



# New Springwells



## **PRACTICE NEWSLETTER DECEMBER 2017**

**We are happy to announce that Dr Catherine Simpson** a 2<sup>nd</sup> year GP Registrar will be commencing a 4 month secondment to the Practice on the 6<sup>th</sup> December 2017. Dr Simpson will be under the supervision of GP Trainer and Senior Partner Dr Jonathan Parry.

**Dr Farah Reder** has successfully completed her General Practitioner Training and has moved to pastures new. Congratulations and well-done. The Practice would like to wish her every success for the future.

### **The new practice web-site is now live and we hope you like it!**

There is a wealth of information within the content. The web-site will be continually developed and updated. New photographs of staff members will be available in December.

### **Friends and Family Feedback:**

If we have your current mobile number, you will receive a text message two hours after your appointment asking your views on the quality of your appointment. This is part of our NHS contract regarding the services we offer. Alternatively, there are forms in the waiting room and reception for you to complete.

### **Online Registration:**

If you have access to the internet at home, please register for on-line access, where you can book appointments and repeat prescriptions online.

### **Influenza vaccines:**

If you are in one of the "at risk groups" and you have not already received your annual influenza vaccine, please make an appointment as soon as possible.

### **Shingles Vaccinations:**

#### **1.9.2017-1.4.2018**

Patients become eligible for the shingles vaccine on their 70<sup>th</sup> birthday.

Patients born after 1.9.1942 remain eligible.

Patients born before 2.9.1942 become eligible on their 78<sup>th</sup> birthday.

Patients remain eligible for the shingles vaccine up until their 80<sup>th</sup> birthday.

## **Car-parking:**

The Practice often receives comments with regards to the lack of car-parking next to the surgery. The Practice rents the Church car-park for the provision of patient car-parking. The Practice also rents the Village Hall car-park which is situated approximately 50 meters from the Dispensary end of the Surgery. The staff all park in the Village Hall car-park to allow patients full use of the Church car-park.

It is very obvious that the Church car park cannot be enlarged. As the Practice is situated in a beautiful central village location there are many other minor roads available for parking.

## **Did not attend appointments**

**Please would you help the Practice by cancelling appointments with the Practice or Hospital if they are no longer required?** This will enable the appointment to be reallocated to another patient. If you would like to receive text reminders please register at reception for this service.

Between the 1<sup>st</sup> May 2016 and 30<sup>th</sup> April 2017 an astounding **1617** GP and Nurse appointments occurred where patients did not attend their appointments. This equates to 345 hours of Clinicians time at a substantial cost to the NHS.

## **Springwells Surgery Medical Equipment Fund Coffee Morning and Care Fair Billingborough Village Hall Friday 1<sup>st</sup> December 2017.**

Building on the success of previous years events, this year's event with the help of patients will involve bringing together a host of care organisations who support our patients in the community.

This year will see care organisations such as Public health, Carers First, Lincs2Advice, Alzheimer's Society and many others.

The Springwells University Forum will be returning where you can sit in on mini lectures covering such topics as modern nutrition, avoiding obesity, weight control through healthy eating, technology for the wary and how to get the best from your GP Practice. Staff from the Practice will be present for questions, take feedback and give influenza vaccines if appropriate.

## **Support for Unpaid Carers**

Unpaid Carers are people who care for a family member, a friend or another person in need of assistance or support with daily living. They include those caring for the frail aged, people living with long-term medical conditions, people with a mental illness, people with a disability and those receiving palliative care.

Anyone can become a Carer. Carers come from all walks of life, all cultures and can be any age.

A young carer is someone aged 18 or under who helps look after a relative who has a condition, such as a disability, illness, mental health condition, or a drug or alcohol problem.

If you would like any information on being an unpaid carer then please ask at Reception.

**Dr Jonathan Parry and Mrs Debbie Chessum** are running in the London Marathon on the 22<sup>nd</sup> April 2018. They will be running to raise money for the Ovarian Cancer Charity. Both have lost family members to this awful disease. Any sponsorship would be very welcome and much appreciated. Please sponsor via the surgery or by the "Just Giving" page on-line. Many Thanks and keep on running!

## **Christmas Closure 2017.**

The Practice will close at 18.30 on Friday 22<sup>nd</sup> December 2018 and re-open Wednesday 27<sup>th</sup> December 2018 at 08.00.

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