

# FRESSINGFIELD MEDICAL CENTRE

## NEWSLETTER FOR SUMMER 2014

**WEBSITE – [www.fressingfieldmedicalcentre.co.uk](http://www.fressingfieldmedicalcentre.co.uk)**

You can book doctors appointments (ask at reception for details), order repeat prescriptions, sign up to receive newsletters via e-mail & keep up to date with the latest practice news

**Did you know that we have a self monitoring blood pressure machine at Fressingfield?- Patients can now "drop in" at a time convenient to them at Fressingfield and take their own blood pressure without having to make an appointment. If you suffer from high blood pressure it is recommended you have your blood pressure taken every 6mths. If you do not have high blood pressure but are over 40 years it is recommended you have a blood pressure check every 5yrs.**

### **Funding crisis - GP Practices need your support - less money means a cut in services for patients**

Despite carrying out 90% of all NHS contacts, general practice only receives 8.39% of the NHS budget in the UK. By 2017, with the proposed cuts to our existing budgets this is projected to plunge to just 7.29%.

From April of this year and every year for the next 7 years our practice will receive a cut in our overall funding for services.

**General practice is facing a growing crisis; a recent survey of nearly 500 GPs shows that they expect average waiting times for a doctors appointment to increase from nine days in April 2014 to 13 days from April 2015.** GP leaders said that this is indicative of increasing workloads and reductions in resources.

The Royal College of General Practitioners and the British Medical Association want to petition the Prime Minister to increase the share of the NHS budget spent on general practice.

**Please visit the following websites for further information on how you can help**

- <http://www.rcgp.org.uk/campaign-home>
- <http://bma.org.uk/yourGPcares>

**Thank you for your support**

### **NEW STAFF**

**Gemma has joined us as a phlebotomist and is running a weekly clinic at Stradbroke for blood tests; we hope this will increase the availability of appointments across the nursing team.**

**Gemma who is a very experienced phlebotomist previously worked at West Suffolk Hospital.**

**Laura has joined our administration team; you may see Laura helping out on the reception desk or answering your phone calls or in the dispensary as she is also a trained dispenser.**

### **THE NHS SHINGLES VACCINATION PROGRAMME**

**The shingles vaccination this year will be offered to people aged 70 years, 78 years & 79 years.** The efficacy of the vaccine declines with age and so it is not recommended for people aged 80 years and older. **The catch-up Programme** - is a phased programme and we will know more in the coming years with regards to when the programme will be introduced to those people currently aged between 71 and 77.

**Who is Eligible for the shingles vaccine? –** From September of this year the NHS have confirmed that it will only be available to those people that were born between

**2<sup>nd</sup> September 1943 & 1<sup>st</sup> September 1944 (Aged 70)**

**2<sup>nd</sup> September 1935 & 1<sup>st</sup> September 1936 (Aged 78)**

**2<sup>nd</sup> September 1934 & 1<sup>st</sup> September 1935 (Aged 79)**

**We will write to all eligible patients in August asking them to book an appointment in our September clinics, the NHS have confirmed that we are not able to provide the vaccination to eligible patients until September.**

# OCTOBER FLU CLINICS FOR ELIGIBLE PATIENTS

We know that summer isn't yet in full swing so it may seem odd talking about our flu clinics but we like to plan ahead to ensure that all eligible patients are aware of our flu clinics:

## WALK-IN SEASONAL FLU CLINICS AT FRESSINGFIELD

Tues 7 <sup>th</sup> October at Fressingfield	AM	9 am to 11 am
Tues 7 <sup>th</sup> October at Fressingfield	PM	2 pm to 3:30 pm
Fri 10 <sup>th</sup> October at Fressingfield	AM	9 am to 11 am
Fri 10 <sup>th</sup> October at Fressingfield	PM	4 pm to 5:30 pm
Tues 14 <sup>th</sup> October at Fressingfield	AM	9 am to 11 am
Tues 14 <sup>th</sup> October at Fressingfield	PM	2 pm to 3:30 pm
Fri 17 <sup>th</sup> October at Fressingfield	AM	9 am to 11 am
Fri 17 <sup>th</sup> October at Fressingfield	PM	4 pm to 5:30 pm

## WALK-IN SEASONAL FLU CLINICS AT STRADBROKE

Mon 6 <sup>th</sup> October at Stradbroke	AM	9 am to 11 am
Mon 6 <sup>th</sup> October at Stradbroke	PM	4 pm to 5:30 pm
Wed 8 <sup>th</sup> October at Stradbroke	AM	9 am to 11 am
Mon 13 <sup>th</sup> October at Stradbroke	AM	9 am to 11 am
Mon 13 <sup>th</sup> October at Stradbroke	PM	4 pm to 5:30 pm
Wed 15 <sup>th</sup> October at Stradbroke	AM	9 am to 11 am

You have asthma or a chronic respiratory disease	You have chronic heart disease	You have chronic kidney disease
You have chronic liver disease	You are diabetic	You have a weak immune system/Immunosuppression
You are over 65 years of age or are 65 prior to the 31/3/2015	You have a history of stroke or TIA or Multiple Sclerosis or a disease of the central nervous system	You are Pregnant
Those who are in receipt of carer's allowance, or those who are the main carer of an older or disabled person whose welfare may be at risk if the carer falls ill.		<b>*NEW ADDITION TO THE FLU PROGRAMME*</b> Children aged two, three & four years, but not yet five by 1/9/2014. PLEASE NOTE THAT WE WILL CONTACT PARENTS OF THESE CHILDREN TO INVITE THEM TO AN APPT

## BANK HOLIDAY – MONDAY 25<sup>th</sup> AUGUST 2014

Please allow for this bank holiday when ordering your medication. Please note:  
 Medication ordered on Wednesday 20<sup>th</sup> August ready for collection on Tuesday 26<sup>th</sup> August  
 Medication ordered on Thursday 21<sup>st</sup> August ready for collection on Wednesday 27<sup>th</sup> August  
 Medication ordered on Friday 22<sup>nd</sup> August ready for collection on Thursday 28<sup>th</sup> August

Did you know you can self refer for Physiotherapy – visit

<http://www.ahpsuffolk.co.uk/referral/>