

# Winter News

VOLUME 1, ISSUE 1

DECEMBER 2014

*'DON'T FORGET  
TO ORDER  
YOUR REPEAT  
MEDICATION IN  
TIME FOR THE  
HOLIDAYS'*

## Christmas Opening Times

Monday 22nd December	-	Open as normal
Tuesday 23rd December	-	Open as normal
Wednesday 24th December	-	Open as normal until 2pm. After 2pm urgent on the day cases only
Thursday 25th December	-	Closed
Friday 26th December	-	Closed
Monday 29th December	-	Open as normal
Tuesday 30th December	-	Open as normal
Wednesday 31st December	-	Open as normal until 2pm. After 2pm urgent on the day cases only
Thursday 1st January	-	Closed
Friday 2nd January	-	Open as normal



## Staying healthy this holiday season

Why not visit the NHS Choices website for healthy tips and advice about staying healthy this holiday season.

Tips can be found on:

- Defrosting and cooking your turkey
- Handling leftovers & recipe ideas
- Preparing a buffet
- Healthy Christmas snacks
- Safe festive drinking limits and hangover cures
- Safety tips on preventing injuries in the home
- Handling stress
- Safer sex
- Exercising in the winter
- Handling Christmas if you are on your own



[www.nhs.uk](http://www.nhs.uk)



The flu vaccination

*“The NHS’s ambition is to embrace technology as part of its drive to offer modern, convenient and responsive services to patients, their families and carers. GP practices are leading the way.*

*The government has committed to enabling patients to book appointments, order repeat prescriptions and view their own health records within their general practice online by March 2015”.*



# Influenza Vaccinations

So far this season 70% of patients aged 65 and over have had an influenza vaccination.

We still have a few vaccinations in stock - if you haven't had yours call reception on 254600 to arrange a time or pop in and ask at reception, we will accommodate as many patients as possible without an appointment.

Others at risk of influenza are

patients with:

- \* Diabetes
- \* Asthma
- \* COPD
- \* Stroke / TIA
- \* Heart Disease
- \* Kidney Disease
- \* Liver Disease
- \* Immunosuppression
- \* Pregnant women (12 weeks plus)

\* Neurological conditions, for example MS or cerebral palsy

Only 65% of these patients have been vaccinated - if you fall within one of these categories contact reception

# Patient Online Services

The practice has offered on-line services for repeat prescriptions and GP appointments for 6 years now.

We currently have nearly 4000 patients registered to use services which also includes messaging the practice and updating your contact information.

From the 1st April as part of a new government initiative you will also be able to view your medical records (patients aged 18 and over only). All patients who want to use this service will need to apply at the practice and show ID even if you are already registered to use the other online services. Applications and leaflets about the access to medical records will be available from reception from the 1st March 2015.

We would like to remind patients when they are using the online services that:

- It is still 48 working hours between ordering your prescription and picking it up from the practice or chemist. **Tip: check the process of your prescription online we may message you if there is a problem.**
- Messaging is for non-urgent queries only, please **do not** request appointments or home visits using the messaging service. **Tip: If you need to re-new your sick note and the GP doesn't need you to make an appointment, order this by sending a message.**

- Updating your contact information is easy to do online but remember this only updates your information, if your family is also registered there records may also need to be updated. **Tip: Update your address online but also send us a message with the names and date of birth of the rest of your family who are registered asking us to update their record (if they don't have online access of their own).**
- Appointments can be booked up to one month in advance. **Tip: use the appointments section to book GP appointments, cancel any appointment or check your appointment time 24/7**
- Once medical record access is up and running you will need to book an appointment with the GP if you do not agree with any information recorded in your record. **Tip: Use access to your records to see if the practice has received letter from the hospital before you make an appointment to come in. Check your recent test results or immunisation status.**

**Remember to keep your login details secure and safe.**



## Friend and Family Questionnaire

As part of a national drive to roll out a standard survey test across NHS Services we have launched the Friends and Family test.

The test is seeking views from service users on whether they would recommend us to their friends and family. It's already in use in many parts of the NHS and is expanding to a lot more. So why not tell us your thoughts on the practice by completing the Friends and Family Questionnaire.

You will find the questionnaires in the waiting room by the access door to the nurses rooms or online at our web site [www.fieldhousemedicalcentre.nhs.uk](http://www.fieldhousemedicalcentre.nhs.uk)



## Carers Health Check

The practice is currently taking part in a pilot scheme to offer carers a complete health check.

Carers often forget their own health as they are so busy taking care of others. The idea of this scheme is to offer carers the opportunity to get their own health checked and to offer help and support as needed.

We will be sending letters to carers inviting them to book an appointment for the health checks over the next few months.

If you are a carer and have never let us know please inform a receptionist so we can add you to our register.

If your circumstances change and you are no longer a carer please let us know.



# Kids Christmas Corner

## Snowman Word Search

COAL SNOW  
CARROT STICKS  
SCARF TOP HAT



Chicken Scratch NY

E	O	Y	C	Q	V	B
T	O	R	R	A	C	T
S	K	C	I	T	S	O
M	D	D	C	Q	G	P
C	S	N	O	W	R	H
K	F	R	A	C	S	A
F	C	M	L	V	W	T



Colour Me In

