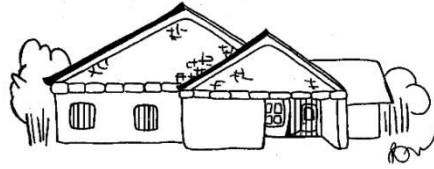


# BUDBROOKE MEDICAL CENTRE



## Surgery Newsletter- January 2018



### Topic of the month: Dry January

LOSE WEIGHT  
SLEEP BETTER  
SAVE MONEY  
& MORE!

Get the New Year off to a healthy start by taking 31 days off alcohol! Dry January participants often report losing weight, sleeping better, more energy, and clearer skin plus huge savings. Last year over 2 million people cut down their drinking for January.

### Have you followed our social media?

Like us on Facebook at  
'Budbrooke Medical Centre'



Keep up to date with our social media and website to ensure you are aware of all of our key and new information.

It is a great way to find out what is going on at your GP Surgery.

Follow us on Twitter at  
'Budbrooke MC1'



### Budbrooke Patient Participation Group

The PPG (patients, doctors and surgery staff) meet every two months at the Surgery to discuss matters arising. Full details about the PPG (constitution, meeting minutes, etc.) are available in the surgery on the PPG notice board or on the Budbrooke Medical Centre website.

If you would like further information on the PPG or would be interested in joining as a patient representative please contact **Sarah Davies** on **01926 403800**.

The PPG also has its own email address ([budbrookPPG@budbrookemc.nhs.uk](mailto:budbrookPPG@budbrookemc.nhs.uk)) for patients to contact the PPG directly with any queries or issues that they would like raised at the PPG meetings.

**Our next meeting is 16<sup>th</sup> January at 1pm**

### Changes to prescriptions

With immediate effect

We kindly ask that anyone collecting prescriptions now ticks and signs the back of the green slip for the prescription

The person assigned to collect prescriptions for under 16's can sign on behalf of the patient.

Over 60's will have to sign their prescriptions either themselves or by the person nominated to collect the medication.

If you have any problems signing please speak to the dispensary staff.

We thank you for your continued support.

## Late appointments now available

- Monday nights (GP's 6:30-8pm Nurses 6:30-7:30pm)
  - Pre-bookable appointments
    - Online availability
    - Telephone appointments

## **!** Winter pressure appointments for 6 weeks **!**

We will be providing 10 extra GP and Nurse appointments a week to cover demands required during the core winter period. This will enhance patient care and ensure that patients are seen by their regular GP practice and reduce attendance in A&E and OOH.

### Staff information



We would like to welcome our new dispenser Lynne Jones to the Budbrooke team! Lynne will be working alongside our other dispensers in our busy dispensary.

### Young person's initiative

**Are you aged 14-25 and interested in medicine as a career?**

We would like to offer you the opportunity to be part of our Patient Participation Group meeting every 2 months to discuss practice and NHS initiatives. Being involved in this and having a young person's insight on decisions would benefit our surgery and would be a great experience to put on your CV.

### New App available 'Ask NHS'

- Downloadable for smartphones
- Book appointments
- Advice
- Symptom checker
- 111 information



### Appointments

#### 63 DNA'S in December

Please can all patients **cancel** any appointments **in advance** when it is not needed. You can cancel by phone or online.

This enables other patients to book and attend your appointment.

**We would like to minimise the amount of unattended appointments at Budbrooke.**

### Patient Online Services

From 1<sup>st</sup> April 2016 you will be able to, if you wish, view your coded Medical Records online via "Patient Access". Being able to see your Medical Records online might help you to manage your medical conditions, it also means that you can book appointments and order repeat prescriptions from anywhere in the world, should you need to.

For more information go to [www.budbrookemedicalcentre.co.uk](http://www.budbrookemedicalcentre.co.uk)

### Have you had your NHS Health check yet?

Anyone between the ages of 40-74 is eligible for their FREE NHS health check with the nurse. It is a 20 minute appointment with Sally or Joy. Call reception today to find out if you are eligible!