

St. Andrew's Medical Centre

Newsletter No.15 - Summer 2015

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"*.

'The Southborough Hub'

Over the last year or so much talk has been made of the 'Southborough Hub', a planned new build on the High Street with the potential to accommodate a mixture of services and amenities. Speculation has identified St. Andrew's Medical Centre as one possible occupant. However, it is very early days yet and if we were to consider such a move many stages of assessment would need to be carried out by NHS England.

We welcome the support of our Patient Participation Group (PPG) and will seek their views and those of our patients in due course, but at this present time we are not actively involved in a specific project.

Team changes

3 regular locums are supporting us whilst we continue our search for an additional GP partner.



MyDoctor@SAMC - reminder

Every patient at SAMC has their 'own doctor'. Always try and book to see your own doctor because he or she will be more familiar with your medical condition and needs and can more easily diagnose and treat a problem. Over time you can build up a real rapport with your doctor who also knows members of your family who are patients. Our website has a page called 'MyDoctor days' (in the **Appointments** menu) showing when your doctor holds a surgery. Here is what you will find:



	MON		TUE		WED		THU		FRI	
Dr Riley	AM		AM		AM	PM	AM	PM		
Dr Mason	AM	PM	AM		AM	PM			AM	PM
Dr Bruce	AM		AM	PM			AM		AM	PM
Dr Reshma	AM		AM	PM			AM	PM		
Dr Allwin	AM	PM			AM		AM		AM	

Missed appointments – Target Zero

Since the start of the year the amount of **money wasted** at SAMC for patients missing appointments was **too high**: **Doctors £8150 Nurses £3920 Clinic's £520**

To **CANCEL** you can **TEXT 07580 508867** at any time **24/7**.

Example: CANCEL Jo Smith Tue 6 July 11am.



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t: 01892 515455

f: 01892 514019

e: standrews.mc@nhs.net

www.standrewsmc-southborough.nhs.uk

PPG & Friends

The **coffee and social morning** on March 28th raised £444, thanks to Fiona and the team, and all of you who supported the event.



Total **funds raised** (to June 2015) from book sales, coffee mornings, donations and sponsorships have risen to **£11,197**. Thank you all.

Our **book stall** needs more **children's books** please.

Latest purchase: A 'state-of-the-art' **ECG machine** – see right. One key benefit is its portability which enables our clinicians to run home checks on patients rather than them having to go the hospital.

Next targets: paediatric emergency kit and a fixed surgery-based blood pressure checker.



Sponsorship

Special thanks to **Revive Mobility** (www.revivemobility.co.uk) who have renewed sponsorship of SAMC for a second year. RM based in High Brooms offers a large range of new and fully refurbished second-hand mobility scooters. You can have a trial period or a test drive in their car park. They have also donated a wheelchair for patients use at SAMC



Dr D on jetlag

Jet lag happens when a long-haul flight affects your body-clock as your journey takes you into, and across, different time zones.

This can lead to feelings of tiredness, waking in the night, altered hunger patterns and confusion, sometimes lasting several days. The sooner your body clock adjusts to your new location the sooner you can get back to normal routines and activities.

For tips on how to tackle jet lag check out our website **Forms & Leaflets section**.



Pharmacy advice

- Click **Pharmacies** (left menu on our website) to check when pharmacies in the area are **open on Sundays and Bank Holidays**
- You can get **good advice** from your local pharmacist without always needing to come to SAMC, particularly for minor ailments
- Please take part-used out-of-date medicines to your pharmacy for safe disposal
- We can all save the NHS a fortune if we buy standard remedies from the pharmacy, like aspirin, antihistamines, Paracetamol, Ibuprofen – and its often cheaper than by prescription



Medical Centre training afternoons

We are closed in the afternoon on September 15th 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.



Breast screening

NHS routine breast screening currently ceases at age 70. The NHS is conducting trials for those slightly younger than 50 and slightly older than 70 to assess the benefits. However, patients may nevertheless ask to be screened after age 70. The number to call is 01622 225766.

St. Andrew's Medical Centre communications supported by

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NEXT DIMENSION GYMNASTICS ACADEMY	REVIVE MOBILITY	ONWATCH