



Melbourne Park Medical Centre Newsletter



✿ Welcome to our Autumn 2018 edition of our newsletter. Autumn is an important time of year to start planning ahead for the cooler weather coming our way. Please ensure you are ready for the winter by arranging your flu vaccine as soon as possible. Please see below if you are not sure whether you are eligible.

Flu Vaccines

We are now booking our flu vaccinations clinics. This year things are a little different as there are different vaccines for different age groups. We have a vaccine for those who are “at risk” aged 18—64 and a different vaccine for anyone over 65. The over 65’s vaccine has been designed specifically to take into account that our immune system begins to get more susceptible for flu as we get older. Please note: We are running clinics separately for the different age groups as we are getting delivery of the vaccines at different times. **Please speak to reception to check if you are eligible for these vaccines.** We are using our text message system to contact eligible patients (for whom we have mobile numbers) —but don’t wait for a text—please speak to reception today! We are not writing to all of our (over 2000!) eligible patients so please don’t wait for a letter—if you think you are eligible please speak to reception!.



Children’s Flu Vaccine - is a bit more complicated!

Pre-school children aged 2 or 3yrs on August 31st 2018 will be offered a nasal flu vaccine at the GP practice. Children in reception class and years 1-5 of school will be offered the nasal vaccine at school. The GP practice will also offer the vaccine to any children aged 6mths– 18yrs who are in an “at risk” category (if they are not offered the vaccine at school). We will not routinely be giving vaccinations to any children not in these groups. Parents of eligible children will receive a letter inviting them to book into a clinic once we have delivery of the vaccine.

Staffing Update

Lucy, a familiar face on reception, has now left the practice. We are in the process of recruiting a new receptionist. From December, we will have a second GP registrar, Dr Gowda, working with us for 4 months.



Smoking cessation in Nottingham City

In our last newsletter, we had an article about cessation of the New Leaf stop smoking service. Our partners, our PPG and many patients raised concerns that the council had stopped funding this very important service. We are very pleased to announce that, since then, the Nottingham

GP Alliance (of which Melbourne Park is a member practice) has been working towards a new service for our patients.

This new service is now available at the GP+ centre on Upper Parliament Street. First appointments with the smoking cessation counsellors are available to book through our reception team. Follow-up appointments will be booked directly by the service.

If you are keen to stop smoking and wish to access the support of this new service, please speak with our reception team to book your initial appointment.

Online Services

Did you know that the practice offers online services to book appointments and order your repeat prescriptions? This service saves you from monthly trips to the surgery if you are on regular medications. If you have a nominated pharmacy*, to dispense your medications, this makes the process even simpler. **Remember, we do not accept prescription requests over the phone, so ordering online is a convenient and easy way to get your requests to us.**



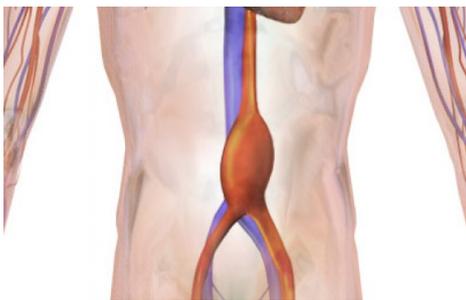
If you would like to sign up for Online Services you will need to attend surgery with a form of photo ID. There will be a short registration form to fill out and the receptionist will then provide you with a pin document to allow you to set yourself up online.

*You can now make a nomination at the pharmacy or through the patient access website.

**GP APPOINTMENT?
CAN'T MAKE IT?
DON'T NEED IT?**

CANCEL IT!

Abdominal Aortic Aneurysm Screening – a quick ten minute scan that can save lives



The national NHS Abdominal Aortic Aneurysm Screening Programme invites men in their 65th year to attend for this very important screening test (a quick 10 minute ultrasound scan). The screening test is used to establish whether someone has an abdominal aortic aneurysm (AAA), a balloon-like swelling in the main blood vessel (aorta) in the abdomen. An AAA does not usually present with any symptoms, so people cannot tell that they have one. If the swelling gets too big, it can burst causing back or tummy pain, collapse and often death.

It is estimated that 80% of those with a burst AAA will not survive. The national NHS AAA screening programme aims to reduce the number of deaths from an AAA by up to 50% through early detection, appropriate monitoring and treatment. Your local NHS AAA screening programme is based in Nottinghamshire and can be contacted on 0115 9249924, ext. 62394 or 62378.

The Nottinghamshire AAA screening programme automatically sends out invitation letters to all those people born male, who are registered with a Nottinghamshire GP as male and who are in their 65th year. People born male over the age of 65 can request to be screened by contacting the screening programme on the number above. They will not routinely be sent an invitation letter. People in their 65th year and older, who have transitioned from male to female, are also eligible for screening and can access this by contacting the local screening programme on the above number.

More information about AAA screening can be obtained from the following links:

National information leaflet - https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/704426/AAA01_web_version.pdf

National NHS Screening Programmes information leaflet for trans people - <https://www.gov.uk/government/publications/nhs-population-screening-information-for-transgender-people>

An Easy Read national information leaflet - https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/465583/AAA_easy_read_invitation_leaflet_final.pdf

An audio guide - <https://audioboom.com/posts/5880763-abdominal-aortic-aneurysm-screening>

National information leaflet in other languages - <https://www.gov.uk/government/publications/abdominal-aortic-aneurysm-screening-invitation-leaflet>

Decision aid - https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/617871/AAA_draft_short_form_decision_aid.pdf

It is important that people who are sent an invitation letter, as well as those listed above as eligible, consider this information to help them to decide if they want to attend for screening.

Please do contact the Nottinghamshire AAA screening programme on 0115 9249924, ext. 62394 or 62378 if you would like further information or require additional assistance in order to be able to attend for screening.

Practice Training 2018

Please note that the practice will be closed for essential training from 12pm on:

Tuesday 9th October 2018

Tuesday 20th November 2018

If you require urgent medical attention during this time we will display details of how to access this and there will be a message on our phone system.

We will re-open as normal the following day.



Bank Holidays

We will be closed on the following bank holidays:

Tuesday 25th December 2018

Wednesday 26th December 2018

Tuesday 1st January 2019



Comments, Suggestions, Feedback

The surgery welcomes all comments and we have a number of ways to receive patient feedback.

We have a suggestion box in reception where your Patient Participation Group will bring your comments to the management and doctors in their quarterly meetings or you could write in to us or ask to speak to any member of the team who will gladly pass your comment onto the relevant department.

There is also a website called NHS Choices where you can review the surgery. If you feel you have had a particularly positive experience in the surgery then we would really appreciate your review on the NHS choices website. If you have had a negative experience, we would like the chance to make it right and suggest you speak directly with a member of the management team in the first instance. We have complaints forms available on reception for this.

Usual opening hours

Monday	8am—6.30pm
Tuesday	8am—6.30pm
Wednesday	8am—6.30pm
Thursday	8am—6.30pm
Friday	8am—6.30pm
Saturday & Sunday	CLOSED



When we are closed you can access urgent medical advice by calling 111

