



Puddletown Surgery

Newsletter Christmas 2010

www.puddletownsurgery.co.uk

Opening Times for Christmas and New Year

Over the Christmas period the Surgery will be open as usual, only closed on Christmas Day, Monday 27th and Tuesday 28th December.

At New Year the Surgery will be closed on Saturday 1st January and Monday 3rd January and will re-open on Tuesday 4th January 2011.

If you are unwell while the surgery is closed always ring **848333**. Our recorded message gives you the number to contact the Dorset Urgent Care Service who will take details of your condition and pass these on to a doctor. In cases of accident or extreme emergency you may be advised to ring 999 and request an ambulance. For general medical information, advice or reassurance, ring NHS Direct on 0845 46 47.

Ordering Repeat Prescriptions



The weeks preceding Christmas are the busiest for our dispensary, team, who are working under considerable pressure. Last December, for instance, they processed 6,100 items of medication. This December we ask you again to please order your repeat prescriptions well ahead of time and allow a few extra days before you come to collect if at all possible.

Staff Changes



We are very pleased to welcome Michele Akers to our Dispensary Team

The New Surgery



Plans of the new building, location and site layout are on the Surgery's website: www.puddletownsurgery.co.uk We are also taking photographs of the construction project and posting these on the website for you to see. Plans are also up in the foyer at the surgery if you are not able to access them online.

Benefits of the new premises include: a larger car park providing spaces for up to 50 cars, four consulting rooms as opposed to the current two, a meeting room for health promotion groups and two treatment rooms so that two nurses can consult at the same time. The builders, Spetisbury Construction Ltd, have shown the highest possible standard of professionalism and we are reassured by the way they are carrying out the build with such a high level of care in their work.

The cost of the project will amount to just over a million pounds and is supported by Dorset Primary Care Trust, with top-up funding from the practice. The building is expected to be completed by March 2011 and the Team have pencilled in the weekend for the move already.



The Doctors and staff wish you all a very Happy Christmas and New Year!



Volunteer team takes over our lifts service

A team of local volunteers has taken over the task of providing the transport service for patients who are unable to drive and who have no other means of getting to their medically-related appointments (that means not only visits to the surgery but also for hospital appointments and visits to other health professionals like dentists, physiotherapists etc).

This service is provided by Puddletown NeighbourCar.

Before you can use their services you have to join their scheme (for which there is a £5 joining fee to help meet their admin costs and the cost of insuring their drivers). Our reception team here at the surgery can supply you with an application to join if you qualify for such lifts.

This service is not only greatly appreciated by our patients but it is an enormous help to our doctors and to the rest of the clinical staff here at the surgery.

It is an entirely volunteer-based service and it operates on weekdays only. If you are able to spare some time on a regular basis between Monday and Friday and have a car, NeighbourCar's driver co-ordinator, Francis Copeman, will be delighted to hear from you. You can reach him on 01305 848499 or at francisandmary@talktalk.net. You will not be overloaded with requests: never more than one lift a week on average. The cost of your fuel will be met and you will be fully insured.

NeighbourCar's organisers will also welcome anyone with a couple of hours to spare to act as a co-ordinator, matching requests for lifts with suitable volunteer drivers. If you'd like to help, contact the scheme's secretary Mike Chaney on 01305 848352 or at chaneatley@tiscali.co.uk.



Lions Message in a Bottle

The Lions Message In a Bottle scheme is a simple idea designed to encourage people to keep their personal and medical details on a standard form and in a common location - the Fridge. Whilst it is focused on the more vulnerable people in our community, anyone can have an accident at home, so this scheme can benefit anyone, including you. As a minimum it will save the Emergency Services valuable time identifying you and your emergency contacts. By telling whether you have special medication or allergies or not, it is a potential lifesaver and provides peace of mind to users and their friends and families.

We at Puddletown Surgery would like to encourage any of our patients with illness, allergies

or on regular medication to join the "Message in a Bottle" scheme. The scheme involves completing a form with information such as: Major Illnesses, Current Medication, Allergies, Next of Kin. You may also like to request a printed summary of your health record from your GP, ensuring the most accurate information is on hand. The information you wish to have available is then placed inside a plastic pot and stored in your fridge. You then stick a "Green Cross" sticker on the outside of your fridge in a prominent position for the attention of the emergency services.

If you would like to join the scheme, or talk to somebody about it to get more information, please contact the surgery and ask to speak to a member of the nurse team. Telephone 01305 848333.

Further information may be found at <http://www.lions.org.uk/health/miab/index.php>

Citizens Advice Bureau

Our CAB adviser is available every Tuesday morning to see clients either in the Surgery or at a Home Visit for those not able to get into the Surgery for any reason. Simply telephone the surgery and request an appointment.

The Citizens Advice service provides free, confidential and independent advice to help people resolve problems

with their:

Debt, benefits, housing, legal issues, discrimination, employment, immigration, consumer, money and other problems regardless of race, gender, sexuality, age, nationality, disability or religion. The service is available to every patient of the practice



The dispensary telephone number is

849329

Occasionally messages for repeat medication have been left on the answering machine of a private household whose telephone number is 848329!! So—please ensure you hear Lynn’s voice clearly announcing that “This is the Puddletown Surgery Dispensary” before you leave your message. Thank you.

Newsletter Distribution

We have a very dedicated team of patients who kindly deliver our newsletters for us three times a year in Spring, Autumn and at Christmas

We would be delighted to hear from any one who thinks they might be interested in joining the delivery team. We are currently looking in particular for people to deliver in the Bockhampton and Stinsford area (about 35 houses) and Charminster (about 13 houses)

If you would be interested please give Ali a ring on 01305 848333

or e-mail Alison.harley@gp-J81616.nhs.uk



Looking After Your Heart

Patient Education Evening held on Wednesday 8th September 2010

On 8th September 25 people came “back to school” at Puddletown Village Hall to attend this, the fifth in our series of Health Education Sessions.

Presented simply and clearly by Dorset County Hospital’s Cardiac Rehabilitation Team, Susanna and Sean, we learnt that, where heart health is concerned, there are risk factors that you have no control over (your family history, age and gender) but others that you **DO** have control over. (weight, diet, exercise, smoking alcohol, blood pressure and cholesterol).



A group discussion covered the constituents of a good diet. Katie from Age Concern’s “Fit as a Fiddle” showed some basic exercises we can all do in our own homes and we all found ourselves standing and sitting, standing and sitting, standing and sitting..... exercising our major muscle groups.

Attendees were invited to browse information displayed around the hall and to speak to the “experts” who were able to advise on healthy options and explain how poor lifestyle choices

affect our bodies. Our nurses were on hand to take blood pressure readings, to promote the “Healthy Choices” scheme and the one-to-one Smokestop support provided at Puddletown Surgery. Philip from EDP Drug and Alcohol services explained the high calorific value of drinks and food from Dorset Cereals, Flora and Benecol were available to sample.

Members of the surgery’s Patient Participation Group kindly provided refreshments.

The next Patient Education Session will be held next Spring – in our new surgery! We do hope you will join us.

Useful contacts and websites:

Free and confidential advice on alcohol: 07515 051175

Healthy Choices: <http://www.healthychoices.co.uk/>

Smoke Stop Support: 01305 848333

Age Concern’s Fit as a Fiddle Exercise Groups for the Over 50s: www.acdorchester.org



Please
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If you haven’t already given us your e-mail details could you just spare a minute of your time to jot them down for us and return this slip to Reception. This would enable us to keep you up-to-date and get important news and messages to you

INSTANTLY



E-mail address.....Last Name.....1st Name.....DOB.....