Vaccination Season

**FLU Vaccination**

YES FOLKS it is that time of year and the Flu campaign is underway and the next surgery date is on **15th November 2014** at **8.00am-12.30pm** at Parkfields Medical Practice

Who is eligible? If you are over 65, have a chronic medical condition such as diabetes, all pregnant women and anyone who is a carer.

**Child Flu**

The annual child nasal spray flu vaccination programme continues this year after a successful introduction last year.

Who is eligible? Those children aged two, three or four on the 1st of September2014

**Shingles Vaccination**

This one-off shingles vaccination programme continues again this year. Most of us have had the chickenpox virus as a child. Sometimes the virus can reactivate when we become adults and is known as shingles. For many older people this can be very painful nad the vaccination can help reduce the severity of the symptoms.

Who is eligible? If you are 70, 78 or 79 on the 1st September 2014 you will be offered this vaccine.

 **Pneumococcal Vaccination**

The pneumococcal vaccination is offered routinely to all patients over 65. It is a one-off vaccination and can only be given during the flu season.

PRIZE DRAW

One lucky patient vaccinated will get a Christmas hamper

**DNA’s: A waste of time**

***GOODBYE to…….***

***We are sad to say farewell to Dr Helen Meredith who is leaving Parkfields at the end of December after 18 years***

***Dr Meredith has been a much valued member of the practice team and is held in high esteem by both colleagues and also by the patients.***

***Dr Meredith is leaving to work nearer to her home and to pursue her other medical interests including GP education and palliative care. We hope that you will join us in wishing her well for the future.***

***\*\*\*\*\*\*\****

 ***This month Mary Barkess will also be leaving the Practice after 25 years of service. Mary has been a valued member of the nursing team but has decided to retire gracefully and return to her native Ireland. I know she will be missed both by patients and staff alike. We wish her well.***

***WELCOME to…….***

**Dr K Patara** The new female salaried GP

**Dr A Swanston & Dr S Sood** both female registrars who recently joined the practice

**Lynne Ward** - joins us as an experienced prescribing nurse from Dudley

 **Angelique Jackson -** a nurse from New Cross Hospital joins us to commence a career in Practice Nursing

The practice continues to suffer from patients failing to attend their appointments .

**You can help.** Please let us know if you no longer require an appointment as soon as possible as last minute cancellations lead to wasted appointments. Write down all your appointments or get the receptionists to do it for you.

So next time you are unable to get a GP appointment as quickly as you would like, think of all these missed appointments.

**ELECTRONIC PRESCRIBING HAS ARRIVED AT OUR PRACTICE**

The Electronic Prescription Service (EPS) is a new NHS service and free of charge. It means that since September 2014 we can send your prescription to the pharmacy of your choice electronically, rather than having the green prescription slip.

The EPS is **reliable, secure and confidential**. Only authorised staff working at your GP’s or pharmacy will be able to view your prescription.

**To get started** you will have to ‘nominate’ which pharmacy you wish to use. You can do this either through us or through your pharmacy. When you have nominated we will send all your future Prescriptions to this pharmacy. You can change your nominated pharmacy at any time, it is a very flexible service, just let us or your new pharmacy know. You do not have to use nomination every time you have a prescription

**How does this service benefit me?**

It will mean that you no longer have to come and collect your prescription from the surgery, you just go to the pharmacy to collect your medication when its ready.

For more information please contact the reception staff or go to:

**systems.hscic.gov.uk/eps/patients**

Have you visited our website yet?

www.parkfieldmedicalpractice.co.uk

**PARKFIELD MEDICAL PRACTICE NEWSLETTER**

**ARE YOU A CARER?**

A carer is anyone who provides a significant amount of support for a relative, friend or neighbour on a regular basis without payment. Being a carer can be a fulfilling experience but it can also have an effect on many aspects of your life including your health, personal relationships, family life, employment, finance, and leisure time. By talking to someone who understands or other carers can help you come to terms with your feelings and provide much needed support. If you are a carer - **please let us know**- we may be able to help you.

 **DID YOU KNOW?**

Dr Hussain runs clinics for Carers at the practice - please see reception staff

Wolverhampton City Council provides a Carer Support Group – see details below or ask the reception staff for the support pack

Carer Support Team Blossoms Fold (off North St) Wolverhampton WV1 4HJ

Tel: 01902-553409 Text phone: 01902 553404 Website: [www.wolverhampton.gov.uk](http://www.wolverhampton.gov.uk)

Email: carer.support@wolverhampton.gov.uk

A FEW USEFUL NUMBERS

**Here are a few numbers that you might find helpful.**

**New Cross Hospital 01902 307999**

**Out of Hours 111**

**Carers Direct 0808 802 0202**

**GP out of hours service 03005550277**

**W-ton Carer Support 01902-553409**

**Here are some helpful websites**

NHS Choices www.nhs.uk

Diabetes UK www.diabetes.org.uk

Walking for Health [www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk)



**Want to have your say?**

If you are interested in having a say about what happens at the surgery please get involved as our Patient Participation Group are looking for new members for our virtual patient participation group.

As a virtual member you do not have to attend the meetings and we will e-mail to you the minutes of the meetings and you can still have a say.

So **SIGN UP TODAY** via our website and fill in the Patient Participation Forms

**Medical Appointments - Ten Top Tips**

1. Before you make an appointment to see your GP don’t forget your local Pharmacists. They are highly trained people offering a wider range of health services than you think and may be able to help you
2. Familiarise yourself thoroughly with the bookings systems at the Practice
3. Try to plan in advance if you can and give as much notice as possible when requesting appointments
4. Be polite to Receptionists who have a demanding job and often have to deal with distressed patients
5. Remember that Receptionists are very experienced in helping with enquiries and will also be able to advise you about the availability of appointments
6. Tell the Receptionist if you feel you need to be seen today. If you can explain in general terms the nature of your problem it will be easier to assist you. The receptionist can also arrange for a doctor to telephone you if necessary
7. Sometimes you may have more than one problem but be prepared to discuss only the most important symptoms with your GP and a further appointments may be necessary
8. Bring a friend or relative to the surgery with you if you’re worried or think you may have difficulty in remembering what the Doctor tells you
9. Be honest about what you think may be causing the problem and don’t be embarrassed – your Doctor will have seen and heard it all before
10. GP Services are available 24hours a day. If you need a GP outside normal Practice hours then contact the ‘NHS111’ service by telephoning 111