.

**W**e always have doctor appointments available every day, even if your own doctor is not available. These include our doctors in training, as well as Dr Mark Jones who has been with us for the past three years and Dr Iftikhar Ahmad who has been with us for the last year or so. If you feel that you would like to change your registration from Dr Rajap to either Dr Jones or Dr Ahmad, please let us know. We are not urging you to change but if you wish to change you might find that Dr Jones or Dr Ahmad are more available for appointments and better for continuity of your care.

## 'L♥ve In A B♥x'

**O**nce again we will be supporting the Mustard Seed Charity by collecting for their appeal. Please pick up a leaflet from Reception. The closing date that all boxes need to be in by is Friday 14th December.

**T**he leaflet explains how to make up your box and gives examples of suitable items to fill the box with. Please note that the charity cannot accept clothing apart from hats, gloves and scarves and please do not send any war related toys. We hope you will support us in this worthwhile cause.





## Appointments with the Practice Nurses



### Minor Injuries

If you sustain an injury that needs a dressing, especially with a skin tear, please make an urgent appointment with the Nurse straightaway rather than leave it for a few days after it has happened. This way the wound will heal much quicker if we can put the correct dressing on straightaway.

### Removal of Stitches

If you are discharged from hospital and need stitches taken out in a week or so, please phone us as soon as possible to make the appointment rather than leaving it to the day that they need to be removed. We can then pre-book you an appointment with plenty of time rather than having to squeeze you into our very busy schedule on the day.

### The Phlebotomist

Please note the phlebotomist, who attends the Surgery on a Monday, Wednesday and Thursday morning from the Hospital to take blood tests, cannot take your blood pressure. If you would like your blood pressure checked at the same time as your blood test, please ask the Receptionist to book your appointment with one of our Healthcare Assistants.

### Typhoid Vaccine

There is currently a national shortage of Typhoid vaccine, please therefore give us as much notice as possible when booking for Holiday Vaccinations.



## Prescriptions

**P**lease remember to order your prescriptions in plenty of time before the Christmas Holiday. Remember we require two working days to turn around regular prescription requests and longer for items that are not on your repeat list.

**I**f you have your medications delivered by a pharmacy and they have not arrived, **please telephone the pharmacy first**. A huge number of the calls we take on our prescription line are to check why medication hasn't been delivered and the majority of the time we have already sent the prescription to your pharmacy. Thank you.

## Attending the Surgery...

**P**arking will unfortunately always be a difficulty around Arlington Road and we do understand the frustration this can cause. We would, however, ask that you allow time for this problem when coming to the Surgery to avoid attending late for your appointment.

**P**lease do not park across our neighbours driveways or in the Doctors' bay, not only does this stop the Doctors from being able to park but you are liable to get a ticket from the Parking Attendants who keep a constant eye, Blue Badge holders are **not** exempt from this rule.

## We've Saved the Stripes!

**T**hank you to everyone who has supported the Campaign over the past year. We have raised over £27,000 & the painting will go ahead in Spring 2013. Auction of Lighthouse Picture - as seen on BBC Countryfile - by Margaret Turton raised £175.00. Regular updates will be posted in the Eastbourne Herald and on our website, Facebook group & on Twitter account.

**T**he support has been truly amazing and it was so heartening that you all felt the same way about OUR LIGHTHOUSE whether you lived down here in Sussex or on the other side of the world! Here's to next year & the new stripes!

**O**ur nearest car parks, for those of you who can manage the walk are:- Southern Railways, Enterprise Centre, JCP Junction Road, Arndale Centre, Hyde Gardens, Devonshire Place, NCP Trinity Place, where you can park from as little as £1.

**P**lease also be aware of the deep kerbs outside the Surgery when crossing the road. Recently a couple of patients have slipped when stepping down the deep kerb between the Doctor's cars outside the Surgery. You may find it easier to use some of the nearby 'dropped' kerbs.