



# Practice Newsletter

## Autumn 2016

### **Seasonal Flu Campaign**

*If you are aged 65 or over, are pregnant, you are a carer or you have a chronic health condition, you are eligible to attend the surgery for a seasonal flu vaccination. We are offering our patients a range of weekday and Saturday morning appointments throughout the autumn. Vaccines are already in stock. We strongly recommend that you have your vaccination if you are eligible to have one. However if you make the decision not to accept it please contact us to let us know so that someone else can be offered the vaccine and so that we do not continue to contact you to ask you to attend this year. If you are calling us to discuss the flu vaccine please try to call later in the day when the phones will be less busy. Also if you have made an appointment that you cannot then attend please*



*don't forget to call us to rebook. Each year we have significant numbers of*

*wasted appointments for flu vaccinations. A phone call on 0117 9082360 if you need to rebook or cancel would be greatly appreciated. If you have access to online services you can book a flu appointment online.*

*The vaccine will also be made available at the surgery to children aged 2, 3 & 4 years (birth dates 2.9.2011 – 1.9.2014). The vaccine will be given as a nasal spray. We will invite your child to attend if they fall into this targeted age range. As it will take longer to deliver the vaccine to a child we may not be able to offer this service at the Saturday morning clinics.*

*Children of appropriate age for school years one, two and three will have a service commissioned by NHS England, in schools across the South West*

*Private flu vaccines - If you want a vaccination but are not eligible for one at the practice you can ring 0845 468 2104 and GP Care will be able to advise you of other private providers who will give the vaccine locally. Alternatively some larger supermarket pharmacies and chemists will offer a private service for about £10-£15.*

### **NHS Health Checks**



*Even if you are feeling well, it's worth having a Health Check with the Practice Nurse. She can work with you to lower your chances of*

*developing health problems in the future such as heart disease, stroke, diabetes or kidney disease. These conditions can often be prevented, even if you have a history of them in your family. Your Health Check will take 20-30 minutes and will assess your risk of developing heart disease, type 2 diabetes, kidney disease and stroke. You will be asked simple questions, have some measurements taken (including your blood pressure) and have a blood test to check your cholesterol. After the Health Check, the Nurse will take you through your results and explain what they mean. You will be given personalised advice on lowering your risks and maintaining a healthy lifestyle. If you are 40-74 years of age and have not had a Health Check in the last 5 years, book in for a Health Check with the Nurse. By doing so, you will be better prepared for the future and be able to take steps to maintain or improve your health.*

## **WELCOME TO DR ROSIE CAMPBELL**

We are very pleased to welcome to the practice Dr Rosie Campbell, who will be spending her final year of GP training working with us from August 2016 until July 2017.



## **AND..... DR JONATHAN WORDSWORTH**



Dr Wordsworth will be working with us whilst Dr MacIntosh is on maternity leave. He will be here from August until the end of January 2017.

Dr Wordsworth has recently spent time working with our colleagues at Fishponds Family

Practice so he is already a familiar face in the Health Centre. We are delighted to have him working with us for six sessions each week.

Other changes at the practice include:

Dr Rachael Dodoo will be going on maternity leave in early September, her sessions will be covered by Dr Elizabeth Ormerod who will join us from 3<sup>rd</sup> October.

Practice Nurse, Lucy Shearer, had a baby boy in May and will be coming back to work in early 2017.

## **RAPID ACCESS TO PHYSIOTHERAPY PILOT**

We are currently piloting a service which offers our patients the opportunity to receive same day specialist advice from a physiotherapist about your sore muscles, joints or spine (musculoskeletal) rather than needing to see a GP first.

You are eligible for the service if you:

- Have developed a problem with your muscles, joints or spine in the last six weeks. This may be a flare up of a pre-existing condition, or a completely new problem.
- Have not already seen anyone about this.
- Are aged over 18.
- Are able to travel to an appointment if required.

For more information please pick up a leaflet in the waiting room or ask one of our receptionists.

## **PATIENT GROUP MEETINGS**

Our next patient group meeting will be held on Wednesday 7<sup>th</sup> September at 6pm at Fishponds Primary Care Centre. Any patient is welcome to just "drop in" to a meeting if they would like, or please give your details to the receptionists if you would like to be included on our official mailing list. We ask group members for feedback on practice services and proposed changes and also use the meetings as an educational and networking opportunity.

Our final meeting of the group for 2016 will be on Wednesday 7<sup>th</sup> December at 6pm.

## **MESSAGE IN A BOTTLE**

If the situation arises where emergency services have to visit you in your home, it is important for them to have quick access to vital information.

Message in a Bottle provides an easily identifiable source of medical information, which goes in your fridge door in the clearly identifiable container provided.



- Medical details - prescriptions, allergies, medical conditions, blood group etc.
- Details of your Doctor in care they need to be contacted.
- Emergency contact details.

If you would like a bottle for your own use please ask at reception.

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