

Lonsdale Medical Centre Newsletter

www.lonsdalemedicalcentre-kent.nhs.uk

Please log on to our website to find out the most recent practice news, changes and updates.
Did you know that you can also make and cancel appointments online and much more!

Flu Vaccination Clinic

The next flu vaccination clinic is on Sunday 1 November. Please make an appointment.

West Kent Dementia Roadmap

For the last few months the Mental Health Programme team at the CCG has been working together with the Alzheimer's Society to develop the **West Kent Dementia Roadmap**. The Roadmap is a dedicated new resource intended to give local people a range of useful national and local information about the wide variety of services and organisations across our community offering advice, support and useful information to help professionals as well as carers of, or those living with, people with Dementia.

For any queries about the CCG Dementia Programme including free Dementia Awareness Sessions, please contact Zena Watson or James de Pury on 01732 375200.

Speak to your Pharmacist!

You can often save yourself a trip to see your GP by speaking to your Pharmacist first when you have a minor ailment.

If you are suffering with cold and flu symptoms talk to your pharmacist first for advice on what is best for you. Did you know that antibiotics will NOT treat cold and flu symptoms and 48% of the population visit their GP expecting antibiotics to treat a cold or flu? There is no 'cure' but you can treat the symptoms with some over-the-counter medicines (sold without prescription) and your pharmacist can advise you on the medicines which are best for you.

You can also help yourself by getting plenty of rest, preferably in bed. Drink plenty of fluids, and try taking Paracetamol or Ibuprofen to reduce your temperature if you have one and to ease aches and pains.

A cold can often last 1½ weeks!

Did you know that you can take your part-used and out-of-date medicines to your pharmacy for safe disposal?

If we buy standard remedies from the pharmacy like aspirin, Paracetamol and Ibuprofen we can all save the NHS a fortune AND it is often cheaper than on prescription.

Staff Changes at the Surgery

Pat Williams one of our receptionists has recently retired after 15 years at the practice. Pat has been replaced by Jo who has a wealth of experience working as a receptionist in a doctor's surgery in Nottingham. We would like to wish Pat well for her retirement and to give a warm welcome to Jo.

Dr Megan Whittaker, a foundation year 2 doctor, is currently with us until November doing her GP training. We are an accredited training practice and all the GPs oversee her appointments.

New Meningitis B Vaccine for Babies

From 1 September 2015 a new vaccine to prevent meningitis will be offered to babies as part of the routine NHS childhood vaccination programme. This vaccine will be offered to babies aged two months and will be followed by a second dose at four months and then a booster at 12 months. There will be a temporary catch-up programme for babies who are due their three and four month vaccinations from September to protect them when they are most at risk from infection.

Your GP

All patients (including children) will be allocated a named, accountable GP by 31 March 2016. The named accountable GP's role will be to take responsibility for the co-ordination of all appropriate services required for their patients based on the clinical judgement of the named accountable GP. If patients wish to know who their named GP is please contact the surgery. All GPs have been allocated an equal number of patients and if patients have a preference this will be considered, but to ensure a fair workload of the GPs this request cannot be guaranteed and is at the discretion of the GP partners.

Missed Appointments – Please help us to eliminate this problem!

Missed appointments continue to be a serious problem and the cost to the surgery for this year is currently running at thousands of pounds. ***If you are unable to attend your appointment whether it is with the nurse or a doctor, please let us know!*** We frequently turn away patients due to lack of appointment availability, so please let us know if you are unable to attend an appointment we can offer that valuable time to someone who may desperately need it.

Please remember that you can cancel your appointment online but you need to get your individual log-in details from the surgery first!

Equipment Fundraising

The surgery needs to raise approximately £800 for a new treatment room couch. All donations are welcome. If you would like to help us, please leave your donation however small with reception. If you prefer to send or leave a cheque, please make it payable to: Lonsdale Medical Centre equipment fund. All donations cash or cheques will automatically be credited to the equipment fund.

Raffle tickets are on sale at reception for £1 each, proceeds of which will go to the equipment fund. First prize is a Christmas hamper.

We hope to have information charting our progress in the waiting room very soon!

Useful Telephone Numbers

We would like to remind patients that we have a list of useful telephone numbers available at the surgery. These numbers are also posted on our website.

Over 65? Are you struggling with daily living requirements?

If you are over 65 and struggling with your daily living requirements such as washing and dressing, memory or mobility you may be entitled to an Attendance Allowance, regardless of your income. To find out more contact the home visiting team at Tunbridge Wells & District Citizens Advice Bureau on 01892 516335.

Breast Screening

NHS routine breast screening currently starts at age 50 and ceases at age 70. The NHS is conducting trials for women slightly younger than 50 or slightly older than 70. However, patients may nevertheless ask to be screened after age 70. If this would be of interest to you, please call 01622 225766.

Diabetes Support?

Would you like to find out more about Diabetes and how to get support? The south-east division of Diabetes UK can give you valuable additional information and they regularly hold helpful, informative panel discussions and meetings which are all FREE to attend.

The next meeting is on Wednesday, 25th November at 7.30-9pm at the Angel Centre, Angel Lane, Tonbridge, Kent TN9 1SF. Ann Morris, Head of Research Funding Diabetes UK will give a talk to provide an insight into current diabetes research.

If you would like more information about the group and the meeting, please contact: Michaela Wragg, Volunteer Support Officer on 01372 720148 or email south.east@diabetes.org.uk.

Staff Training Afternoons

The surgery will be closed on **Tuesday, 8th December** in the afternoon from 1.00 pm for staff and GP training.

If you need to consult **urgently with a Doctor** please call the surgery and listen to the answer phone message, or alternatively Phone 111.

Would you like more information on a particular subject? If you let us know we will be happy to put the information you require or that you feel you and other patients might be interested to learn about in our next Newsletter. Please email Lonsdale.medical@nhs.net or leave suggestions with reception.

