

# PUTNEYMEAD GROUP MEDICAL PRACTICE

## Newsletter

## Issue 4, Summer 2013

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### Online Bookings and Electronic Prescriptions

As you may be aware, Putneymead is a 'paper light' practice and attempts to limit clutter and increase efficiency with the use of available technology. Not only have we got a clean, new website ([www.putneymead.co.uk](http://www.putneymead.co.uk)), we now offer online bookings and repeat prescription requests via this website. You can also change your contact details, join the Patient Group and submit your suggestions all on our regularly updated web page. Appointment reminders are sent via text message too.

If you would like to sign up for Online Bookings, please speak with Reception who will provide you with a username and password. All available doctor appointments are shown and are bookable too. Repeat Prescription Requests can be set up by following the on-screen instructions online. We have also joined a new prescription service whereby, if you sign up, your paper scripts no longer need to be collected from the surgery as they are sent electronically to the pharmacy of your choice!

The Electronic Prescription Service (EPS) is an NHS service. It gives you the chance to change how your GP sends your prescription to the place you choose to get your medicines or appliances from. This will save time for patients who sign up for this service, as the GP will send repeat prescriptions directly and electronically to your chosen pharmacy or dispenser, without the need to print paper copies. EPS is a reliable, secure and confidential way of receiving your repeat prescription. For more information visit [www.hscic.gov.uk/epspatients](http://www.hscic.gov.uk/epspatients), your pharmacy or Reception.

### Patient Group Perspectives

We now have over 12 members of the group meeting on the fourth Tuesday of the month at 3pm—4:30pm. Do come along and join us. See details and minutes at [www.putneymead.co.uk](http://www.putneymead.co.uk)

**Wish To Join?** Ask Reception for a form or email us: [WACCG.putneymeadpatientforum@nhs.net](mailto:WACCG.putneymeadpatientforum@nhs.net)

### Confused by the changes to your NHS? Watch this!

The Kings Fund have created a very informative online video showing the structure of the NHS. Take a look at:

[www.kingsfund.org.uk/projects/nhs-65/alternative-guide-new-nhs-england](http://www.kingsfund.org.uk/projects/nhs-65/alternative-guide-new-nhs-england)

### Wandsworth Clinical Commissioning Group

Would you like to find out about other local NHS services provided, and find out about the local commissioning group? Visit [wandsworthccg.nhs.uk](http://wandsworthccg.nhs.uk)

### Flu & Shingles

From 1st October, our yearly Flu clinic will begin with patients 65 years and over, as well as patients in at risk groups (pregnant women and patients with chronic long-term medical conditions), invited in. 2 and 3 year old children will also be offered the vaccine this year.

We will also be inviting 70 and 79 year old patients in this year for the newly available Shingles vaccine from 1st September.

Please ask for more details.

### Book Your Appointment Online



### For the diary:

Summer Bank Holiday

26th August

Practice closed all day

Patient Group Meeting

24th October at 3pm

Putney Clinic Open Day

12th October 2013

(more details overleaf)

### POD Room

A reminder to patients about the Pod Room next to the first floor Reception Desk.

This room has weight and blood pressure checking facilities. The data found is uploaded straight to your record.

Please follow all steps as shown on wall binder to ensure data upload.

### Pertussis

Following NHS guidelines, we are offering the Pertussis (whooping cough) vaccine to all pregnant women who are at or after their 28th week of pregnancy.

The vaccination helps to protect your baby against this serious disease up until the time of their first immunisation at eight weeks old.

### Post Natal

At Putneymead, we offer a Post Natal Check 8 weeks post delivery. This is for both mother and child, followed by the child's first set of primary immunizations.

Please make sure your child is registered as soon as is possible after birth so Jak from our Admin Team can contact you at 5 or 6 weeks.

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### Wandsworth Carers Centre

A carer is... "someone who provides support to family or friends who could not manage without this help. This could be caring for a relative, partner or friend who is ill, frail, disabled or has mental health or substance misuse problems". All the care they give is unpaid.

Wandsworth Carers Centre are here to help anyone who finds themselves caring for a friend or relative. They work to support Carers to continue to do so, as well as look after their own health and well-being. Whether you are looking for advice about local support services or benefits, the chance to meet other people at peer support groups, want an opportunity to use our complementary therapies or simply use our regular bulletin, we are here to help.

Contact via telephone: 020 8877 1200 Visit the website: [www.carerswandsworth.org.uk](http://www.carerswandsworth.org.uk)

### Choose and Book

Choose and Book is an electronic referral and booking system whereby patients have a greater choice in which hospital they are referred to and which consultant they see. Patient's can schedule their treatment around other commitments and can change or cancel their appointment via phone and internet. Appointment waiting times are shorter than waiting for a doctor to write a letter and the hospital to send back an appointment, which may not even be suitable for the patient. The average waiting time is approximately 8 weeks although some hospitals may offer a shorter wait. Of course, if your condition deteriorates whilst waiting, have a review with your GP and other arrangements may be able to be made. More information can be found at [www.chooseandbook.nhs.uk](http://www.chooseandbook.nhs.uk) and [eandbook.nhs.uk/patients](http://eandbook.nhs.uk/patients)

### New Dads



Dr Rhys Stevens



Lee (Admin)

### PACT LES

Planning All Care Together -  
Local Enhanced Services

This is a programme new to NHS Wandsworth that aims to revolutionise how patients with long-term conditions are cared for and will mean patients and health service users are able to live more independent lives.

Patients with long-term conditions will be invited in over the coming months to address their concerns, review their current treatment and plan future health goals.

### Bike Thefts

There have been three bikes stolen at Putneymead in recent weeks. While we have working CCTV monitors, it can be rather difficult to recover stolen bikes. We ask that when using the bike rack facilities, that you be vigilant and ensure you are using a D-Lock and not a cable lock or chain which can be cut a lot more easily. Please let us know if you see anything suspicious!



### BACK & NECK PAIN?

#### FREE ADVICE DAY

Saturday 12 October

10am—3pm

Speakers from the **Putney Clinic** and **Parkside Hospital**

Causes and Prevention

Treatments

Posture and Computers

Beds and Car Seats

Osteoporosis

Self Help Advice

To **book** or for **further info**:

020 8789 3881

[info@putneyclinic.co.uk](mailto:info@putneyclinic.co.uk)

### Registrars

We are delighted to welcome two new GP Registrars to our team. As an approved GP Training Practice we provide attachments for qualified hospital doctors who are specialising to become a GP. Registrars are supervised by one of our approved GP trainers whilst consulting independently like any other doctor at the practice. Dr Shivani Dhiman is our Senior GP Registrar. She has worked as a hospital doctor for over 4 years and will be completing her final year of GP training with us. She will be working full-time with us until next August. Dr Sarah Britton has just moved to London having completed over 2 years of hospital posts and will be doing her first GP attachment with us. She will be working with us part-time for 6 months. We would like to warmly welcome them both to the team.

### Hello & Goodbye

Alongside our two new Registrars, Dr Laura Neal has returned to surgery following Maternity Leave and Dr Kilian Keaney will be joining us as a new GP on Floor 1. We welcome Felicia, Fiona and Patrice to the Reception Team.

Drs Perry and Taylor-Barnes will be leaving us at the end of August. We wish them well in their future endeavours!