

St.Andrew's Medical Centre

Newsletter No.11 – Jun 2014

Welcome to our quarterly newsletter.

Our Patient Participation Group (PPG) has contributed to the content.

Please email us with suggestions on future content.

If you don't wish to receive the newsletter in future please reply to this mail: *"please delete me from your newsletter list"*.

TEAM CHANGES

Dr Robson will be away from the Medical Centre over the next 2-3 months. Other Doctors will be pleased to assist you whilst she is away.

Christopher, one of our receptionists, has left us having been at SAMC for the past year learning the ropes as an apprentice. We wish him well on his next career path.

MISSED APPOINTMENTS – TARGET ZERO

It is still a problem for us – too many appointments are missed without us being advised. If you haven't already given us your **mobile number** so that we can send you automatic reminders of appointments, please email us by clicking standrews.mc@nhs.net and add your first and last name and your mobile number.

It makes a huge difference to our ability to provide services if we reduce the incidence of missed appointments.



FRIENDS OF SAMC & PPG



We have purchased a new **Spirometer** for the patients at SAMC which assesses lung function and is used in the diagnosis of asthma and monitoring of Chronic Obstructive Pulmonary Disease.

The next item we want to acquire is an **ECG machine** which is used to assess the heart's electrical conduction system which can detect structural damage such as heart attacks or assess rhythm problems called arrhythmias the most common one being atrial fibrillation which is a very common condition amongst our older patients.

We recently received two generous donation of over £800 in total and raised £200 from selling a surplus TV which had also been donated to us.

ASTHMATICS

Did you know that half the deaths related to asthma last year were related to patients not using their preventer medication? If you are asthmatic, make sure you attend your annual review; we will assess your inhaler technique and make sure you are on the correct medication.

For your review please download and complete an ASTHMA ANNUAL REVIEW.

<http://www.standrewsmc-southborough.nhs.uk/our-documents,43299.htm>

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DR. D's QUARTERLY MEMO

With Barbeque weather upon us, don't forget to monitor the amount of alcohol you may be consuming. Many bottles now have a helpful guide on them; take a look the next time you consume!

Remember guidelines recommend **at least 2 days alcohol-free a week.**

Remember to...

Don't Forget...

Very important...

SPONSORS

We are delighted to announce that we have 2 new sponsors:

REVIVE MOBILITY in High Brooms supplies refurbished and warranted mobility scooters. RM undertakes servicing and repairs and operates a call out and loan service if you are stranded within 10 miles of High Brooms.

SAPLINGS @ THE SPORTS CENTRE offers high quality childcare combining education and play for children aged from 3 months, and is based at the sports centre in St John's Road.

These 2 sponsors join our other sponsors **The Gallery, Hair & Beauty, Eye Concern, Day Lewis and New Dimension Gymnastics Academy.** We thank them all for their financial support which enables us to maintain the licences for our patient information screen, website and other communications.

For information and contacts click <http://www.standrewsmc-southborough.nhs.uk/useful-links,43293.htm>

MEDICAL CENTRE TRAINING AFTERNOONS

We are closed in the afternoon on June 19th from 1.00 pm for training. If you need to consult urgently with a Doctor please Call the Medical Centre, listen to the answer phone message to obtain the emergency number, or Phone 111.



CHANGE OF MEDICINES

There are times when we are advised to change your medicine to a more cost effective medication. This only occurs when previous consultations have occurred with specialists and pharmacists discussing latest evidence and guidelines. Please do not be alarmed if this happens to you. These changes are following guidelines and also try to save the NHS money in order to provide further services.

FREE ADULT SWIMMING LESSONS

In partnership with TW Borough Council we are delighted to be able to offer free adult swim lessons! The lessons are for adults who are on our GP referral scheme and/or receiving some form of benefit. The lessons will be part of a six week course and will have a maximum of 8 participants and the first group will commence on: Monday 2nd June to 7th July from 1130-1200.

There is a £10 admin fee payable in advance. To apply for these lessons please either leave your name and contact details with Reception or email stewart.wild@fusion-lifestyle.com

WASTED MEDICINES

Just a gentle reminder not to request more medication than you really need. We estimate that medicines ordered by SAMC patients but not used, cost the NHS at least £10,000 per year.

DR D ADVICE LEAFLET ON HAY FEVER

Are you suffering? For a little advice click here to download our leaflet <http://www.standrewsmc-southborough.nhs.uk/our-documents,43299.htm>

St. Andrew's Medical Centre communications supported by

THE GALLERY

DAY LEWIS

EYE CONCERN

NEW DIMENSION GYMNASTICS ACADEMY

REVIVE MOBILITY

SAPPLING@ THE SPORTS CENTRE