

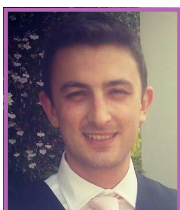
THE ARLINGTON ROAD MEDICAL PRACTICE NEWSLETTER



April-May 2016

Dr Ben McFadden &

Dr Laure Berthelot-Cabaret join the Partnership



We are delighted to announce that both Dr Ben McFadden & Dr Laure Berthelot-Cabaret joined the Partnership at the beginning of April this year.



Dr McFadden completed his GP Training with us in November 2015 and stayed at the Practice as a Salaried Doctor. He is in the process of completing his Dermatology training and will take over from Dr Rajap as our Dermatology Specialist.

Dr Laure Berthelot-Cabaret joined as a Salaried GP in March 2015 and along with Dr McFadden and Dr Ahmad took over the care of Dr Rajap's patients when he left to pursue more Dermatology in August 2015.

They are both a great asset to the Surgery - the advantage being felt by patients and staff alike.

Please note that now that they both have their own list of patients, they, like the other Partners, only offer their appointments to the patients who are registered with them. If your own GP is unavailable we continue to have Dr Alexandra Graham and our GP Registrars to offer you as an alternative.

Forthcoming Surgery Closures

We will be closed on both May Bank Holidays

Monday 2nd May and Monday 30th May

To contact the [Out of Hours GP Service](#), for urgent problems that will not wait until we are next open, please call [NHS 111](#) by dialling 111 on your telephone keypad.

We will also be closed between 1 & 2pm on
Wednesday 11th May for Staff Training

And again on Thursday 26th May between 1.45 & 5pm
for Staff Training

Should you require urgent treatment or advice during the [Staff Training events](#), please telephone [727531](#).

In March alone there were a total of...

164

missed appointments

If you no longer need an appointment you have booked, please have the courtesy to cancel it.

You can cancel appointments by phoning the Surgery on 727531 between the hours of 8.30am-6.00pm. Alternatively, if you are registered for Online Services, appointments can be cancelled by logging into your account at any time of day or night.

Measles Outbreak

We have been informed by the Health Protection Agency that there has been an increase in notified cases of Measles in London and Sussex, this is predominantly in unimmunised adolescents and young adults (aged 16-40 years) without a history of recent travel. Increase in Measles activity has been observed since the end of 2015 with 20 cases since the beginning of February 2016.

We have been asked to ensure that patients aged under 40 years old are up to date with 2 MMR vaccinations. We are currently identifying patients who are aged 16-40 years and who, according to our records, have not had 2 doses of the MMR vaccination and we will be contacting those patients.

If you fall into this age group and know that you have not had 2 doses of MMR vaccination (this is usually given to you in childhood*) please contact the surgery and make an appointment with the Practice Nurse to have this vaccination. If you have never had the MMR vaccination you will need 2 doses which can be given to you a month apart.



* The 1st MMR vaccination is routinely given to children now at the age of 13 months and the booster MMR vaccination is given at three & a half years old.

#NOT
FAIR
NOT
SAFE

Junior Doctors Strike

Thank you for your support and understanding throughout the Junior Doctors Strikes. We have been thankful that we haven't been as busy as we perhaps anticipated.

We fully support our Junior Doctors in the action they are taking.

Parking

We are sorry that parking is so difficult around the Surgery but unfortunately this is something that is completely out of our control.

Please note that the Doctors' Bay outside of the Surgery is for Doctors with permits only—anyone parking here without a permit is at risk of receiving a fine from the traffic wardens who regularly patrol the area.

Sadly for us, the Doctors' Bay which is already not big enough for all of our Doctors is shortly to be made even smaller by the Council who are bringing the existing double yellow lines from the corner of Old Orchard Road and Arlington Road further into Arlington Road.

The Surgery Car Park is private and for Doctors and Staff only. Access is required at all times.



Happy Retirement Chris

Chris Northern, one of our Practice Nurses, retired at the end of March.

Chris worked with us as a Practice Nurse for 10 years and prior to that for many years in the District Nursing Team attached to our Surgery.

We will miss her, as I am sure many of her long-standing patients will too.

We would like to take this opportunity to publicly thank Chris for all her hard work and dedication over the years and wish her a long and happy retirement.

As mentioned in our previous Newsletter two new Practice Nurses have joined the team. We are very pleased to have Loraine and Tessa on board.

Trainer's Corner

A word from Dr Mark Jones

A big "Congratulations!" is due for Dr Katsoni who successfully completed her training in January. She is now a fully fledged GP who plans to stay locally and will be an important asset for the Eastbourne region. The issue of GP retention and attracting GPs to the East Sussex region has become a hot topic in recent time. So it's pleasing to see trainees being successful and staying local.

In the next few months we will be taking part in regional pharmacist training by hosting a trainee pharmacist at the practice. This is for us to contribute to their training and provide a positive learning experience for them. I hope we can give them a warm welcome.

FY2 Doctors

Dr Bahig Aziz has now joined us for a four month placement under the supervision of Dr Deery. We welcome him to the Practice Team.

Dr Mikaeil Mirzaali finished his four month placement with us at the beginning of April and he has now returned to the DGH to continue his training there.



Test Results



Please remember that it is your responsibility to contact the Surgery to enquire about your test results. Please do not assume that because you have not heard from us that your results were completely normal and no further action/treatment is required.

Our admin staff are available to give out test results in the afternoon between 2-4pm.

TEXT SANTA

CHRISTMAS JUMPER DAY

Thank you for your donations! The Surgery raised £62.

Monies raised were divided between Macmillan Cancer Support, Make-A-Wish UK & Save the Children.



Ordering Prescriptions



Please remember we are unable to take Prescription requests over the phone. You can order your prescription by one of the following methods...

-  **By Post to Prescriptions, 1 Arlington Road, Eastbourne, BN21 1DH.**
-  **By Fax to 01323 417085.**
-  **Via our website at www.arlingtonroadsurgery.nhs.uk**
-  **Via Patient Online Services at www.patientservices.co.uk**
-  **Via your local Pharmacy.**
-  **By posting your request in the box in our Reception Area.**



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