



SONNING COMMON HEALTH CENTRE



NEWSLETTER

Summer 2017, Issue 99

It was very sad and strange to say goodbye to Dr Burnett after so many years, especially for me as I have taken over having joined as his trainee over 20 years ago. We are pleased to say he is well and thoroughly enjoying retirement. He enjoyed all his leaving events including our trip to Germany to walk and cycle in the mountains.



We are also very pleased that our new doctors and practice manager have settled in their roles and already fit well in

our team. It has been a time of lots of change in the practice but as always change brings opportunities and we feel grateful to be thriving in a time that sees others struggling in general practice. Thank you to all our staff, new and longstanding, who make this possible and to all our patients for their support.

We hope you will help us continue to succeed in the coming year and the future.

Dr Kim Emerson



PATIENT INFORMATION

Medication Review We are required to review all patients receiving repeat medication at least yearly to ensure the medication suits you, complete any required monitoring and to update you on any issues relating to your medication and condition, check your repeat slips for your review date and book an appointment if due. If you do not have a date please book an appointment either face to face or by telephone to discuss and review your medication.



Prescriptions Please allow three working days for prescriptions to be ready for collection. We are unable to dispense prescriptions whilst you wait for us to do so.

Turning off mobile phones

Please turn off your mobile phone before seeing our doctors, nurses and Healthcare Assistants. It is very distracting for our clinicians if patients' mobile phones ring during consultations. We appreciate your co-operation with this.



Your contact details Please give Reception your mobile number and email address if we do not have them. We use this information to

help us communicate with patients about future appointments and to provide appointment reminders.

If you are 16 years old (and older) please provide your contact number to our Reception team so that we can add this to our system. Please note that our Reception team and clinicians cannot discuss a patient's records with a family member if the patient is 16 years old (or older) without approval from the patient.

Contacting us Please email:



- ◆ clinical enquiries to secretary.k84020@nhs.net
- ◆ other enquiries to schcreception@nhs.net

IMMUNISATIONS UPDATE

Hepatitis A and combined Hepatitis A and Typhoid vaccinations There is a global shortage of Hepatitis A vaccines. We do not have any stock of Hepatitis A or combined Hepatitis A and Typhoid vaccines and we are waiting for an update on when we will receive vaccines. The following options are recommended to patients at the present time to get a Hepatitis A or a combined Hepatitis A and Typhoid vaccine:

- ◆ MASTA Travel Clinic, Oxford Road, Reading, Tel: 0118 952 3623, <https://www.masta-travel-health.com/travelclinic/mastareading>
- ◆ Boots the Chemist, The Oracle, Reading, Tel: 0118 958 7529
- ◆ www.walkintravelclinic.co.uk, clinics Oxford/Banbury

Patients will have to pay for the vaccine and it is recommended that patients contact the clinics quickly as vaccines are limited nationwide.

Flu Campaign We are planning our 2017-18 flu campaign and our first delivery of the flu vaccine is scheduled for mid-September. We will issue a mini newsletter when the details are finalised.

You are eligible for a free flu vaccination if you fall into any of these categories:

- ◆ Children aged 2 to 4 years; ◆ Aged over 65;
 - ◆ Pregnant women; ◆ Registered carers; ◆ Care home residents; ◆ Aged 6 months to under 65 years and clinically at risk (because you have heart disease, chest disease, liver disease, neurological diseases or other immune problems).
- If you are unsure of your eligibility, please speak to your Nurse or GP ... continued overleaf ...

IMMUNISATIONS UPDATE continued

Meningococcal ACWY Conjugate Vaccination (MenACWY)

Teenagers born between 01/09/1998 and 31/08/1999 (2017 school leaver cohort) are now eligible for a MenACWY vaccination. This is particularly targeting patients before they start university this autumn. If you are 18 years old and have not had this vaccination please let us know as soon as possible.

Please also make sure that we have up to date contact details for you – including a mobile



HEALTH INITIATIVES

Walking Football. A slower version of the beautiful game. For further information about the wide range of health and social benefits that Walking Football offers, please log onto our website and go to the Sonning Common Health Initiatives page (on the right hand side). The leaflet is also available printed at the surgery or contact Andy Tidswell, Chairman of Rotherfield United FC, on 07710 875728 or by e-mail andytidswell@gmail.com.



Our Health Initiatives website page also contains information about other health initiatives in our area, such as Health Walks and the Green Gym, click on Sonning Common Health Initiatives page on the right hand side of the home page.

CAR PARKING

Our neighbour Wood Lane Dentistry has finished their building works. We know the car park gets busy at peak times however, please park with consideration to others leaving the disabled space for our disabled patients.

NB: The parking spaces for patients visiting the surgery are on the right hand side as you enter the car park, by the path. The dentist has clearly marked their parking bays, and the remaining bays are for our staff parking.

STAFF NEWS

Doctors

Dr Sam Muncey will be joining us as a salaried GP on 2nd August. He has been a GP Registrar with us for the last year and will be at the health centre on Tuesdays, Wednesdays and Fridays. Dr Muncey's patient list will include some of Dr Ronay's and Dr Drury's patients.



Dr Claire Webster is going to have a baby and will be on maternity leave from mid September. **Dr Shams Aljoboori** will cover Dr Webster's maternity leave and will be working on Mondays, Tuesdays and Thursdays from mid September.

We will be saying goodbye and good luck to **Dr Imran Khan** and **Dr Joanna Teixeira** on 31st July as their Registrar training placements come to an end. We wish Dr Khan

and Dr Teixeira the best of luck in the next stages of their careers.

We will be welcoming three new GP Registrars on 2nd August. **Dr Jenny Company**, **Dr Kim On** and **Dr Matthew Foroghi** will be working at the health centre for a year as part of their training and will be seeing patients from early September.

Support staff Welcome back to **Julia Holtom** (a receptionist and an administrator) and welcome to two new starters **Samantha Wardle**, a receptionist, and **Helen Smith**, who has joined us as a medical secretary.

Georgina Denton will be joining us in early August as Finance Officer. Georgina will be replacing **Val Ogilvie**, who has left the practice after six years with us. We wish Val all the best in the future.

Anne Davies, in our Reception team, will be retiring at the end of August after ten years at the health centre. We would like to thank Anne for her valuable contribution to the practice and wish her a very happy retirement.

Carers champions We have two Carers Champions at our health centre. They are **Kim Samways**, Reception Manager and **Andrea Tsoi**, Practice Manager.

If you are a carer and would like further information, please do visit the Carers section on our website, which can be found under the Our Services section at the top of the homepage.



We hope you enjoy the summer holidays



NHS HEALTH CHECK

Eligible patients are offered a free Health Check every five years to assess the risk of developing heart disease, type 2 diabetes, kidney disease and stroke. The appointment lasts 20 to 30 minutes. At the end the nurse will give you personalised advice on how to lower any risk and maintain a healthy lifestyle, based on the results of the Health Check.

We would encourage eligible patients who have received an invitation, whether verbally, by text/email or letter, to contact Reception and book their Health Check appointment at their convenience.

PREMISES UPDATE

We continue to improve patient experience by installing a patient information screen in the waiting room. We hope you enjoy our information slides.

Thank you to **David** and **Sue Litchfield** for their time and help with numerous jobs at the health centre, including handyman jobs. Thank you to **Colin** and **Andrea Davies** for their help in keeping our pots and planters in the courtyard looking so nice.

CLINICS

- ◆ We no longer run our in-house allergy service - please see your own doctor if you need advice.
- ◆ For joint injections - we have clinics with a nurse, or you can see Drs Smith, Ronay or McKinlay.
- ◆ For minor surgery - make an appointment to see your own doctor first, who will refer you to Dr Smith if appropriate.