

Haddenham Health News



SEPT 2015

FLU CAMPAIGN 2015

The flu season is upon us.

**The date for the flu clinic this year is:
Saturday morning 26th September 2015**

Appointments will also be available with the nursing team at various times during the week starting on Monday 21 September 2015.

We will not be sending reminder letters. If you are over 65 years of age (or will be by 31 Mar 16) or are in an at risk group (see below) please contact the Medical Centre to book your flu vaccination or you can book **ONLINE**.

At Risk Groups

Chronic Respiratory Disease

Asthma

Chronic Heart Disease

Chronic Kidney Disease

Chronic Liver Disease

Chronic Neurological Disease

Diabetes

Aged 65 and over - (or will be by 31 Mar 16)

Main carers for the elderly or disabled

Low Immunity

All pregnant women (At any stage of pregnancy)

We do not provide private flu vaccinations; these are widely available from pharmacies and supermarkets.

Carers Bucks

Carers Bucks has a new Carers Support Group in Haddenham. This group meets on the second Monday of each month at 1.30pm at the Haddenham Medical Centre.

The group is to support unpaid carers in their caring role by meeting together to share their own experiences,

information and to support one another. The group will be user led. Carers Bucks Support Workers will be present to facilitate the meeting and to provide support to carers.

If you would like any further information please call Laura at Carers Bucks on 0300 777 2722 or email laura.troll@carersbucks.org

Doctors in Practice

Dr Mark Howcutt

Dr Kaiser Munir

Dr Nicola Wells

Dr Karen West

Dr Matt Mayer

Dr Briony Rixon

Dr Louisa Gill

Dr Adil Nathoo

Dr Siv Vignesh

Practice Manager

Ellen Solley

Reception Manager

Terina Beldham

Medical Centre Opening Hours

Mon - Fri 8am - 6pm

Closed 12.30 - 1.30pm

Medical Centre

Tel: 01844 293 300

Fax: 01844 293 301

CQC Inspection results

Are services	Rating
Safe	Good
Effective	Good
Compassionate	Good
Well-led	Good

Patient Groups	Rating
General Practice	Good
Primary Care	Good
Community Health Services	Good
Other	Good

We are holding a coffee morning in aid of **MacMillan on Friday 25 September at 10.30**. Everyone is welcome, if you wish to donate a cake please contact Terina in Reception.

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Staff update

Dr Briony Rixon is currently on maternity leave and Dr Matt Mayer will be with us to provide cover for the next 12 months.

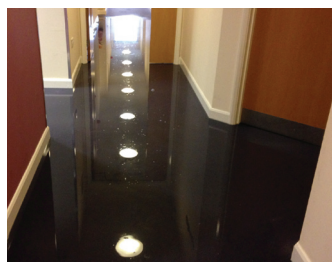
We also welcome 3 new GP registrars; Dr Louisa Gill will be with us for 12 months. Drs Adil Nathoo and Siv Vignesh will be with us until February 2016.

Health Care Assistant Nikki Eastwood has recently left the practice, our new Health Care Assistant starts in October.

Medical Centre Refurbishment

We are pleased to say the refurbishment to the medical centre is now complete. The pictures below show the centre on the day of the flood and as it is now, with new flooring in the clinical rooms and new carpet in reception. In addition the ground floor has been repainted. The affected clinical rooms also had new cabinets installed and air conditioning. Thank you to our suppliers, ACE Services, First Choice Property Services, Brooks Electrical and Albany Carpets for their hard work. Also thank you to our patients for their patience whilst the work was being completed.

BEFORE



AFTER



Saturday opening

The medical centre offers pre-bookable appointments with a GP or a nurse on certain Saturdays as part of our extended hours. The Saturday clinics are ideally for working patients who are unable to attend the surgery during the week, all GP appointments are bookable online. We do not offer on the day appointments on a Saturday.

The medical centre will be open for pre-bookable appointments on the following Saturdays:

12th Sept 2015

26th September 2015 – FLU CLINIC ONLY

3rd October 2015

17th October 2015 – FLU APPOINTMENTS AVAILABLE

31st October 2015

14th November 2015

28th November 2015

5th December 2015

19th December 2015

9th Jan 2016

16th Jan 2016

23rd Jan 2016

6th Feb 2016

20th Feb 2016

5th March 2016

19th March 2016

Test Results and Medical Records Online

If you are registered for Patient Access you will now be able to see your test results and medical records online. A guide on what you can see is on our website at www.haddenham.org

Travel Clinic

Need advice on travel immunisations? Our Nurse Manager Jenny Pullen provides a Travel Clinic on a Tuesday morning and also at our Saturday clinics. Jenny can offer a full range of foreign travel immunisations, malaria prevention and personalised advice. Try to make your first appointment about eight weeks before you travel in case a course of vaccinations is necessary. You will be asked to complete a travel questionnaire before booking the appointment to enable us to assess the risks (and may even mean an appointment is not necessary if you are up to date with vaccinations). This will ask about where you are going, what kind of transport you might use, what level of accommodation you will have and what activities you might be doing. These can be obtained from reception or downloaded from our website.