

PUTNEYMEAD GROUP MEDICAL PRACTICE

Newsletter

Issue 2 December 2012



Welcome to the second edition of our practice newsletter, aimed to inform you , our patients of events and services at Putneymead.

With the festive season approaching, we would like to wish you all a Happy and peaceful Christmas. We will endeavor to meet your health needs as fully as possible over this time, so please take a moment to be aware of our Christmas opening hours as shown overleaf.

As ever, we value and need your feedback on your patient experiences, and we welcome your comments. If you want to feedback any comments on our service, please speak to a member of staff, or alternatively you can comment on the NHS choices website—www.nhs.uk/services/GP.

PUTNEYMEAD PATIENTS FORUM

Monday 10th December 2012 , 2nd Floor, Disraeli Room, 7 pm : This is an opportunity for us to informally, over nibbles discuss our services and how to access them, along with an open forum to discuss any issues or queries you may have**The current hot topic ...How do I get an appointment ???** This will be an opportunity to chat with the managers and offer the practice feedback in an open forum. Do email us at putneymeadpatientforum@nhs.net if you're coming, so that we can ensure sufficient refreshments are on hand!



Doug Kershaw and Beverly Toney, who form part of our Management Team

SERVICES AT 266 Upper Richmond Road

In response to our last newsletter, many patients requested that we shared some information about other services available in the building. In addition to NHS General Practice Services , the building also is home to:

PAYDENS PHARMACY (Ground Floor)

0208 785 3016

THE PUTNEY CLINIC OF PHYSICAL THERAPY

(Floor 2) 0208 789 3881

Offering a range of services, including Osteopathy, Physiotherapy, Pilates and Yoga classes

PARKSIDE HOSPITAL

(Floor 4) 0208 971 8026

The Putney branch of the Wimbledon Parkside hospital, offering private appointments with both medical and surgical consultants. Imaging facilities also available.

PRIVATE COUNSELLORS

Dr Sara Riley (07964 810753)

Relationship therapist

WHOOPING COUGH VACCINATIONS IN PREGNANCY

At the end of September, the Department of Health announced that pregnant women would be offered the whooping cough vaccination to protect their newborn babies, who are not usually vaccinated until between two and four months. This will help to boost the short term immunity passed on by women to their babies while they are still in the womb. It is being offered to all pregnant patients who are over 28 weeks of gestation, and can be given here at the surgery by one of our nurses. If you have any questions about this, please do ask one of our GPs or Practice Nurses. For more information see www.hpa.org.uk



Rita, Monica and Erika are part of our reception team, dedicated to helping our patients .

FLU!!

The Flu season is ongoing and we would like to remind all patients who are over 65 or in the 'at risk' groups, to please book in for their flu immunizations . More details at the reception desks.

TEL: 020 8788 0686

266 UPPER RICHMOND ROAD, PUTNEY, LONDON SW15 6TQ
FAX: 020 8780 0831

NHS 111—Coming to Putney

NHS South West London has announced that the new NHS 111 service will shortly be available to all Wandsworth residents. 111 is a new NHS telephone number being introduced to help make it easier for you to access local health services when you need medical help fast but it's not a 999 emergency. When you call 111 you will be assessed, given advice and directed immediately to the local service that can help you best – that could be A&E, out-of-hours GP or emergency. Calls are free from both landlines and mobile phones and the service is available 24-hours a day, 365 days a year. Look out for more information posted through your door when the service opens in Wandsworth.

CANCER AWARENESS CHAMPIONS

Have you experienced the impact of cancer within your circle of family and friends?

Would you like to raise awareness of cancers, especially bowel cancer and lung cancer?

Can you spare a few hours to potentially help others save months and even years of their lives?

Would you like to make a difference in your community?

'Cancer awareness Champions' aim to improve awareness of Cancer aiming to improve early diagnosis and treatment.

Training and support will be provided. Reimbursement of expenses is available.

For Details contact- Paul's Cancer Support Centre 0207 924 3924



LONG TERM CONDITIONS

We will soon be inviting patients with 2 or more long term conditions to come in for an extended appointment with their GP to discuss their conditions. These include heart, lung or kidney problems, high blood pressure, diabetes, dementia, depression or cancer. Your GP will be in contact with you over the next few months if this applies to you. We want to improve the quality of our care for and the lives of patients with long-term conditions.



Dr Donald McKenzie and Nurse Louise Johnson—part of the clinical team looking after you. Louise is our COPD lead nurse— please book in with her if you are due your review.

Practice Staff News

We have some very welcome additions to the practice over the last few months! Congratulations to Dr Neal, who has had a baby girl, Florence last month and to Dr Hull who has also had a new addition to his family, - his youngest son Ethan was born in August.

Dr Naunton Morgan will be returning to work in the New year after her maternity leave, and Dr Allen will be going on maternity leave at the start of December.

NEW YEAR, NEW YOU!

What ever your resolutions for 2013, if any of them relate to living a healthier life, then let us help you.

Our Smoking Cessation advisors are trained to give you support and guidance whilst trying to quit. Speak to a receptionist to book your first appointment today!

If you are over 40, you will be invited to an NHS health screen. This consists of some measurements and a blood test, from which our health care assistants can advise you of the best course to ensure a healthy lifestyle. If you suffer with certain conditions, then you may be eligible for exercise on prescriptions.

Obesity is national problem in the UK, but there are resources available locally to help people who are concerned about their weight. This includes parents who want to promote a healthier lifestyle for their children, or are concerned about their children's weight. Please discuss with your GP if you have concerns.

CHRISTMAS OPENING HOURS (FOR OUT OF HOURS ADVICE PLEASE CALL 111)

Friday 7th December	Closing at 6.30pm	Sunday 30th December	CLOSED
Monday 24th December	8am to 6.30pm	Monday 31st December	8am to 6.30pm
Tuesday 25th December	CHRISTMAS DAY : CLOSED	Tuesday 1st January	NEW YEARS DAY CLOSED
Wednesday 26th December	BOXING DAY: CLOSED	Wednesday 2nd January	8am to 8pm
Thursday 27th December	8am to 6.30pm		
Friday 28th December	8am to 6.30pm	USUAL HOURS THEREAFTER	
Saturday 29th December	CLOSED		

