

waccg.putneymead@nhs.net

020 8788 0686

www.putneymead.co.uk

Good Bye and Good Luck!



Meningitis ACWY Vaccination

This summer we sadly said goodbye to some of our most profound staff members.

Dr Premi Allen joined the practice in 2006 and was the Safeguarding lead for children as well as being a GP partner. She leaves the practice to spend more quality time with her family.



Dr Tim King has been with the practice since summer 2014 and featured in the documentary filmed at Putneymead GPs Behind closed doors; he leaves to re-join his training Practice based in Ham.



Dr Devin Gray (registrar) has now successfully completed her postgraduate GP training and obtained her M.R.C.G.P qualification. She leaves to join a leadership training post with the CQC (Care Quality Commission) for one year. Having been at the Practice since 2014, we wish her luck with her career choice and pursuing new ambitions.



Julie Pomeroy, has been our assistant practice manager for 5 years and worked at Balmuir Gardens for 20 years. Julie has joined a practice based in Merton, nearer to home.

Zainab Webb – joined the practice in 2006 and in addition to her phlebotomy clinics, she was also a senior administrator. We wish her luck in pastures new.

Naomi Knapp our counselling administrator and receptionist leaves to join the E.N.T administration department at Queen's Medical Centre, Nottingham. We wish her luck with her relocation.

However over the upcoming month we will have four new G.Ps joining Putneymead ; **Dr Rachel Sussman** , **Dr Anjaly Mirchandani**, **Dr Vidhiyaa Sivajee** (registrar) and finally **Dr Sara Moran** who has already started at the practice and is available Wednesdays and Monday mornings.

We also welcome back **Dr Alireza Salehzadeh** who will return to the practice in August.

Crystal Short- joins the practice and takes up the position of Data Quality Senior Administrator.

Nivea and **Rashmeeth** also join our reception team and we welcome **Jade** back from Maternity Leave as our new counselling administrator.

Eligibility: If you are aged 18, in school year 13 or a first time university student up to the age of 25 on the 1st August this year then you are eligible for this **free** vaccination.

A catch up program of ACWY will be available from 1st august at Putneymead please book into one of our clinics.

The vaccine has been used for many years across the world and has an excellent safety record. Serious side effects from the vaccine are rare and will protect you from an increase in the 'W' strain of meningitis.

For more information visit:

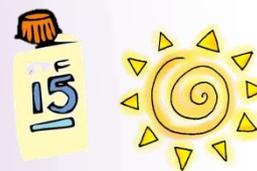
www.meningitisnow.org



SHINGLES VACCINATION

Are you aged 70, 72 or 78 on the first day in September? You are eligible for the free shingles vaccination – please make an appointment with the practice nurse

229 GP appointments were not attended in June 2015. That is equivalent to more than 8 lost days of patient care! We cannot continue to waste vital consultation time! If you cannot attend, you must call us to cancel your appointment so that we can offer it to someone else. WE NEED YOUR HELP AND SUPPORT !



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Congratulations!

Dr Wallace and Dr Neal will both shortly be going on maternity leave; we wish them the best of luck.



Dr Dawson will be getting married in August; we wish her all the best for a bright and happy future.

Within The Community

Three of our doctors at Putneymead also work within the community. Dr Sarah Dawson is the Dementia lead for Wandsworth, Dr Kieron Earney COPD lead, and Dr Maria Wallace the lead for cancer.

It is a great achievement for our doctors to represent the community and be involved with these clinical responsibilities.



Pertussis In Pregnancy

If you are between 28-38 weeks pregnant you are eligible for the free Pertussis (whooping cough) vaccination.

Getting vaccinated while you're pregnant is highly effective at protecting your baby from developing whooping cough in the first few weeks of their life.

Please ask reception to book you in with the practice nurse if you are eligible.

Private Services

Which types of documents are deemed as private work and not NHS services?

- Fit to Fly Letters
- Forms that require a doctor's signature
- Fitness forms (gyms, marathons, triathlons etc)
- To whom it may concern letters
- Taxi medical forms
- Occupational Health Forms
- Copies of medical records

The above documents are some of the Private services we offer. This means completion of these documents is not part of our NHS Contract and a fee will apply.



Often a private consultation is required to complete paperwork and so you should contact Lynda in the Admin Team to discuss your requirements and we would be grateful if you do not book a GP appointment for a private service within NHS time.

If you require a private service, please hand your document to reception, who will pass this to Lynda to process on your behalf and discuss any fees prior to completion. Please note our turnaround time is 10 working days. Please ensure you allow adequate time if you have a deadline.

Keep Safe In The Sun

In the summer it is ideal to stay in the shade between 11am and 3pm, as this is when the sun is at it's strongest.

Remember young children have more sensitive skin and will need to wear the highest SPF sun screen. We suggest 50.

If you have lots of moles or freckles, you're more likely to develop skin cancer, so you need to take extra care in the sun too.

If you do get sunburnt, Painkillers, such as paracetamol or ibuprofen, will ease the pain by helping to reduce inflammation caused by sunburn. You should stay out of the sun until all signs of redness have dispersed.

Remember to wear sunglasses as your eyes need protection just as much as your skin does

Do You Know Your Blood Pressure?

If you are over 45 it is important to regularly check your blood pressure. We encourage anyone who has not had their blood pressure checked in the last four years to use our POD room to get an up-to-date blood pressure reading.

Additionally, if you are any age and take blood pressure tablets you should have it tested at least every six months.

The POD room can be found on the first floor it is a free to use blood pressure machine that will print you out a copy of your BP results as well as export the result in your medical record so that Doctors are able to view it should you have any queries.