

Lonsdale Medical Centre Newsletter – Christmas 2016

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!

Surgery Opening Hours Over Christmas



Friday 23rd December - NORMAL SURGERY HOURS
Monday 26th December - CLOSED
Tuesday 27th December - CLOSED
Wednesday 28th December - NORMAL SURGERY HOURS
Thursday 29th December - NORMAL SURGERY HOURS
Friday 30 December - NORMAL SURGERY HOURS
Monday 2nd January – CLOSED

News from the Surgery



Important Lonsdale Partnership Announcement

We are sorry to announce that Dr Rachel Phillips has resigned as a partner from the end of this November. Whilst we regret her decision we respect and have accepted her resignation. She will be greatly missed by all of us and the many patients to whom she has provided excellent care with dedication and compassion.

You are probably aware from the media coverage that the GP partner role in general practice has come under greater and greater pressure. Under the current NHS leadership many GP partners are finding the workload unsustainable, hence we have been unable to recruit a new GP partner.

Due to the recruitment crisis and in order to keep the NHS sustainable the NHS is promoting GPs to work in a different way. We have reviewed the NHS action plan. To keep the care for our patients sustainable and affordable and to continue the good care that we are providing now, we have taken up the challenge to start working according to the new NHS model. This means that doctors will see more complex problems and nurses or other health care professionals will see less complex problems.

We are extremely fortunate that Nurse Julie, our long-standing, highly competent and experienced Nurse Practitioner, will be taking on a full-time Advanced Nurse Practitioner role in the New Year. She will see most of the urgent on the day problems that you feel need medical attention. She will work closely with our doctors and has access to their opinion at any time.

This means that we will be introducing some changes in how we manage our appointment system. We will let you know closer to the time how this will affect you.



Nurse Items

We are going to be involved in training our health care assistant Joanna to be a registered nurse. She will be mentored at the practice for a 4 year course with the Open University. This is an initiative from West Kent CCG to help train practice nurses (PNs) of the future as it is predicted there will be a shortage when the present PNs retire. You may have noticed most PNs are nearer the end of their careers than the beginning. As a patient you may be asked to let Joanna undertake your treatment, this will be under the supervision of an experienced practice nurse. It is exciting for us to be involved in the development of a new practitioner and hope you will all watch her progress with interest

'Technology' Survey

Please can you participate in our 'Technology' questionnaire. Please either pick up a copy from the surgery, download a copy from the website or follow the link <https://www.surveymonkey.co.uk/r/QZ9XSLR>.



Staff Training Days

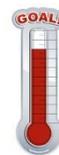
The surgery will be closed from 1pm to enable staff training on the following dates:

Thursday 8th December, Thursday 9th March, Thursday 13th July, Wednesday 8th November

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

Surgery Fundraising

The surgery is fundraising to buy a 24 Hour Ambulatory Blood Pressure Wrist Monitor and costs approximately £1,900. We would be grateful for any donation no matter how small or large to allow us to purchase this vital piece of equipment. If you would like to contribute, please leave your donation at Reception.



Christmas Hamper Raffle

The surgery is raffling a wonderful Christmas Hamper. Tickets are available at Reception and cost £1 each. The raffle will be drawn in December and the winner will be notified before Christmas. All proceeds will go to our current fundraising project to buy a 24 Hour Ambulatory Blood Pressure Wrist Monitor (as above).

Flu Jabs

Did you miss this year's flu clinics? The vaccination cannot give you flu and has a good safety record. We are all susceptible to becoming infected even if we are in good health and eat well. We may become infected with the flu virus with no symptoms and can still pass it on to others. ***It isn't too late to get a flu jab if you are eligible.*** Just call the surgery and make an appointment with a nurse but it is important that you make sure you tell the Receptionist that the appointment is for a flu jab.

Have you had a fall or have a fear of falling?

Good Neighbours run specialist Postural Stability Falls Prevention exercise classes. They have been delivering these classes since 2008 in Tunbridge Wells, and more recently in Tonbridge and Sevenoaks as well. The aim is to help people to stay active and independent. They also offer Fit & Fun classes for the more able older adult who wants to stay active and independent.

Postural Stability

The Postural Stability programme is a community evidence based exercise class run by specialist Later Life trained Instructors to improve balance and reduce falls.

This programme of exercise is proven to reduce the risk of falling by:

- Improving balance and co-ordination
- improving muscle strength
- Increasing confidence
- Improving posture and core stability

To find out more and to enrol in these classes please follow the link below:

<http://www.goodneighbourproject.org.uk/falls-prevention-exercise-classes/>

The Lonsdale Medical Centre would like to wish all its patients a very Merry Christmas and a Healthy and Happy New Year!

