

NEWSLETTER

AUTUMN/WINTER 2017



September 2017

FLU VACCINATIONS

**Clinics on
Saturday 30 September and 7 October**

Book your appointment now

If you are aged 65 or over or suffer from a chronic condition such as asthma, diabetes, kidney disease or coronary heart disease you are strongly advised to have a flu vaccination.

CHILDHOOD FLU VACCINATIONS

Children who are aged 2 and 3 years old on the 31 August are invited to have a flu vaccine. The vaccine will be administered by nasal spray. Children aged 4—8 years will be vaccinated in school.

SHINGLES VACCINATION

If you are aged 70 or born after 1 September 1942 and previously missed the vaccine, you are eligible to receive a shingles vaccination. If you are aged 78 or 79 you should have the vaccine before your 80th birthday. We normally administer this at the same time as your flu vaccination but it can be given at any time and is a one-off vaccine. Other age groups will be introduced in the future to ensure all people aged 70-79 are offered the vaccine. We are not permitted to vaccinate patients outside the current cohort due to limited supply of the vaccine.

WELCOME

We would like to welcome Dr Robin Birnie who will be with us for a few months from August as our GP Registrar.

Dr Sarah Kay joins us in September on a Monday and Friday, replacing Dr Law as our GP responsible for our Care Home patients.

30 YEARS' SERVICE

Jane Rawe was employed by the surgery in June 1987 as a qualified psychologist to offer a counselling service to our patients. In more recent years she transferred to the Steps to Well Being service but still works from Queens Avenue Surgery. She was presented with flowers and prosecco to mark the occasion.

REMINDER SERVICE AND MOBILE PHONES

Are you aware of our appointment reminder service? This will send a text to your mobile phone to remind you of future booked appointments and we will contact you when it is time to make an appointment eg for your flu vaccination.

To enable us to offer this service we need to have your mobile phone number.

We also need to be informed when your mobile number changes.

Please see a receptionist to give us your details or to check that the number we currently hold is correct.



CARER'S CREAM TEA

Another successful Carer's Cream Tea was held during Dementia Awareness week in May run by our Carer's Lead, Gill. Along with useful information, the carers were treated to Gill's homemade scones, a treat not to be missed! If you care for someone but have not informed us, please speak to one of our receptionists. If you require further information and support you can book an appointment with Gill who holds a fortnightly carer's clinic .



TEAM EVENTS

The GPs and staff have formed a running and cycling club in an effort to keep fit. We have also entered various events to motivate us!

Tough Mudder

Doctors and nurses from the surgery will be completing the Tough Mudder challenge in August for the 2nd year running.

Dorchester Half Marathon

In May four of our doctors, Dr Ling, Dr Lewis, Dr Glover and Dr Stubbs, ran the inaugural Dorchester Half Marathon.

We encourage our patients to keep fit and healthy. Why not join an activity club? And it doesn't have to involve mud and obstacles, it can be as simple as stretching exercises.



EMERGENCY ACCESS TO YOUR MEDICAL RECORD

If you require urgent care, the hospital and Out of Hours service can only access basic information without your consent. If you are incapacitated they will not have access to important information.

Tell your GP or inform a receptionist if you would like to consent to sharing additional information with other healthcare professionals (see below). We can amend your record to enable this. Only the healthcare professionals responsible for your care will have access and all access can be audited.

The additional information includes:

- Reasons for medication
- Significant medical history (past and present)
- Anticipatory care information
- Communication preferences
- End of Life Care information and Immunisations.

Information that is not shared:

- Fertility Treatments
- Sexually Transmitted Infections
- Termination of pregnancy
- Gender re-assignment