

**Winter Newsletter 2015**

*@TMCFrancesSt*

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**Welcome to our Winter Newsletter**

**Flu Clinics 2015/2016**

The Surgery is still taking bookings for annual flu jabs. Flu vaccines will be available till the end of March. We recommend all patients over 65 anyone with a chronic disease e.g. diabetes, COPD, heart disease has a flu jab. Asthmatics are also entitled if a steroid inhaler forms part of their treatment plan. Please ring for an appointment or book on-line. If you have an appointment at the surgery you can have your flu jab whilst in the surgery - please remind us before you leave! Please ask at reception if you are unsure.

**Over usage of Antibiotics**

There is new guidance as how we should be using antibiotics; this is from NICE (National Institute for Health and Care Excellence). The main points are:

* Antibiotics such as penicillin, only work on bacterial infections and are useless to treat viruses
* Virus infections are far more common and 9 out of 10 sore throats, colds etc. are caused by them and don’t need any treatment other than fluids and Paracetamol or ibuprofen.

To meet this guidance we may ask you to come to the surgery to be examined to see if antibiotic is really needed.

**Cough and cold advice during winter**

**T**here is no cure for the common cold and antibiotics have no effect on viruses, but you can treat the symptoms with some practical self-help measures and over the counter medicines. Your local Pharmacist has been trained to advise you on what is best for you. “Catch it and bin it”. Wash hands regularly with soap and water and keep surfaces clean.

**Whooping Cough**

**Whooping Cough Vaccinations are offered to Pregnant Patients who are 28 - 38 weeks pregnant.**

Those Pregnant patients, who are within this stage of pregnancy, please ask a receptionist to book you in for an appointment.

**Free NHS Health Checks**

NHS Health Checks are being offered to people aged between 40 and 74 once every five years who have no noted long term conditions.

The check is to assess your risk of developing diabetes, heart disease, kidney disease, stroke and dementia. If there are any warning signs, then together we can do something about it. Eligible patients will receive an invitation to book an appointment.

 **Staff training dates**

 The Medical Centre is closed for staff training from 12.00 pm on the following dates:

* **Wed 27Th Jan 2016**
* **Wed 24th Feb 2016**
* **Wed 9th March 2016**
* **Wed 30th March 2016**
* **Wed 13th April 2016**

Please remember to collect prescriptions before 12pm.

**To access a doctor in an emergency please telephone and listen to message:**

****01302 349431

**Choose Well**

There are many different ‘Choose well’ ways that you can help yourself get the right kind of care:

* **Self-Care** – look after yourself at home with a well-stocked medicine cabinet
* **Pharmacist** – for expert advice on common illnesses and the best medicines to treat them
* **GP (doctor)** – for illnesses that just won’t go away, arrange to see your doctor
* **A&E or 999** – only if you need very urgent medical attention

**Always pick the care you need**

**An early gift, ‘Choose Well Doncaster’ hits the AppStore**

Choose Well Doncaster is now available on the App Store as a free download and is currently only available on the iPhone; with a few finger-prods and thumb swipes, you can get information and directions to your local pharmacy, GP, surgery, dentist, sexual health clinic, minor injuries unit or A&E.

Refreshed in time for winter; the app now includes a notes and reminder function to alert the user of any upcoming health appointments, keeping your health information in one, handy, pocket-sized place. Download now.

**DNA (did not attend)**

In the last 3 months we have had a total of 609 DNA (did not attend) appointments which are shown below:

* September – 238
* October – 267
* November – 252

**Repeated DNA (did not attend) offenders may be removed from the Practice list.**

To cancel appointments please call:

01302 349431

**Cancellation of appointments**

Over the last few months, there has been a considerable increase in the number of appointments being cancelled at short notice which we are then unable to offer to other patients.

**Please make every effort to attend to all appointments made.**

If you do need to cancel an appointment please give at least 24 hours’ notice. Please also remember that if you cancel an appointment it may not be possible to offer you an alternative appointment on the same day.

**Choose Well Your Patient Participation Group needs you**

Our next patient participation group will be on 14th January 2015 at 1.30pm. Tony (pharmacist) from Weldricks Pharmacy will be coming in to discuss minor ailments scheme.

 The rest of the dates and topics are as shown below:

* 25th February 2016 – Lucy from Age UK
* 14th April 2016 – Deborah from Doncaster Crisis Outreach Service
* 26th May – Mary Fiori from Community Urology and Bowel Service

**Merry Christmas and have a Happy New Year**