

Gosford Hill Medical Centre



News Letter

Summer 2010, Issue 5

WELCOME

Welcome to the Gosford Hill Medical Centre news letter. The practice has undergone a few changes and we hope to keep you up to date with these improvements and welcome any feedback from you with regards to improvements and anything else mentioned in this newsletter.



EXTENSION

Our four new consulting rooms have been in use for about 3 months now.

We have found this to be a great advantage as we have a number of different agencies, such as the Mental Health Team, Talking Space and a new Dementia service being able to see patients here at the surgery rather than travelling to Oxford or Bicester.

For those of you who have not had chance to see the new extension we have inserted pictures at the end of the newsletter.



PNEUMOVAX

Just a little reminder to all those of you who are 65 years or older and have not

had your pneumonia vaccination, please give us a ring and our receptionists will be happy to take your details and arrange an appointment for you. **YOU ONLY NEED TO HAVE THIS VACCINATION ONCE.**

FLU CLINICS

We will be starting our flu clinics at the beginning of October. If you are 65 or over or are in one of the clinical at risk groups:-

Chronic Obstructive Pulmonary Disease

Chronic Heart Disease

Chronic Renal Disease

Chronic Liver Disease

Diabetes

Asplenia or dysfunction of the spleen

Immunosuppressed

Carer

Please phone to make an appointment.

THIS VACCINATION IS REQUIRED EVERY YEAR.

CHLAMYDIA TESTING

The practice now offers Chlamydia testing to male and female patients under the age of 25. Please enquire at reception for self-testing kit (you do not need a doctor or nurse appointment).

BLOOD PRESSURE CHECKS

High blood pressure is an important cause of stroke and heart attack and

unfortunately causes no symptoms at all. If you are 45 years old or over and have not had a blood pressure check in the last 5 years we would encourage to make an appointment with one of our Health Care Assistants.

WHATS NEW?

We now offer a limited service on Saturday mornings. This is in addition to the normal out-of-hours service. **We offer only pre-bookable appointments for those patients who encounter difficulty getting to the practice during the week.** If you need to be seen as an emergency you will still be required to contact the out-of-hours-service. The telephones are switched to out-of-hours.

NEW STAFF

We would like to offer a warm welcome to a new member to our team who will be joining us at the beginning of August: -

Dr Sundeep Sidhu

Dr Sundeep is a fully qualified doctor with several years of hospital medicine. She is undertaking part of her training in General Practice here at Gosford Hill.

We would also like say a farewell to Dr Richard Carey who has been with us the last year undergoing General Practice training. We wish him well in his future endeavours.

SURGERY TELEPHONE NUMBERS

For appointments and general Enquiries please call **374242**.
For prescriptions and test results please call **374242 between 2pm and 6pm**.

For the district nurses please call **842618**. For the health visitor please call **373502**. Please leave a message on the Health Visitor's and District Nurse's phone if there is no answer and they will get back to you between 8.30am and 4.30pm Monday to Friday.

MISSED APPOINTMENTS

During the month of June 2010 **119** patients failed to attend for their booked appointments.

Whilst there may be perfectly valid reasons why they did not attend, the Practice is working hard to treat patients and deliver a high quality, patient-focussed service. The number of patients who do not attend their appointment results in wasted time and valuable resources.

Please telephone the surgery if you are unable to keep your appointment as someone else could use it – 374242.

REPEAT PRESCRIPTIONS

If you rely on regular medication, please make sure that you have an adequate supply and that you order your repeat prescription at least 4 days before you will run out. This enables us to get your prescription from the doctor and if you would like it sent down to the chemist it should be ready in time for you to collect there.

WE WANT YOUR VIEWS

If you have any comments or views to make about this news letter or anything else relating to the practice, please feel free to write them down and pop them in the red box on the wall near reception marked '**suggestions**'.

