



Woolston Lodge Surgery

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Useful Numbers

Woolston Lodge
023 8044 6733

Out-Of-Hours
111

Building Improvements Given Go-Ahead!

Planning Permission has now been granted for the much anticipated improvements to our building and work is due to start in October. Once completed, we shall benefit from a completely remodelled waiting room, easier door-entry access for our patients and visitors with mobility issues, some much needed extra space for our administration staff and three new consulting rooms. These new rooms will accommodate the staff from our branch surgery at Spitfire Court which will be closing in March 2017 as the lease on the premises has now expired. Lloyds Pharmacy is also being extended. Whilst we are of course hoping to keep any disruption to an absolute minimum, please do bear with us whilst the work takes place.



Dr Iheanyi Nwachuku

Many of you will have already met Dr Iheanyi Nwachuku, who has been at Woolston Lodge working as a GP Registrar for quite some time. We are very pleased that having now finished his training, Dr Nwachuku will be staying with us as a salaried GP, working with us here at Woolston Lodge Surgery three days each week.

Dr Iheanyi Nwachuku graduated from Liverpool University Medical School in 2004. He has experience in Orthopaedic Surgery and has completed a Masters in Orthopaedics at Wrightington Hospital. Dr Nwachuku enjoys sports medicine, mental health and the care of the older patient, he has a keen interest in minor operations, teaching and training.

Dr Jamie Rendall

We would like to welcome Dr Jamie Rendall, as our new GP Registrar. He will be working at the practice for the next few months. Dr Rendall has completed all of his hospital placements and is now in his final year of training before becoming a fully fledged GP. During his placement at Woolston Lodge, Dr Rendall will be seeing patients alongside Dr Lwin, his GP Trainer. He may be required at times to video some of his consultations. This is optional, so please do let him know if you'd rather not have your consultation recorded. Dr Rendall is looking forward to meeting many of our patients over the coming months.

Sheila

Woolston Lodge Surgery said 'Goodbye' to our healthcare assistant, Sheila in the Spring. Sheila has now retired and will be greatly missed by her colleagues and patients alike. We wish her a happy and relaxing retirement.



Jane Barker

We would also like to welcome our new phlebotomist, Jane. Jane is currently working on Tuesday and Friday mornings, so you may well see her for your next blood test.



Congratulations to Dr Casey and his wife Sarah, on the safe arrival of their new son, Nathan Joseph.

Nathan was born on 12th June and all are doing well. We are very pleased to welcome Nathan into the Woolston Lodge family.

It's A Boy!



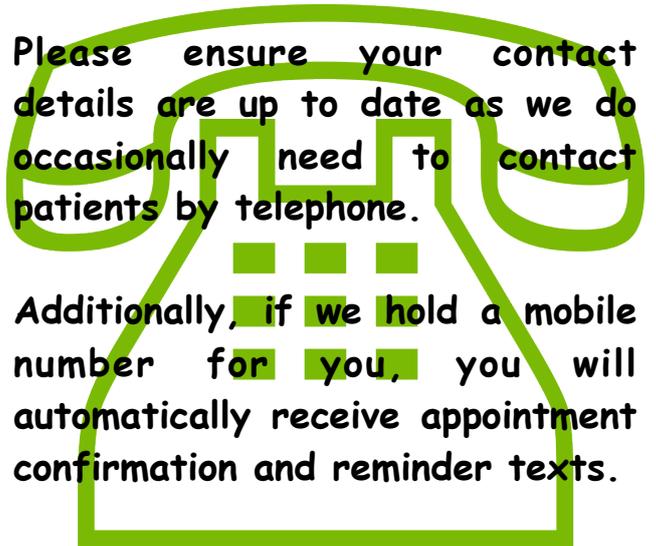
Mr & Mrs Chant

Congratulations also to Abbie, our Nurse Practitioner who married her fiancé Mike on 24th June and is now Abbie Chant.

We are sure you would like to join us in wishing them every happiness for their future together.

Please ensure your contact details are up to date as we do occasionally need to contact patients by telephone.

Additionally, if we hold a mobile number for you, you will automatically receive appointment confirmation and reminder texts.



Travel Advice



We offer a travel advice service for both patients and non patients who will be travelling abroad and require travel advice &/or vaccinations. To make use of this service, you should complete a travel risk assessment form and return this to the practice. These forms can be obtained from reception or can be downloaded from the surgery's website: www.woolstonlodge.co.uk. Please note that a separate form should be completed for each member of the family.

Did you know that if you have several medications regularly, it may be worthwhile buying a Prescription Pre-Payment Certificate. The current prescription charge per item is £8.40 and pre-payment certificates are available for both three and twelve month periods.

3 Months - £29.10

12 Months - £104.00

for more information please see

www.nhs.uk/NHSEngland/healthcosts



NHS

Paper prescriptions go electronic



This practice is starting to send prescriptions electronically.

Pick up a leaflet from reception to find out how this could save you time.

Electronic Prescription Service

A more convenient way to get your prescription



Spitfire Surgery

Spitfire Surgery has been a branch surgery of Woolston Lodge Surgery since 2013. Since then patients have been able to access a full range of services at either site. This includes same day and routine appointments with a GP or nurse, specialist nursing or appointments with a health care assistant.

However, the premises at the Spitfire Surgery are not owned by the GP partners and unfortunately the lease has now expired. The branch surgery at Spitfire Court will therefore close in March 2017. We do appreciate that some patients will be inconvenienced by the closure, and for this we are very sorry, but unfortunately this is outside of our control. We will continue to make sure we provide access to high quality care and treatment to all of our patients here at Woolston Lodge Surgery and this building is being expanded and improved accordingly with work set to begin in October.

Both the clinical team and administration staff have been working across both sites for some time so we can confirm that there will be no redundancies. This is not about reducing costs, but it will mean all staff have a permanent base to work from.

Wasted Medicine

Unused prescription medicines cost Hampshire and Southampton CCG over ten million pounds every year.

Do you know? Sometimes patients or carers with repeat prescriptions continue to get more medicines than they really need and stockpile them at home. Unused medicines cannot be recycled or used by anyone else. Unused medicines kept at home are also a safety risk for children and others who might take them.

How can you help? Only order what you need, check what medicines you still have before re-ordering. If you don't need the medicine don't order it! If you need the medicine in the future you can request it then. If you need to go into hospital please remember to take all your medication with you. Please remember that your medicines are prescribed for you; it's not safe to share them.

Even if you never open them, once medicines have left the pharmacy they cannot be recycled. Please take any unused medication to the pharmacy for safe disposal.



Repeat Prescriptions

Please organise your requests for repeat prescriptions in good time to allow our staff to deal with them efficiently. Allow two full working days for processing.

You may request these either;

- In person, over the reception counter by handing in the white, right hand side of your last repeat prescription or a hand-written repeat prescription request.
- You may post your repeat prescription request to the surgery (if you wish to include a stamped, self-addressed envelope your repeat prescription will be posted back to you).
- Order online. You need to be registered for this service, please complete a slip at reception to obtain a username and password.

Requests for repeat prescriptions cannot be taken over the telephone.



Patient Participation Group

We have a total of 164 patients signed up to our Patient participation group and would like to thank each and every one of them for the time and support they give the surgery.

We are committed to improve the services we provide to our patients and this group provides our patients the opportunity to give their views on the services we provide.

What does being a member of the Patient Participation Group involve?

We ask the members of this representative group some questions from time to time, such as what you think about our opening times or the quality of the care or service you received. We will contact you via email or letter and keep our surveys succinct so it shouldn't take too much of your time. There are no face-to-face meetings to attend

Can anyone join the Patient Participation Group?

Yes, anyone over the age of 16, registered at the Practice can join.

How do I join the Patient Participation Group?

If you are interested in joining the Patient Participation Group, please either apply online at;

www.mysurgerywebsite.co.uk/secure/survey_signup.aspx?p=J82182 or ask for a form at reception.

Visit us at: www.woolstonlodge.co.uk

Online Services

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You can book, cancel and amend appointments, change your contact details and request repeat prescriptions 24 hours a day, 7 days a week.



To request a user name and password please contact reception.

A blue rectangular graphic with the NHS logo in the top right corner. In the center, a red banner contains the text '#CoverUpMate' in white. Below the banner, there are two stylized human figures: one on the left with thinning hair and one on the right wearing a blue cap. Between them is the text 'Apply sunscreen to all exposed skin. Don't forget your neck, ears and your head if you have thinning or no hair.'

NHS

#CoverUpMate

Apply sunscreen to all exposed skin.
Don't forget your neck, ears and your head if you have thinning or no hair.

Men in particular are at risk as they are less inclined to use any form of sun protection, evidenced by the higher rates of skin cancer and mortality. The evidence supporting this is very clear; but by taking just a few simple steps to protect their skin, outdoor workers can significantly reduce their personal risk of developing a potentially fatal skin cancer; wearing a hat with a brim - protects the scalp, face necks and ears; wearing a shirt – protects the shoulders, chest and back; and of course wearing a high UV protection cream can also help.

Sunburn increases your risk of skin cancer which can develop slowly over time. So while sunburn might feel better in a few days, it may have done long term damage which could be fatal.

Top sun safe tips include:

- Use at least factor 15 sunscreen in the sun and use plenty of it
- Apply sunscreen to all exposed skin - don't forget your neck and your head if you have thinning or no hair
- Wear sunglasses and a hat
- Take particular care if you have skin, moles or freckles, red or fair hair, or light-coloured eyes.

Official NHS Choices advice on sun safety can be found at;
<http://www.nhs.uk/Livewell/skin/Pages/Sunsafer.aspx>

Southampton Strollers

Did You Think It Was All Over - Well It Isn't Now!

Get back playing the beautiful game - **Walking Football** - the low impact, slower paced version of football, where the only difference is that you cannot run. Come and give it a go if you're over 50, living in Southampton and want to start playing again with the Southampton Strollers. Our current player age range is 50 to 78!

Walking Football is non-contact and as the name suggests the only form of movement is walking. Anyone that sprints, runs or jogs while the ball is in play will be penalised with a free-kick awarded to the other team.

The game is designed to help people maintain an active lifestyle, as well as getting those back playing football who may have had to stop due to injury.

The Southampton Strollers regularly train at Active Nation's Outdoor Sports Centre in Southampton and they are looking for new members – both men and women – to join their team.

Primary aim

The main purpose of the club is to promote the health and well being benefits (physical and emotional) for people over 50 (male and female) and to improve their health and wellbeing by undertaking regular physical activity, through walking football and by being part of a “likeminded team”.

Secondary aim

To improve participants football skills and where appropriate develop competitive opportunities with and for those people who can and want to be involved at a competitive level.

Les F said: "Having the chance to play football after not thinking I would ever have the opportunity to play again is simply brilliant.

“It’s great to get out and enjoy some regular physical activity. The health and wellbeing benefits – both physical and emotional – are great. But for me the best feeling is being part of a likeminded team of individuals who just want to play this beautiful game.” Mike W

The team are busy developing their fitness and football skills as well as having fun during training sessions on Mondays from 11am-midday and Thursday from 7pm-8pm. We also get to play against other walking football teams in the region for those members who fancy a bit of competition, some of the members have even recently played in tournaments in Portugal and Italy.

Interested? Or know someone who might be? For more information feel free to call organiser Mike Walsh on 07793 715955 or co-organiser Larry Spake on 07885 144804. You can also email the team here: sotonstrollers@btinternet.com

