

The Meadowhead



Group Practice

Newsletter August 2014

Dear Patients

Firstly it is with sadness that we have to announce that Dr Janet Hall left the Practice at the end of July 2014. Dr Hall has been a Partner at the Practice since 1998 and has contributed greatly to building the Practice to what it is today and she will be greatly missed. We would however, like to wish her every success and happiness in her new venture.

We would like to welcome back Dr James Gray to the Practice. Dr Gray returned as a Partner in May 2014 after being Medical Director of East Midlands Ambulance Service. He brings with him a wealth of experience in Management and Emergency care and will be a great asset to the Practice.

We are very pleased to announce that Dr Lucy Cox gave birth to a baby boy, George on 3rd July. Dr Cox will return to the Practice in January 2015 as a regular Salaried GP.

Dr Caroline Barclay will finish her training at the beginning of August and will continue to work at the Practice until the end of December 2014 as a Salaried GP. We are very happy that Dr Barclay will be staying with us a little while longer.

GP Registrars

We would like to welcome Dr Pallavi Kasaraneni to the Practice. Dr Kasaraneni is a part time GP Registrar and will be with us for 2 years.

We would also like to welcome Dr Sophie Rawlings, our new GP Registrar who joined us on 6th August 2014 for 1 year.

FLU Season

Flu Saturday this year will be held on 11th October from 08:00 am onwards at both sites. If you are eligible, please book now through Reception or online. We will also be holding clinics both before and after this date.

Healthy Childrens Flu Vaccination

This year healthy children aged 2, 3 and 4 years will be offered the flu vaccination. That is, children with a date of birth on or after 2nd September 2009 and on or before 1st September 2012. This will be in the form of a safe and effective nasal spray vaccine which is easy to give and painless. All eligible patients will receive an invite in due course. Visit www.nhs.uk/child-flu for more information. Please note the Healthy Children's Flu vaccination will not be given on Saturday 11th October but the Practice will hold special clinics.

Shingles Vaccination

The national shingles immunisation programme has been introduced by the Department of Health to help protect those most at risk from shingles and its complications. The shingles vaccine is recommended for 70-79 year olds; however as the vaccination programme will be phased in over the next few years not everyone will be eligible for the vaccine this year. For more information about shingles, treatment and shingles vaccination visit NHS choices at www.nhs.uk/conditions/shingles/pages/introduction.aspx or visit www.shinglesaware.co.uk

In summary, the national vaccination programmes for this year and next are:

- 2013/14

Zostavax offered to those aged 70 and 79 years on 1 September 2013, until 31 August 2014

- 2014/15

Zostavax offered to those aged 70, 78 and 79 years on 1 September 2014, until 31 August 2015.

All eligible patients will be sent a letter in due course.

Nurse Reviews

Continuing to build on the successful implementation of the Nursing Team carrying out Hypertension Reviews, as of August 2014 the Nurses will now be undertaking the majority of Diabetic Reviews. Please note all Annual Medication Reviews are to be carried out in your birth month. You may receive a text or telephone call to remind you.

Tramadol

Following legal changes to the prescribing of Tramadol, we have made some adjustments to the way we prescribe. Tramadol (or any of its brand names) will no longer be on your repeat prescription and you will need to order this separately each month when you require a further supply. As Tramadol is now a controlled drug please allow longer for the Practice to process your request (one week) and be aware that when collecting your prescription you will now need to sign for it at reception.

If you are currently on the Repeat Dispensing scheme the prescriptions with your pharmacy will no longer be valid. All other items can remain on the Repeat Dispensing scheme but from now on you will need to order Tramadol directly from the Practice when required.

NHS Choices

We would like hear your views about the service you received recently from the surgery. Please leave a comment on our NHS Choices site at www.nhs.uk and enter our postcode S8 7RL. Thankyou!

Practice Website

The Practice Website enables our patients to book their appointments online and also order your prescriptions on our new integrated Clinical System. The Practice Website www.meadowheadgrouppractice.co.uk is updated on a regular basis and patients will find lots of useful information for example dates of when we are closed for training. Please take a look and you can also use the NHS Choices link to give feedback about the Practice.

SystmOnline

Please note there is now an 'app' for Systmonline which can be downloaded onto your mobile phone which allows you to book your appointment on line and request your prescription.

NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

You should use the NHS 111 service if you urgently need medical help or advice but it's not a life-threatening situation.

Call 111 if:

- **you need medical help fast but it's not a 999 emergency**
- **you think you need to go to A&E or need another NHS urgent care service**
- **you don't know who to call or you don't have a GP to call**
- **you need health information or reassurance about what to do next**

For less urgent health needs, contact your GP or local pharmacist in the usual way.

For immediate, life-threatening emergencies, continue to call 999.

For less urgent health needs, contact [your GP](#) or [local pharmacist](#) in the usual way.