

EMSWORTH SURGERY WINTER QUACK 2017



New Staff

We are delighted to announce that Dr William Denby, who was with us for 18 months as a GP Registrar is returning to join us as a Partner in March 2018. Some of you will remember him and we have already had patients asking to register with him on his return! Dr Denby will be in addition to the existing Practice team to try to address the rising workload. If you have previously seen Dr Denby and would like to transfer to him when he arrives in March then please put a request in writing to Helen Dodds.

Repeat Prescriptions

Please could you help us by allowing plenty of time to order your repeat prescriptions before the Christmas and New Year break. You can order them up to 2 weeks ahead and this will avoid us getting hundreds of requests through a few days before Christmas. Thank you.

Urgent on the Day Appointments

If you feel you need an urgent same day appointment or visit it is more likely that your own GP may be able to phone you back if you ring in as early in the day as possible or if your GP is not available the duty doctor will phone you. The earlier in the day that you phone really helps us to be able to organise the day more efficiently and cope with demand. The phone lines open at 8am. Thank you.

Proposed New Surgery

The project to find larger premises is ongoing. The next steps are with NHS England who will decide if the project is affordable. The Practice is in continuous communication with NHS England and the Clinical Commissioning Group progressing the matter. We hope to have clarification early in the New Year. Fingers crossed.

Many thanks to all of you who took the time to complete the survey regarding the proposed new surgery. We had well over 1,000 survey responses and many of you have emailed or written to us with comments and helpful suggestions so thank you. The surveys and all responses have been sent to Hampshire Healthwatch who are independently analysing them and the results will be sent out to all PPG members and all patients we hold email addresses for in addition to being made publicly available in both surgeries and on the website. We hope to receive the results in the next few weeks.

Elf Day – Friday 8th December 2017 !

As Emsworth Surgery is a Dementia Friendly Practice we thought it would be nice to take part in Elf Day which is being run nationally to raise money for the Alzheimer's Society on Friday 8th December. Most of the Practice Team will be sporting elf hats and mince pies will be given out in return for a donation. Staff and members of the PPG are organising a tombola with some fantastic prizes which have so kindly been donated by many of the local businesses in Emsworth. We really cannot thank those businesses enough. Children from Southbourne School will be coming to sing Christmas carols outside the surgery too – weather permitting! We do hope that you will come and join in for a very worthy cause.

News from the Patient Participation Group

The committee members have been busy this Autumn marshalling at the annual flu clinics. At the first clinic some 960 patients attended!

The luncheon club continues to entertain those patients who may feel lonely or isolated once a month. All really enjoy it.

On Friday 8th December we are going to dress up as Elves on Dementia day to raise money for the Alzheimer's Society.

I have been involved in a number of meetings regarding the new surgery project, listening to patients concerns and passing them to the surgery and explaining to them the views and progress of the new project from the surgery Partners point of view. I wish all of our patients and surgery staff a very happy Christmas. Jim Strudwick, Chairman, PPG

Annual Chronic Disease Reviews

Many of you will have a chronic disease (heart disease, high blood pressure, diabetes, stroke, asthma, COPD, rheumatoid arthritis, certain mental health problems) that requires an annual review.

Much time and expense is used up in recalling patients for these reviews which we feel is wasteful and inefficient. We are obliged by the Department of Health to invite patients 3 times. Could we kindly ask therefore that people arrange appointments themselves, before the need for a written reminder.

The NHS year runs from April to March effectively, so, if we could ask that patients attend in the months from April to November that then leaves us with 4 months to attend to any outstanding issues.

If you are in any doubt as to what you need to do, please ask to speak to Helen Dodds or Rosie Lunn who will advise re blood tests, whether you need to see the Dr or nurse etc.

That said and in line with current recommendation, it is also worth saying that we will no longer need to undertake so many bloods tests (especially for cholesterol). Again the staff will advise.

Thank you in advance for your cooperation.

Flu Vaccinations

We still have flu vaccines available for any of you who are in the 'at risk' categories as below. Please book an appointment at reception if you have not yet had one. This year we have a quadrivalent flu vaccine rather than the trivalent vaccine which we have had in previous years. This means the vaccine this year protects you against 4 strains of the virus rather than 3 and this vaccine is not available everywhere.

It takes 2 weeks to develop a full antibody response to the flu vaccine and it protects you for 6 months so the best time to get vaccinated is in October and it should cover you ALL winter. In the run up to Christmas we all spend a lot of time with friends family and in crowded areas, ie. shopping, parties, family events etc. so make sure you are protected against flu.

You are eligible to receive a free flu jab if you:

- are 65 years of age or over
- are pregnant
- are very overweight
- have certain medical conditions: Any chronic long-term diseases (eg heart, lung, neurological, cancer) or anything that impairs your immunity (eg. medication such as steroids, chemotherapy)
- 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 whose welfare may be at risk if you fall ill
- are a healthcare worker with direct patient contact, or a social care worker

Children eligible for vaccination in accordance with national recommendations for 2017/18:

- Those aged two and three years old on 31 August 2017 (but not four years) are eligible for vaccination in General Practice
- Children in reception class and school years 1, 2, 3 and 4 (those aged 4-8 on 31 August 2017) are eligible for flu vaccination in school
- **At-risk children** include those who have a long-term health conditions such as asthma and other respiratory diseases, liver, kidney and neurological conditions including learning disabilities, even if well managed.

