



GP Suite
Cannock Chase Hospital
Cannock
WS11 5XY
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NewsLetter

Autumn 2017: Edition 5

LAUNCH OF MENTAL WELLBEING CLINICS AT DR RASIB & PARTNERS

Chat Clinic

Would you like information on support services, getting advice and guidance?

we need to talk about
mental
health

Book your
appointment
with our
Recovery
Liaison Officer
Belinda
Wood

Every week at the GP Suite Book online or at reception

Dementia Friendly Practice

DAA Dementia
Action Alliance

We are pleased to announce on officially becoming Dementia Friendly Practice. This is a fantastic achievement we are one of the only 2 practices within the Cannock Chase CCG to become a Dementia Friendly Practice. You will notice the above logo displayed on various practice documents to highlight the practice is part of the Dementia Action Alliance

In support of
Leading the fight
against dementia

Alzheimer's Society

DRasib & PARTNERS

Live Well
Community
Cafe

Memory Walk

Join us for the Alzheimer's Memory Walk

Where

Mill Green Nature Reserve, Lichfield Road,
Cannock, WS11 8EE
(Meet at the entrance)

When

Friday 1st September at 1pm

Join us for a gentle leisurely stroll around the beautiful Cannock Chase countryside to support the fight against Dementia.

If you would like to take part please fill out a memory walk form (at reception) or call 01543 501212

Wheelchair and walking stick friendly

Dogs welcome

Children welcome



Are you a Carer?

Would you like information on support services, getting advice and guidance?



Book your appointment with our **Community Liaison Worker**

Every month at the GP Suite
Book online or at reception

Do you look after someone or does someone look after you? Evidence shows that if a carer becomes ill, the likelihood is that the patient cared for is affected in some way. Please ask the reception for a Carers Form so that we can record your details. Carers registered at the practice will be invited to attend Carers Review appointments. Please also book into our Carers Clinics for further support, advice and guidance with our Community Liaison Worker from CASS The Carers Association!



Flu (also known as influenza) is a highly infectious illness caused by the flu virus. It spreads rapidly through small droplets coughed or sneezed into the air by an infected person.

SEASONAL FLU

For most people, flu is unpleasant but not serious. You will usually recover within a week. Studies have shown that flu vaccines provide effective protection against the flu, although protection may not be complete and may vary between people. Protection from the vaccine gradually decreases and flu strains change over time. Therefore, new vaccines are made each year and people at risk of flu are encouraged to be vaccinated every year.

Who should have the flu jab?

The injected flu vaccine is offered free of charge on the NHS to people who are at risk. You are eligible to receive a free u jab if you:

- Are 65 years of age or over
- Are pregnant
- Have certain medical conditions
- Are very overweight
- Are living in a long-stay residential care home or other long-stay care facility
- Receive a carer's allowance, or you are the main carer for an elderly or disabled person
- Are a healthcare worker with direct patient contact, or a social care worker



APPOINTMENT SITUATION

Demand for appointments has escalated to an unprecedented high level. So please help me to help you by sharing the reason for your call with the reception team. This will avoid you from having to call back again and again for an appointment. If you share the reasons then you will be guaranteed treatment on the same day!

Pharmacist Practitioner

Dave is a qualified pharmacist prescriber. This means that the practice is able to offer patients more options and availability to see a practitioner other than a GP. Dave is able to see patients for a variety of ailments and assist them in treatment options, provide healthcare advice and even refer to specialists.

PATIENT QUESTIONNAIRES

These will be taking place from September, Please do get involved and let us know of where we are doing well, where we need to improve and let us know any suggestions which you may have.

PATIENT BUDDY SCHEME

We are welcoming more patients to join the scheme. You shall be well supported and also be giving support to a needy patient.

Please ask at reception for further details and an application form

LEAFLET REQUIRED IN A DIFFERENT FORMAT?

If you require this leaflet in any other format then please do not hesitate to speak to a member of the team.

PATIENT COMMENTS/SUGGESTIONS



If you have any comments or suggestions about this newsletter or indeed any aspect of the service that Dr Rasib & Partners provides, please feel free to contact the Managing Partner, Sam Rasib on 01543 576660 or in writing to GP Suite, Cannock Chase Hospital, Brunswick Road, WS11 5XY

Emergency & OOH Cover

EMERGENCIES

In the event of a serious problem, such as chest pain or collapse, call 999 immediately.

OUT-OF-HOURS COVER

Medical advice is always available for emergencies at night, weekends and all bank holidays.

NHS 111

For urgent & non-urgent advice call 111.

You can also ring 01543 576660

Where the recorded message will give you the number for the Out-of-Hours service

STOP PRESS!

DO NOT FORGET THAT WE OFFER TELEPHONE CONSULTATIONS

Thursday evenings 6.30-7.30pm

