

# QUEENS AVENUE SURGERY

## SPRING/SUMMER NEWSLETTER 2018



### NEW CLINICAL SYSTEM

Thursday 17 May

In order for us to work more closely with the hospitals, ambulance staff and other healthcare providers, Dorset Clinical Commissioning Group are encouraging all GP practices to move to a single clinical system called SystemOne.

We will be changing our clinical computer system on the 17th May 2018. As we are sure you will appreciate this is a huge undertaking and will involve a lot of planning, training and time to implement the new system.

Please pick up a leaflet from reception or see the news section of our website for further information on ordering prescriptions, appointment restrictions and changes to our online system.

**Please expect disruption from 10th May for a few weeks.**

### Queens Avenue Allotment

Over the past few years the doctors and staff of Queens Avenue Surgery have formed a cycling and running club, attend weekly team yoga sessions and participated in the inaugural Dorchester marathon and two Tough Mudder challenges. We hope this will encourage our patients to be more active and help them improve their health and well being through exercise and social interaction.

Family doctors are being urged to take up 'social prescribing' after research found it cut GP visits and trips to A&E by more than a quarter. This was supported in a Daily Telegraph article on Boxing day, urging doctors to prescribe pastimes, not pills.

Last summer, Ken Lambert who is a member of the Queens Avenue Surgery Patient Participation Group, proposed a gardening scheme for the benefit of our patients. Dorchester Town Council kindly donated an allotment on Herringston Road in Dorchester and Ken has secured support from local businesses who have offered to cover the costs of the project in the first year.

Participants in the project do not require gardening knowledge as Ken will be on hand to co-ordinate the running of the allotment and to offer his support and advice. The surgery are keen for any of its registered patients who feel that they would benefit from being involved in this project to contact Tracy Bowden, Practice Manager, on 01305 751335.

## IMPROVING ACCESS TO GENERAL PRACTICE SERVICES

A new service has started in the Dorchester area for patients who do not find it convenient to get to their GP Surgery during normal opening hours. Clinics are being held on Saturdays at Dorset County Hospital and Weymouth Walk-in Centre and are staffed by local GPs, Nurse Practitioners, and Practice Nurses. These appointments are only accessible a few days prior to the date and cannot be booked more than 4-5 days in advance.

This service is called 'Improved Access to General Practice' and can be booked through your normal practice. This will be offered as an alternative if you are finding it difficult to make an appointment with us.

## WE WELCOME.....

**Dr Robin Birnie....** We are delighted to welcome Dr Birnie who joined as our newest Partner on 1st February. He qualified from St. George's Medical School, London in 2011. The sea air pulled him to the South Coast where he worked in different specialities before deciding to become a GP. During his training he spent time working in Belize and New Zealand. This was both challenging and rewarding, helping him to develop the skills required to qualify as a GP in 2017.

**Dr Charlotte Higgins** returned to Queens Avenue in February as a Salaried GP after previously completing her Registrar year here and working as a GP Locum. We are very pleased that she is now working here permanently.

**Dr Salam Musa** is our latest GP Registrar for 6 months until August. He is a qualified doctor completing his final year training as a GP.

## DON'T FEAR THE SMEAR!

Cervical screening is recommended 3-5 yearly for all women aged 25-64 years old. Many women who develop cervical cancer did not attend regularly for their cervical smear. The test is a simple one which should not cause embarrassment or anxiety and should not be uncomfortable.

If you are due for a smear test but have concerns which may prevent you from attending, please contact one of our nurses who will be happy to discuss your concerns with you.

## MILE MAP

To encourage our patients to be fit and active, we have provided two walking routes from the surgery. The suggested routes can be found on our mile map located on the wall in our ground floor waiting room and on an A4 handout from reception.

Our Patient Participation Group are currently working on providing two alternative routes which are wheelchair accessible.

## FOODBANK

As an alternative to sending staff Christmas cards, the staff decided to contribute non-perishable goods/food to the Dorchester Foodbank in December last year. We did this by arranging a Reverse Advent Calendar with numbered boxes for the days leading up to Christmas. Each staff member was allocated a day in December to contribute to and the proceeds of our collection were handed to the foodbank at the Dorford Centre in Dorchester. Contributions are gratefully accepted by the Foodbank at any time of the year. If you would like to donate please go to [www.dorchesterbc.org.uk](http://www.dorchesterbc.org.uk). Further details can be found in the About Us section.