

WELLBROOK MEDICAL CENTRE

NEWSLETTER

Doctors Vickers, Smith, Lever, Ruddle, Thomas & Mohammed
Welland Road, Hilton, Derby. DE65 5GZ

Appointments: 01283 732257

Enquiries/Results: 01283 732406

October/November 2008

Flu Clinics

All persons over the age of 65 years are strongly advised by the Department of Health to have the 'flu vaccine, both in their own and the common interest to help avoid a winter crisis. In addition, immunisation is recommended for all age groups at high risk from 'flu, including people with:

- Chronic respiratory disease, including asthma that requires continuous or repeated use of inhaled or tablet steroids or with previous exacerbations requiring hospital admission.
- Heart disease
- Renal or liver disease
- Chronic neurological disease including stroke
- Diabetes
- A compromised immune system and less able to fight infection
- Those in long stay residential accommodation

Vaccinations are also available for carers who support a friend, neighbour or relative because of sickness, age or disability.

We will be holding 'flu clinics as follows:

Frank Wickham Hall, Etwall:

Tuesday 14 October: 1.30pm – 5.30pm

Tuesday 28 October: 1.30pm – 5.30pm

Wellbrook Medical Centre:

Saturday 8 November: 9.30am – 11.30am

We suggest that if you are in any doubt as

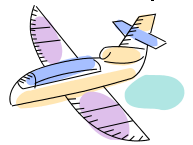
to whether you are eligible to receive a 'flu vaccination then please ask one of the Practice Nurses for advice.

Surgery closure

Just to let you know that, in line with other local practices we will now be closed for a staff training/educational session on one half day each quarter. Our next training day is Wednesday 15 October, when the surgery will be closed between 1.30pm and 4.30pm. All telephone calls after 1.30pm will be transferred automatically to Derbyshire Health United, our 'Out of Hours' service. Only limited appointments will be available between 5.00pm and 6.00pm. We apologise for any inconvenience that this may cause.

Are you planning your foreign holiday? Do you need travel vaccinations?

If you are travelling abroad the vaccinations you need will depend on which country you are travelling to. Please note that you need to allow at least 6 weeks (and ideally 8 – 12 weeks) before you travel to organise your travel vaccinations. This is because some jabs need to be given well in advance in order for them to work properly. If you are planning a last-minute deal then you are advised to have your vaccinations done in advance, just in case. Please discuss your travel vaccination requirements and queries with one of our Practice Nurses. Some charges may apply. Further information is also available at www.nhsdirect.nhs.uk



Goodbye to Dr Tanya Wright

It is with regret that we bid farewell in December to Dr Tanya Wright who has worked with us as a salaried doctor at the practice over the last three years and prior to that as a locum. We know that Dr Wright is an extremely popular doctor and many patients, like us, will be sad to see her go. I am sure you will join us in wishing Dr Wright all the very best for the future.

Healthcare Travel Costs Scheme

Do you know that from 1 April of this year the Department of Health have extended the above scheme, which offers eligible patients help with the cost of journeys made to hospital for medical or dental treatment, following referral by a GP, dentist or hospital consultant. It is estimated that over 1.4 million appointments each year are missed or turned down because of transport problems. You may well be eligible if you are on income support, have an NHS tax credit exemption certificate or are in receipt of jobseekers allowance or pension credit. For a full list of eligibility criteria or further guidance please call the helpline number 0845 850 1166, or take a look on the Department of Health website, see below: http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_083704

Social Car Drivers needed

Do you have any spare time to devote to a worthy cause? The Social Car scheme is a volunteer transport service for people living in the South Derbyshire area who can't access public transport. The scheme uses volunteer drivers and their own vehicles to take people to medical appointments, to see relatives or friends or go shopping. The scheme provides a life line to people who without it might find themselves isolated and lonely. Social car is non-profit making but there is a charge to clients of 40p a mile which is then paid to the driver to cover out of pocket expenses.



If you are interested in becoming a driver please contact Richard House, CVS Volunteer Co-ordinator on 01283 219761 or Alyson Key, CVS Social Car Organiser on 01283 551766.

Chlamydia screening

Just to let you know that we are now able to offer a free and confidential chlamydia screening service for anyone under the age of 25 years who has ever been sexually active. Chlamydia is one of the most common sexually transmitted infections (STIs) and it is estimated that one in ten sexually active young people have chlamydia. If left untreated it can cause painful complications and serious health problems such as infertility. As many infected people will not have any obvious signs or symptoms the only way to be certain that you don't have chlamydia is to have a test. The Chlamydia screening kits that we now have available contain all the information that you would need to complete the test by providing a urine sample and returning it in the post or via the practice. No examination or appointment is required within the practice. Results will be sent to you at home, your GP is not informed and anyone found to be positive will be advised how to get treatment. Don't delay, put your mind at rest and ask at Reception for your screening pack today. If you have any further questions please ask one of the Practice Nurses who would be pleased to advise.

HPV vaccination programme

We have now commenced vaccinations for HPV (human papilloma virus) for girls aged 12–13 years and will commence vaccinations for 17–18 year olds in January 2009, in line with the national programme. HPV vaccination provides protection against the two types of HPV that are responsible for about 70% of all cervical cancer cases. A 'catch-up' programme is also planned for all girls aged between 14 and 16 years in due course and we will contact those girls (via their parents) when this is available. Further information is available on the NHS Direct website or from the Practice Nurses.

Please can we respectfully remind you?

- *To allow 48 hours for your repeat prescription requests (an extra 24 hours if it is being sent to your local pharmacy). Don't leave it till you have run out!*
- *If you ring us to request a 'triage' call back for an urgent problem please have your telephone number to hand for the receptionist.*