



Puddletown Surgery Newsletter Autumn 2013

www.puddletownsurgery.co.uk

Flu Clinics

If you are aged over 65 or suffer from an illness such as asthma, diabetes or coronary heart disease, you are strongly advised to have a flu vaccination - and a Pneumococcal vaccine if you haven't had one of these before.

Following NHS England's guidelines, flu vaccinations are offered only to those who are over 65 years of age, or are pregnant or who suffer from a chronic disease, and their Carers.

**Flu clinics will be held on
Saturdays 5th and 12th October between 8.30 and 12.00.
Please telephone reception to arrange an appointment**

Shingles

The new shingles immunisation programme is being introduced this year comprising a single injection to last a lifetime, offered, along with the flu vaccination, to patients who are aged 70 and 79 (but not aged 71 – 78!!) You don't need to do anything about this. If you are in one of the age groups recommended to have this vaccination, it will be offered to you at your flu vaccination appointment.

Minor injuries Service

If you are unlucky enough to have an accident of any sort it's always a good idea to phone us here at surgery.

The Doctors and Nurses are happy to assess injuries and give advice.

We can treat most minor trauma, including wounds which require stitching, saving you a

trip to A+E, and perhaps a long wait.

We are also happy to assess and see if you need an x-ray if you think you may have broken something.

During our opening hours, there is always a doctor available. Speak to our receptionists, and they will be pleased to help.

Patient Survey 2013

Our Patient Participation Group is encouraging patients to give their views about how the practice is doing. They will be conducting the survey here in the surgery during October, but would like to be able to ask the opinions of as many patients as possible, especially those who do not come into the surgery regularly. You can access the survey on the practice website, www.puddletownsurgery.co.uk and only takes 5 minutes to complete. Thank you for your help.

A plea from the Dispensary

Our Dispensers take great pride in providing a high quality service, with accuracy as their main priority. In order to enable them to provide an efficient and accurate serve please **allow two full working days before you collect your medication.**

Volunteer driving team needs more drivers

The team of local volunteers that provides transport for patients who are unable to get to their medically-related appointments needs more drivers.

'The scheme has been so successful at helping frail and elderly people to get treatment', says co-ordinator Duncan Miller, 'that we ourselves need a helping hand. We have an urgent need for more drivers'.

'**Puddletown NeighbourCar**' is getting more and more requests for help, not only from Puddletown but also from people from the surrounding villages who are registered with the Puddletown surgery. So we need more drivers from those communities as well as from Puddletown.'

Duncan explains that drivers are needed to help get patients with transport problems to and from the surgery and to hospital appointments and visits to other health professionals like

dentists, opticians, physiotherapists and so on.

This service is entirely volunteer-based and operates on weekdays only. If you are able to spare some time on a regular basis between Monday and Friday and have a car, **NeighbourCar's** driver co-ordinator, Francis Copeman, will be delighted to hear from you. You can reach him on 01305 848499 or at francisand-mary@talktalk.net. You will not be overloaded with requests: no more than one lift a week on average. The cost of your fuel will be fully met and you will be fully insured.

NeighbourCar's organisers will also welcome a call from anyone with a few hours to spare to help with matching requests for lifts with the nearest available volunteer driver. If you'd like to help, contact the scheme's secretary Mike Chaney on 01305 848352 or at chaneatley@tiscali.co.uk.

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On our Practice Website you can do an amazing amount of things that we hope will make your life a lot easier, reducing the amount of time you may have to spend in telephoning or visiting the Practice. So, if you have access to the internet, we do urge you to take a look at the following: Support and/or training can be given. Please ask if you need help.

Online booking of appointments

Online ordering of repeat medication

Surgery Latest News (useful in the event of a pandemic or other emergency)

Email consultation with the Doctors

Subscribe to Practice Newsletter

Access to health information about any topic under the sun!

Downloadable forms for

Travel vaccinations

Change of address or personal details

Advice on minor illness and what to keep in your medicine cabinet

Video content about almost any medical condition

Advice on diet and lifestyle

Patient Satisfaction Survey report

Practice Policies

Support and Information for Carers.

Information about our Patient Participation Group