

St. Andrew's Medical Centre

Newsletter No.16 - Autumn 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".

Team changes

Welcome to **Helen Lavender** a new part-time practice nurse who joined us in the Summer and to **Dr Amy Rice** our new GP who joined us on October 1st.



MyDoctor@SAMC - reminder

Always try and book to see **your 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 family members if they are patients. See below showing your doctor's surgery days— also shown on our website: click, **Appointments** and then 'MyDoctor days'



from 1/10/2015	MON		TUE		WED		THU		FRI	
Dr Riley	AM		AM		AM	PM	AM			
Dr Mason	AM	PM	AM		AM				AM	
Dr Bruce	AM		AM				AM		AM	PM
Dr Reshma	AM				AM				AM	PM
Dr Allwin	AM				AM		AM		AM	
Dr Rice	AM	PM	AM	PM			AM	PM		

Missed appointments – Target Zero

Since the start of the year SAMC patients missing appointments has resulted in the waste of money: Doctors £3650 Nurses £1920 and clinics £280

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

Example: CANCEL Jo Smith Tue 6 July 11am.



Medical Centre training afternoons

We are closed in the afternoon on October 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.



Flu clinics (for those who are eligible)

October: Friday 16th am; Tuesday 20th am; Tuesday 27th pm; Friday 30th am

November: Tuesday 3rd pm; Thursday 5th pm; Tuesday 12th am; Tuesday 17th am



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www.standrewsmc-southborough.nhs.uk

PPG & Friends

The next coffee and social morning – a ‘celebration of Christmas’ - is planned for **Saturday November 28th**.



Total **funds raised** (to September 2015) from book sales, coffee mornings, donations and sponsorships have risen to **£11,585**. Thank you all. Our **book stall** especially continues to thrive; income at around £1000 a year makes a huge contribution to our efforts and the good folk of Southborough are better read than ever! Special thanks to Ann Norman. **Next target:** a fixed surgery-based blood pressure checker.

New systems for improved online services from November 12th

In order to be able to offer improved online services to patients for appointments, prescriptions and other services, we shall be upgrading to a new front-end to our website, and a new ‘back-office’ clinical system. Full details will follow.



Calling all men!!!

Do you have symptoms of?

- urinary frequency
- having to rush to the loo
- difficulty starting to urinate
- poor stream
- having to get up at night
- blood in your urine or semen

Don't accept this as ageing – if you've got any problem with your plumbing **PLEASE come and chat with your Doctor**

DON'T PUT IT OFF!

Download **Dr D's Advice leaflet on prostate** from our website: click left menu **Forms & Leaflets**.



'Sports drinks' sound healthy

.....but FULL-FLAVOURED DRINKS, ENERGY DRINKS, SWEET TEAS, & SPORTS DRINKS mostly have added sugars which can increase the risk of obesity and diabetes. Drinking too many 'sports drinks' can lead to palpitations of the heart and weight gain. These drinks are only beneficial for athletes who participate in intense sports or endurance activities such as marathon running. **They can become addictive.**



Hospice in The Weald, Pembury

NHS funding for hospice care continues to be squeezed whilst demand continues to rise and will grow further, as the UK's population ages. The hospice in Pembury provides a 'hospice at home service' as well as in- and out- patient services for many patients. Their work is invaluable to so many people and without fundraising their services would not exist. They have some great ways to generate funds and also have fun at the same time. Check out their website: hospiceintheweald.org.uk/



Are you or a member of your family going to Uni?

- Ask us whether you'll need any booster jabs. If you spend more weeks at your uni' address than at home, **YOU MUST REGISTER** with a GP practice near your Uni.
- Ensure you've enough medication to cover the period away from Uni. If you become unwell you can be seen as a temporary patient at a practice near your home for up to 15 days.
- If you return from UNI to this area re-register here – details and registration forms on the website.
- You may now request a Meningitis vaccination from SAMC



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NEXT DIMENSION GYMNASTICS ACADEMY	REVIVE MOBILITY	ONWATCH

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