

NEWSLETTER AUTUMN/WINTER 2019



August 2019

FLU VACCINATIONS

SATURDAY CLINICS BOOKING NOW

FLU VACCINATIONS

If you are aged 65 or over or suffer from a chronic condition such as asthma, diabetes, kidney disease or coronary heart disease or if you have a weak immune system (HIV/cancer treatment) you are strongly advised to have a flu vaccination. You may also be eligible if you are a full-time carer for a relative or are in receipt of a carer's allowance.

There is a delay with the vaccine for patients who have a chronic condition but are aged under 65. This will be available from October onwards.

SHINGLES VACCINATION

You may be eligible for a shingles vaccination if you are aged between 70-79. You are not eligible if you are aged 80 or have previously been vaccinated. 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. We will be inviting eligible patients to make an appointment.

CHILDHOOD FLU VACCINATIONS

Children who are aged 2 and 3 years old on the 31 August are invited to have a flu vaccine. This vaccine will be available from October. The vaccine will be administered by nasal spray. Children aged 4—10 years will be vaccinated in school.

OBTAINING RESULTS

Please ensure you contact us to find out the results of any tests taken at the surgery. We will not routinely contact you unless it is clinically urgent. Most routine test results will be back within 2-3 days.

ANNUAL GP PATIENT SURVEY

The results of the most recent patient survey were featured in the Dorset Echo on 3 August and the full results can be found at www.gp-patient.co.uk.

We are delighted to be rated in the top 5 of GP practices in Dorset with a 98% patient satisfaction rating. Thank you to everyone who took the time to complete the survey.

ARE YOU A CARER?

With the retirement of our carer's lead Gill, our Senior Practice Administrator, Nichola, has taken on the role and will be supported temporarily by Lizzie Adams, Carers Engagement Facilitator for GP Practices.

Lizzie will be holding clinics at the surgery on Thursday 26 September and 31 October. If you are a carer and need any advice or guidance, please see reception to book a face-to-face or telephone appointment.

Directory of Services

The Dorchester Health and Wellbeing Directory has recently been created to give details of local organisations that can offer support to carers. A leaflet listing what is available with contact details can be found in the carer's packs in our waiting rooms and in the carer's section of our website. Please feel free to take a leaflet.

TEAM EVENTS

The GPs and staff continue with their running club, and enter various events to keep them fit and motivated.

Why not join an activity club? Research shows that physical activity has great health benefits.

Tough Mudder

A team from the surgery completed the Tough Mudder challenge in August for the 4th year running.



CHILDHOOD OBESITY

As local practices we work together on certain initiatives to improve the health of our patients.

We are currently working with Public Health and local schools with a focus on childhood obesity. Local GPs will be attending school assemblies to talk to the children about clubs and activities which will help them stay healthy and to offer general health and wellbeing advice.

As parents, you can help us by encouraging your child to eat healthily and to exercise regularly. The best way to do this is to be a good role model and make it a family affair!

Obesity increases the risk of diabetes and there has been a steady increase in newly diagnosed cases in children.

The effects of obesity are putting a huge strain on the healthcare system. If we want our NHS to continue we need to make changes and act now.

WELCOME

Welcome to Dr Hunfa Irfan who will be with us until December 2020 as our GP Registrar. We also welcome Jodie Philpott who is our newest Healthcare Assistant and Samantha Andrews who joined our reception team in July.

COMPLETE THE CYCLE

Protecting our environment and safeguarding our future, one inhaler at a time.

73 million inhalers are prescribed every year in the UK. Complete the Cycle is a recycling and recovery scheme for inhalers, supported by the following participating pharmacists:

Tesco, Superdrug and Boots

Hand your empty, out of date or unused inhalers to the pharmacy. The inhalers are collected as part of routine deliveries and are taken to be sorted for recycling or recovery.

NHS ACCESSIBLE INFORMATION STANDARD

We are required to meet certain standards which support the communication needs of our patients who have a disability, impairment or sensory loss.

One of our Patient Group members has a hearing impairment and recently he met with us to review our compliance with this standard.

We agreed to:

- Move our hearing loop onto our confidential counter where the acoustics are better. If you have a hearing impairment our receptionist will move to this desk for you.
- Ensure that patients with a communication need have this flagged on their medical record. Please inform us if we need to update your record.
- Inform patients that we have access to an interpreter and translation service. Please let us know if you require this service.
- Make sure patients are kept informed by signing up to receive our newsletter.