



PUTNEYMEAD GROUP MEDICAL PRACTICE

Newsletter Issue 5, Christmas 2013



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Look After Your Health This Christmas Time

Wrap up like a present on frosty nights
And don't trip over your fairy lights.
A jab is advised to keep you from flu
Just ask if the nurse can give it to you.
Mistletoe is romantic but poisonous too
Cook your turkey well to avoid the loo.
Mulled wine and festive snacks can take their toll
On both your glucose and cholesterol.
Check our opening times for the holiday,
Have a healthy Christmas and Hogmanay!

Holiday Opening Times:

Monday 23rd December	08.00—20.00
Tuesday 24th December	08.00—18.30
Wednesday 25th December	Closed
Thursday 26th December	Closed
Friday 27th December	08.00—18.30
Saturday 28th December	08.00—11.30
Monday 30th December	08.00—20.00
Tuesday 31st December	08.00—18.30
Wednesday 1st January	Closed
Thursday 2nd January	08.00—20.00
Friday 3rd January	08.00—20.00



Naomi, Helen, Sharon, Lynda, Fiona and Beverly at our Christmas Party!

The Putneymead Patient Group

The vibrant Putneymead Patient Group continue to have their monthly meetings. Recent focus has been on NHS 111 services and Care Data Changes.

Ask Reception for a form if you wish to participate in the group or you wish to be kept informed of the latest discussion points.

The next Patient Group meeting will be held on Tuesday 28th January at 3pm in the 2nd floor.

Care Data Changes

The Health and Social Care Information Centre (HSCIC) is NHS England's provider of health and social care information. They have asked us to share the following information with you:

Confidential information from your medical records will be extracted and used by other NHS services to improve, and provide an integrated healthcare service for everyone. This information, along with your postcode and NHS number, but not your name, will be sent to a secure IT system where it will be linked with other health information already gathered. This allows those planning NHS services, or carrying out medical research, to use information from different parts of the NHS in a way which does not identify you. More information can be found at www.nhs.uk/caredata

You have a choice. If you are happy for your information to be used in this way you do not have to do anything. If you have any concerns or wish to prevent this from happening by opting out, please speak to practice staff or ask at Reception for a copy of the leaflet "How information about you helps us to provide better care".

IMPORTANT!

Changes To Your Online Prescriptions

Please note that our online prescription booking process will change in the new year. You are requested to ask Reception to print off your personalised letter which will now allow you to book both your appointments and prescriptions online. The old system will cease at the end of January 2014.



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Worried About Memory Loss?

There are four common areas in which people with memory loss experience difficulty: remembering events, taking in new information, recognising people and places, and separating fact from fiction. This can be stressful and emotional for the sufferer themselves as well as friends and family. The Wandsworth Memory Assessment Service was launched in October of this year and Putneymead are screening all at-risk patients. If you are concerned that you or a significant other may be developing memory loss symptoms, please make a regular appointment with a GP for a check up.

Our Colleagues In The Building



The physiotherapists and osteopaths are now offering both Yoga and Tai Chi classes.

NEW EMERGENCY DENTAL NUMBER FOR SOUTH WEST LONDON : 020 3402 1333



Dry January

This Alcohol Concern campaign is aimed at the social drinker challenging and encouraging a month free from alcohol. Will **YOU** be participating?

New Year Resolutions

What will you be doing to improve your health in the new year?

Start by taking advantage of the facilities and services we offer at Putneymead...

- * Visit our 1st floor **POD room**, next to Reception, to record your weight and blood pressure.
- * Book in for your **Flu Jab** (for patients over 65 or at risk).
- * Arrange your free **NHS Health Check** (for patients over the age of 40).
- * Request an extended consultation if you are a **PACT patient** with a long-term health condition.
- * Let us know your **smoking status**.
- * If you do smoke, we offer **smoking cessation** appointments should you wish to quit or cut down.
- * Provide us with your **up-to-date address, landline, mobile and email details** so that we can contact you.

Hello and Goodbye

We welcome Receptionists, Fiona and Lynda, to Putneymead as well as Anais, our new GP registrar from France. Anais has come over to see how things work in the UK and may be sitting in some of the doctors' consultations.

We have however had to say goodbye to receptionist Katie, who has joined a new practice to develop her admin career. Dr McEwen will soon be on maternity leave, while Dr Roberts will be away for a while at the beginning of the year to look after her mother on the south coast.

Congratulations to another of our GP registrars, Shivani, on the completion of the first part of her MRCGP exam.



Offering a wide range of pharmacy products and a prescription delivery service.



Hosting 4 luxury consulting rooms, minor surgery and ultrasound facilities.



A fully comprehensive one-stop fertility service. They offer a unique and bespoke service to patients who are seeking fertility treatment.



An outpatient clinical treatment centre, specialising in the 'optimum nutrition' approach to mental health recovery.