

CHET VALLEY MEDICAL PRACTICE

NHS70



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WELCOME

Welcome to the first edition of our redesigned Practice quarterly newsletter which we hope you find interesting and informative. Each quarter we will keep you up-to-date with the latest Practice news including health and seasonal topics. Exciting articles linked to the Practice will also be included.



2018 – FLU VACCINATION CAMPAIGN



From mid- September we will be taking the opportunity to vaccinate those eligible for the flu vaccine. This year **ALL** patients will be required to **pre-book an appointment** because of staggered supply of vaccines affecting all GP Practices and Pharmacies. We will be holding **pre-bookable** sessions on:-

Must have an appointment

Saturday 22 September

Saturday 29 September

Saturday 10 November

Must have an appointment

If you are unable to make an appointment on the above clinic dates, please still ring for possible **alternate dates**. Those **under 18** in clinical 'at risk groups' and children aged two and three years old will be called into separate clinics.

At the same time, we will be offering **Pneumococcal**, a one-off vaccination offered to all patients who turn 65 and those with certain long-term conditions. **Please note** it will not be possible to receive the pneumococcal vaccination from a pharmacy.



Jake Kabula from the South Norfolk Help Hub will attend the Flu clinics to offer practical advice, support and guidance. In addition, representatives from the Bungay Lions will be present to promote the Free Emergency 'Message in a bottle' scheme. The scheme enables people to keep their personal and medical details where they can be found in an emergency.



NURSING TEAM

NHS HEALTH CHECKS



If you are aged between **40 – 74 years** with no pre-existing condition such as heart disease or diabetes, then you are eligible for a **FREE** NHS health check every five years. Health checks are designed to help find ways of preventing chronic disease. Appointments are available Monday and Friday afternoons and we hold a monthly Thursday evening clinic. Please contact the Practice to arrange an appointment at your convenience. Remember '**Look after your health and well-being**'

TRAVEL

If you are planning a trip abroad and are uncertain if you need vaccinations please download the Practice online travel form available from the Practice website www.loddondoctorsurgery.co.uk or ask at reception. Once complete please return to the Practice. The form will be checked by the Practice nurse to determine what vaccinations are required. A member of the administration team will then contact you to arrange an appointment to attend the Travel Clinic here at the Practice.

Please remember to allow at least eight to ten weeks ensuring ample time is available to be vaccinated. We are unable to process any travel forms submitted with less than three weeks before your travel date. If you are travelling at short notice, please contact the Global Travel Clinic in Norwich. Additional information and advice can be obtained by visiting www.fitfortravel.nhs

www.loddondoctorsurgery.co.uk

RECEPTION/ADMIN TEAM

FAREWELL AND WELCOME

We say farewell to Judy Lowe and Jan Thomas who have both retired from the Practice. We thank them both for their services to the Practice and wish them a healthy and enjoyable retirement. Charlotte Thurnell also left the Practice at the beginning of July to work in a Practice nearer to home. We wish her every success. We welcome to the Practice Julie Lawrence who joins the busy reception/admin team.

DISPENSARY NEWS

ARE YOU CLAIMING FREE PRESCRIPTIONS?



If yes, please make sure that you are entitled to do so. Should you claim free prescriptions that you're not entitled to, you could have to pay a £100 penalty charge as well as the original prescription fee. To obtain further information as to what entitles you to free prescriptions, pre-payment certificates and exemption categories please visit:-

www.nhsbsa.nhs.uk/freeprescriptions



CURRENT PRESCRIPTION CHARGES

From 1 April 2018 the cost of a prescription increased to £8.80 per medicine or appliance dispensed. The cost of a pre-payment certificate (PCC) remains the same - three months PCC remains at £29.10. twelve months PCC remains at £104.00. Please ask at dispensary for further details.

FAREWELL AND WELCOME

We say farewell to Lizzie Lown who has left the Practice to work at the James Paget Hospital and Jane Whiting who has joined a dispensing Practice closer to home. We wish them both every success in their new roles. We welcome to the Dispensary team – Rachel Baker and Emma Dunthorne.





N.S.P.C.C. FUNDRAISING

We wish Gerard our Managing Partner ‘Good Luck’ and every success as he competes in the Berlin Marathon on Sunday 16 September in aid of the N.S.P.C.C. As Gerard quotes “All children have a right to be safe”. The Berlin

Marathon is one of the most prestigious marathons attracting over 40,000 athletes from all over the world. If you would like to Sponsor Gerard and give to a worthy cause, please visit: www.justgiving.com/gerard-whitfield . Thank you.



VOLUNTARY NORFOLK

Voluntary Norfolk is an organisation supporting individuals in the Community who have long –term conditions. If you could spare an hour each week or even fortnightly to visit someone in your area to offer a listening ear, support and valued companionship, please contact Karl Hills on: 07551 704 246 or 01508 531175. Two references and a disclosure and baring check (DBS) are required which is free of charge and organised by Voluntary Norfolk. Training will also be provided. Thank you.

PATIENT PARTICIPATION GROUP – NEXT OPEN MEETING

The next Patient Participation Group Open Meeting will be on:-

Wednesday 26 September at 7.30 pm



Louise from **Eastern Rivers Community Gym** will be providing a talk about the Loddon Gym a well-equipped not-for-profit gym which aims to accommodate from high performance workouts to specific rehabilitation exercises.

Doors open at 7.15 pm. Refreshments on the night.

Please come along and join us.

www.loddoneurosurgeonsurgery.co.uk