



waccg.putneymead@nhs.net

020 8788 0686

www.putneymead.co.uk

P.A.C.T

The Planning all Care Together (PACT) program aims to revolutionize how patients in Wandsworth with long-term conditions are cared for. PACT helps patients and service users to co-ordinate their care and to live more independent lives. PACT helps to avoid unplanned hospital admissions. Or if an admission to hospital is necessary, to allow discharge home at the earliest and safest opportunity.

- We want you to feel supported to manage any long term conditions you may have.
- Get help to recover independence and self-esteem after illness or injury.
- Feel that your care has been well planned with smooth transitions between services
- To experience a joined up and coordinated journey across health and social care services.

During November - February we will be offering extended G.P appointments with up to 45 minutes of extended consultation time with your usual GP. During this appointment you will be able to discuss your ongoing healthcare and agree a care plan tailored to any personal or special requirements you may have.

If you have long term conditions, you will be invited to attend a PACT appointment or please speak to reception to find out if you are eligible to take advantage of our extended PACT appointments.



Flu jabs

As the winter season approaches and temperatures fall, the bugs set in and Flu season is upon us.

We offer **FREE** Flu vaccinations to:

- 65's and over
- Pregnant women
- Asthmatics
- Diabetics
- Heart conditions
- Young children
- Anyone with a weakened immune system
- Carers of patients with long term conditions

If you are in one of the above groups you will be able to get your **FREE** vaccination at Putneymead. Pharmacists may charge for the flu vaccination and so it is definitely worthwhile finding out if you are eligible to have the vaccination with one of our practice nurses or Health Care Assistants.

Children aged 2 – 4 and those in school years 1 and 2 are eligible for a painless flu vaccination through a nasal spray. The Department of Health provides further information at www.nhs.uk/child-flu

We will be running both walk-in and timetabled flu clinics. To get ahead of the crowd please ask reception to book you an appointment as soon as possible



Named GP

All patients from June 2015 will have been allocated a named GP for the purpose of your medical records. This will not change who you usually see, but for continuity of care you are encouraged to consult with your usual or named GP. We can on request re-align your named GP to your 'usual' GP, but this will not affect who you see or the care you receive.

Shingles

If you are born between the following dates, then you are eligible for a shingles vaccine:

- Born between 02/09/44 to 01/09/45
- Born between 02/09/44 to 01/09/45
- Born between 02/09/42 to 01/09/43
- Born between 02/09/36 to 01/09/37
- Born between 02/09/35 to 01/09/36 – up to 80th birthday.

Pod Room

Blood Pressure checks are available in the pod room on Floor 1 (follow instructions in the room) Patients on blood pressure medication with various chronic illnesses, diabetes etc. should check this every 6 months. All other patients over 45 years should check every 5 years!



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Macmillan Coffee Morning

The World's Biggest Coffee Morning is **Macmillan's biggest fundraising event for people facing cancer**. The idea is to host your own coffee morning with all proceeds going to Macmillan. Last year alone £25 million was raised to support this great charity and all that they do.

On the 25th September 2015. Dr Wallace arranged Putneymead's very own coffee morning, with many staff baking cakes for such a good cause. In total we raised **£207.21** we are proud of our great achievement!

A big thank you to all those that came along and supported us, sharing a slice of cake and cup of tea to support Macmillan's very special and great achievements caring for sick patients.



Starters and Leavers

Leavers:

Laura Tozer (Reception) and Jordan Baptiste (Apprentice).

New Starters:

We give a warm welcome to new staff, Apprentice Hannah Fullerton, Receptionists Hope Packman, Sharon Mincks and Munera Saleh and Doctor Jennifer Parker!



Follow Putneymead on Twitter! Our Twitter handle is **@Putneymead_GP** and we will be tweeting about new events and updates at Putneymead as well as general health news.

Wandsworth CCG Board met at with local residents on Thursday 12th November for the Roadshow at the Barnes Room, in Queen Mary's Hospital.

The Wandsworth Clinical Commissioning Group (CCG) are responsible for planning, commissioning and monitoring health services for the people who live in the borough, including: Rehabilitation, non-emergency hospital care, urgent and emergency care, mental health and learning disability services along with the majority of community health services.

The CCG aim to offer the people of Wandsworth a wide range of accessible, high quality and easy to use services to help them stay healthy, and to care for them when they fall ill and need extra support.

The November Roadshow included an update from the CCG, information about healthcare and commissioning related matters in West Wandsworth, a Q&A session and the chance to look around market stalls hosted by.

Breast Screening

If you are aged between 50-70 and female your G.P will be sending you an invitation for breast screening. **About one in eight women in the UK are diagnosed with breast cancer during their lifetime. There's a good chance of recovery if it's detected in its early stages.**

Breast screening is beneficial in identifying breast cancer early. The earlier the condition is found, the better the chances of surviving it.

The NHS offers screening to save lives from breast cancer every 3 years.. Mammograms detect breast cancers at an early stage, when they are too small to see or feel. Putneymead patients will soon be called for their appointment, so please look out for your invitation to Queen Mary's Breast Screening Department.

If you have any further queries do ask a member of reception for any

Congratulations!

On October 16th Dr Laura Neal gave birth to a beautiful baby girl.

On November 3rd Dr Wallace gave birth to a beautiful baby boy.

We all send our warm wishes and will update our patients regarding Dr Neal's & Dr Wallace's return to the practice.