

# BEECHWOOD MEDICAL PRACTICE NEWSLETTER - WINTER 2018

[www.beechwoodmedicalpractice.co.uk](http://www.beechwoodmedicalpractice.co.uk)



## CHRISTMAS NEW YEAR CLOSING and REPEAT PRESCRIPTIONS

Please note that the practice will be closed as follows during the Christmas period: **Saturday 22, Sunday 23, Tuesday 25 and Wednesday 26 December 2018. Also, Tuesday 1 January 2019.** Please make sure you allow yourself at least two working days for processing of any repeat medication requests over this very busy period.

### Do you have asthma?

Do you measure your peak flows regularly?

Peak flows are one of the earliest indicators of a flare-up of asthma, showing up before any physical symptoms might. Therefore, keeping a continuous record of your peak flow readings can help you to recognise when your flow rate is decreasing, so that you can seek advice at the earliest opportunity.



All asthmatics are recommended to test their peak flows once a week, so please ask your GP or Practice Nurse to prescribe you a peak flow meter if you do not have one. Test at roughly the same time each week, and this can be before or after your inhalers, as long as this is the same each time. Bring your readings along to your annual asthma reviews. For further information, please visit [www.asthma.org.uk](http://www.asthma.org.uk)



Young carers are children and young people who look after someone in their family who has a disability, a long term illness, or is affected by mental ill health or substance misuse. Young carers may look after parents, a brother or sister, or another family member. While the average age of a young carer is 12 – and can be younger – they take on responsibilities normally only expected of an adult. Young

carers are known to face a number of issues affecting school and social lives, often missing out on support, opportunities and fun that other young people take for granted. Caring has been shown to have a significant impact on the mental and physical health of children and young people.

Carers Support Centre provides specialist support for children aged 8 – 18. This includes one-to-one and family support, carers' groups, activities for carers to take some time out, short breaks and training. If you or someone you know is a young carer, contact CarersLine on 0117 965 2200 or visit [www.carerssupportcentre.org.uk](http://www.carerssupportcentre.org.uk).

## Repeat Prescription Process Reminder

**To operate efficiently and safely we ask that patients give us a minimum of 48 working hours notice to process your repeat prescription request.**

We have found that we are having an increasing number of repeat prescription requests that patients deem to be urgent, i.e. where they expect that the request will be completed same day or immediately. We would like to remind all our patients of the repeat prescription process as we will be enforcing this process, unless there are exceptional circumstances.

### **Please plan ahead .....**

To avoid running out of your medication please ensure that you place your requests one week in advance of when they are due to run out. You can order repeat prescriptions by:

- Signing up to the online services
- Going to our website – [www.beechwoodmedicalpractice.co.uk](http://www.beechwoodmedicalpractice.co.uk) and clicking on the “Repeat Prescriptions” button and following the links
- By email – send to [brccg.beechwood-prescriptions@nhs.net](mailto:brccg.beechwood-prescriptions@nhs.net)
- By completing a request form and leaving it in one of our prescription request boxes
- By arranging for a pharmacy to order on your behalf

The **only** medications we will consider for issue as a priority (within 24 hrs) and only if there are exceptional circumstances are:-

- Insulin
- Inhalers
- Epilepsy Medication
- Parkinsons Medication
- Anticoagulants
- Heart Medication



Priority prescriptions will be sent electronically to your pharmacy or will be available for collection after 6pm the same day and must be requested at least 3 hours prior to collection.

**Please note:** No other medications will be treated as priority. This is a clinical decision made by the GPs and is to ensure safe prescribing. Unfortunately, the Receptionists will not be able to alter this decision.

All other prescription requests will be dealt with and either sent electronically to your pharmacy or be ready for collection within 48 working hours.

## TEAM NEWS



We are sad to say farewell to Shirley Knight who has been working for the practice for more than 26 years. Shirley has decided that the idea of retirement might be quite nice after all and she is looking forward to spending more time carrying out grandparent duties! Many of our patients will remember Shirley from her time on our front desk as a receptionist, although to be honest, there aren't many job titles she hasn't had in her time with us! We will miss her caring nature and mischievous sense of fun and wish her a very long, happy & healthy retirement.

We are also very pleased to welcome some new colleagues to the practice: Dr Heather James, F2 doctor who will be with us for four months, experiencing work as a doctor in a General Practice setting; Orsolya Horvath, Tia Carter-Clarke and Nita O'Connor are new recruits to our reception and admin teams. Please be supportive and patient with our new staff as there is quite a lot to learn!