

AUTUMN/WINTER NEWSLETTER 2011/12

Have you visited our website yet? Keep up-to-date with the latest news and information at:

www.queensavenue.co.uk

ONLINE PRESCRIPTION ORDERING

Repeat prescriptions can now be ordered on-line via our website. To access this service you will need to obtain a registration form. For security reasons these details can only be given to you in person. You will be asked to provide some form of photo identity (passport or photo driving licence).

Please see a receptionist for details.

CERVICAL SCREENING

Cervical screening is recommended 3-5 yearly for all women aged between 25-64. Each year around 900 women die of cervical cancer in England. Many of the women who develop cervical cancer have not attended regularly for their cervical smears or have never had one.

20% of our eligible women are overdue a cervical smear. Having a smear test should be a simple procedure, which should not cause embarrassment or anxiety and should not be uncomfortable. If your smear test is overdue it is extremely important that you get this done as soon as possible. Please contact reception to make an appointment.

However, if you have any concerns about having a smear taken, please feel welcome to discuss this with one of our practice nurses (Sharon, Linda or Sue).

FLU CLINICS 2011



You are eligible for a flu vaccination if you are in one of the following at risk groups:

- People aged 65 or over
- All pregnant women
- Chronic heart disease
- Chronic kidney disease
- Chronic liver disease
- Chronic neurological disease
- Diabetes
- Chronic respiratory disease
- People with a weakened immune system
- People living in long stay residential care homes
- People in receipt of a carer's allowance

Flu clinics are currently booking for Saturday 15th and 29th October.

IS YOUR ASTHMA UNDER CONTROL

As winter approaches it is especially important to make sure that your asthma is well controlled. It is important to regularly review your asthma treatment. Please see practice nurse Sharon for a review if:

- You need to take your blue reliever inhaler more than 2-3 times per week.
- You get any symptoms at night, or you limit your activities due to your asthma symptoms.

IS YOUR INFORMATION UP-TO-DATE?

It is important that your personal details (address, home and mobile telephone numbers etc) are kept up-to-date especially if there is occasion to contact you urgently. This can be done by:

- Informing a receptionist when any changes occur
- Emailing reception at : reception@gp-j81016.nhs.uk
- Registering to use our on-line prescription service which also includes the option to check and amend your personal details.

HEALTH VISITOR CHANGES

There are ongoing changes to the Health Visitor service across the county.

Locally, the Health Visitors from Queens Avenue Surgery, Prince of Wales Surgery and Cornwall Road Surgery will now work as one team. The team will consist of health visitors, nursery nurses and childrens' nurses and will be known as the MELLSTOCK HEALTH VISITING TEAM. The team will provide health visiting support for families from all 3 surgeries and will continue to work closely with the GP surgeries.

A drop-in well baby clinic for families from all the surgeries will run from October on Tuesdays 1.00-3.00pm at the childrens' centre.

The appointment only clinic at Queens Avenue on Wednesdays 10.00-12.00 will continue.

To contact Mellstock Health Visiting Team please ring 01305 217044 or 217056.

STAFF NEWS

Dr Charlotte Higgins completed her Registrar training in September 2011 and continues in a locum capacity for Dr Elizabeth Mew until the end of the year. Dr Madeline Phillips will commence as our new Partner in January 2012.

We are delighted to welcome Dr Malaika Hilhorst as our next GP Registrar who will be with us from August 2011 to August 2012.

We are delighted to welcome Sue Criswick to our Practice Nurse team. Sue is an experienced nurse who lives locally and complements our excellent nurses, Sharon and Linda.

There have been a few changes within the District Nurse team. Anne Buck retired in June and Anna Chainey moved to a new position as a Diabetic Nurse in September. We welcome Jodie Chainey who replaced Anne as Healthcare Assistant in the District Nurse team.

Our physiotherapists operate on an 8 month rotation and we welcome Will Deamer as our next physio.

DORCHESTER NEIGHBOURCAR



The scheme has been introduced to enable members of the community who have a disability or are infirm to travel to their health related appointments in an affordable way. You may be able to use the scheme if you do not have access to or are unable to use public transport and have no other means of transport.

Passengers using the service will be asked to contribute towards the volunteer driver's petrol and car running costs. There is also a small annual membership fee of £5 to help with administration costs.

If you would like further information about this scheme please contact Joan Hutson on 01305 269330.

DORCHESTER BEFRIENDING SCHEME (DBS)

Previously known as the Friends of the Practice, the DBS has been set-up to help people stay at home and maintain their independence by helping with shopping and errands, accompanied walks or trips out, pushing a wheelchair, playing board games, family support, dog walking, sitting to help a carer, reading to someone, helping with correspondence.

If you would like more information or to find out more about volunteering, contact the co-ordinator on 07795 645162.