



WILLOW GREEN SURGERY



Happy Christmas and a healthy New Year to all our patients.

Volume 14 Issue 13

NEWSLETTER

November 2009

PATIENT LINK

Patient Link's popular Christmas Raffle starts on Tuesday 24th November and will be drawn on Tuesday 15th December.

URGENT
Patient Link urgently requires Volunteer Car Drivers for approximately 2 hours a week, current driving licence required and Volunteer Office Coordinators, to apply telephone on 01903 788142 leaving your name and telephone number.

Thanks to a donation to District Nurses, some time ago, Patient Link recently funded warm fleeces for all the District Nursing staff in this area. Patient Link and the District Nurses would like to thank the person who made this donation.

**Please leave any donations at Reception
Charity number 1127311**



SATURDAY SURGERIES

We now offer Saturday morning appointments on one Saturday each month. These are for pre-bookable appointments only. If you have an emergency over any weekend you should contact the out of hours service on 0300 130 1313.



KEEP WARM KEEP WELL

As we begin to feel the effects of the wintry weather it is important to remind everyone, but in particular older people, to keep yourself and your homes warm. Colds, flu and the cold weather can also cause other serious health problems such as heart attacks, strokes or pneumonia. Please take steps now to keep warm and well. For more information telephone 0800 316 2805

FLU CLINICS

This years flu campaign is well underway but it is not too late for people to get their free jabs. We advise any patient over the age of 65 or who is in an 'at risk' group to have a flu immunisation. These include diabetic patients, patients with chronic heart disease, liver or renal disease, chronic respiratory disease including asthma and impaired immunity. Also if you are living in a residential care home or are the main carer for an elderly or disabled person.

If you wish to have an immunisation then please contact the surgery. If you are housebound and unable to get to the surgery please let the receptionist know. If there is anyway you can get to the surgery this would be better as a visit takes 30 minutes and during this time the practice nurse could give 40 injections at the surgery.

SWINE FLU VACCINATIONS

Who will get the vaccination first?
The vaccine is

being offered first to people who are most likely to become seriously ill if they catch swine flu. These people are in the following priority groups:

1. Adults and children over six months of age who have a long-term health condition, including:

- Chronic lung disease
- Chronic heart disease
- Chronic kidney disease
- Chronic liver disease
- Chronic neurological diseases
- Diabetes mellitus
- Immunosuppression caused by a disease or treatment for a disease. For example, this may include people who do not have a spleen, and people who are on immunosuppressant treatment or are taking high doses of systemic steroids.

2. Pregnant women at any stage of pregnancy

Being pregnant can put you more at risk of being seriously ill if you catch Swine Flu. So far, evidence suggests that pregnant women are four times more likely to develop serious complications from swine flu and up to five times more likely to need to go to hospital. The risks of flu are highest at the later stages of pregnancy.

3. People who live in the same house as someone whose immune system is compromised by disease or treatment

If you live with someone who is having treatment for cancer, for example, and you catch swine flu, they might catch it from you and become very ill. If you have a severely compromised immune system, ask the people you live with to think

about getting vaccinated to help protect you against catching swine flu. If you are unsure about whether you should be vaccinated, speak to your GP or practice nurse. If you fall into one of these categories then please ask at Reception for a Swine Flu vaccination appointment.

SMOKING PARENTS

Recent research findings show that 9 out of 10 children (87%) believe that people smoking around them is damaging to their health and three quarters (76%) recognise that it increases the likelihood of developing cancer. 4 out of 10 children identify that one of their parents smoke. 96% of the children surveyed wished that their parents would quit smoking. Support is on offer across the county for mums and dads to give up smoking. Simply call the NHS Smoking Helpline on 01903 708000.

NEW COMPUTER SYSTEM

The practice has decided to move with the times and invest in a new clinical computer system. Inevitably this will be a learning curve for us but we hope to minimise the disruption to our patients. Training starts on Monday 11th January 2009 with the new system going live on Thursday 21st January 2010. From Wednesday 13th January 2010 to the 21st January we will be without a computer system so please try and avoid putting in a prescription request during this period. Please think ahead and put the request in early or make sure you have

enough medication to tide you over this period.

PROTECT

The surgery will be closed from 12.30pm on the following Tuesdays for Protect Training Sessions.

- 24th November 2009
- 19th January 2009
- 2nd March 2010

We take the opportunity to close for protected time for GPs and staff to learn new skills and update their knowledge.

FOND FAREWELL

In August we sadly waved goodbye to our phlebotomist Eileen who retired. She sent this message to all her patients 'To all the patients of Willow Green, a very big thank you for your wonderful gift, I will buy something to remind me of you all. Without you all my job would not have been worth while, you are all so nice. I will miss you all very much.'

All the staff at Willow Green wish Eileen a very happy retirement, and welcome Gilly Perry to the team.

CHRISTMAS OPENING TIMES

Christmas Eve	-
Open till 1pm	
Christmas Day	-
Closed	
Bank Holiday	Monday
28/12/09 -	Closed
New Years Eve -	Normal
New Years Day -	Closed

To order your repeat prescriptions and find out more about the services we offer. Visit our website

www.willowgreensurgery.co.uk