



SPRING/SUMMER NEWSLETTER 2012

QUEENS AVENUE SURGERY

Waiting Room Refurbishment

We are currently undertaking a period of refurbishment in our two waiting rooms and apologise for any inconvenience during this time.

The seats in the downstairs waiting room have been recovered and additional arms have been added primarily to assist patients who may require extra leverage to get up from the seat. We would be very grateful if these seats could be made available to those who need them.

Charity Walk

May 2012

On 25 May, 25 walkers, including Dr Ling, will walk 50 miles for 25 hours around London in aid of Weldmar Hospicecare Trust and the National Osteoporosis Society.

They hope to raise £25,000.

If you would like to make a donation, please speak to one of our Receptionists.

Additional Public Holiday

This year includes an additional bank holiday day for the Queen's Diamond Jubilee which will create a 4 day weekend.

The surgery opening times are as follows:

Sat 2 June	-	8.30–12.00 (pre-booked appointments only)
Sun 3 June	-	Closed
Mon 4 June	-	Closed
Tue 5 June	-	Closed
Wed 6 June	-	8.30–6.30


The surgery will be very busy during this period. We would advise patients to plan well ahead and order your repeat prescriptions in good time. Please try and avoid phoning us for prescription requests directly after a bank holiday weekend unless it is urgent.

If you require medical care when the surgery is closed, telephone the Dorset Emergency Care Service on **0845 6001013**. Alternatively, the Weymouth walk-in centre at the Community Hospital in Melcombe Avenue is open 8.00am–8.00pm daily (Tel 01305 980000). Please only attend the A&E Department at Dorset County Hospital if you require urgent medical treatment.

Staff News

We are delighted to welcome Dr Madeline Phillips as our new part-time Partner, replacing Dr Elizabeth Mew. Dr Phillips started with us on 1 January this year. She qualified in 2002 from Sheffield University following which she worked in a number of different specialities before becoming a general practitioner.

She worked in Birmingham as a part-time partner in a busy inner city practice before relocating with her husband (Urologist) and their three boys to Dorset in December 2011.



Vitamin D - advice on supplements for at risk groups

The Chief Medical Officer recently confirmed the risk of Vitamin D deficiency in the following at-risk groups:

- All pregnant and breastfeeding women.
- Infants and young children under 5.
- Older people aged 65 and over.
- People who have low or no exposure to sun.
- People who have darker skin.

It is recommended that these at-risk groups should take a daily supplement of Vitamin D.

Who is eligible for free Vitamin D supplements?

Women and children from families who are eligible for the Government 'Healthy Start' scheme.

Women qualify for vitamins as part of the 'Health Start' from the 10th week of pregnancy or if they

have a child under four years old and if she or her family receive:

- Income Support, or
- Income-based Jobseeker's Allowance, or
- Income-related Employment and Support Allowance, or
- Child Tax Credit (but not Working Tax Credit) and has an annual income of £16,190 or less.

Women who are under 18 and pregnant also qualify, even if they do not get any of the above benefits.

Further information can be found at www.healthystart.nhs.uk

For patients who are not eligible for free supplements, please ask your pharmacist for advice.

Prescribing Spend

We spend in excess of £1 million on drugs each year and this is an average amount for a surgery of our size. Thousands of £s are wasted every year in the NHS on medicines that are unused. You can help us to reduce our spend by:

- Checking what medicines you still have at home before ordering.
- Thinking carefully before ticking off all the boxes on your repeat prescription forms and only tick those you really need.
- If a pharmacy order on your behalf, please make sure they are aware of any changes to your medication.



On-line prescription ordering

Prescriptions can be ordered on-line via our website at www.queensavenue.co.uk

To access this service please obtain a registration form from reception. For security reasons these details can only be given to you in person and you will be required to provide a form of photo identity (passport or photo driving licence).

Once registered, the on-line ordering is easy to use and

offers a secure and efficient service. It also helps to avoid additional trips to the surgery or trying to get through on the phone.

For these reasons we are keen that as many patients as possible use this service.