

OUT OF HOURS CARE

HARMONI IS OUR OUT OF HOURS SERVICE THAT PROVIDES MEDICAL ADVICE AND VISITS IF YOU ARE UNWELL. THE NUMBER IS 0300 130 1305. ALTERNATIVELY YOU

Surgery Opening Hours

Monday

08.00-18.00 pm

Tuesday

08.00-18.00 18.30-20.00

Wednesday

08.00-13.00

Thursday

08.00-18.00 18.30-20.00

Friday

08.00-18.00

Saturday

Closed

Sunday

Local Pharmacies

Lloyds Pharmacy
01784 457802
Boots Ashford
01784 252080
Superdrug
01784 240316

Breakspear Pharmacy

01784 252340
Hive Pharmacy
01784 252962
Ashford Lodge
01784 253393

Broadway Staines
01932 452813

Herman's Stanwell
01784 247013

Sunset Pharmacy
01784 452549
Tesco Sunbury
01932 747347

Night & Day Feltham
0208 571 1220

Lloyds Sunbury
01932 782167

Fordbridge Medical Centre

WINTER / SPRING 2014

FREE NHS HEALTH CHECKS

NHS Health Checks are being offered to people aged between 40 and 74 once every five years.

The check is to assess your risk of developing heart disease, stroke, kidney disease or diabetes. If there are any warning signs, then together we can do something about it.

By taking early action, you can improve your health and prevent the onset of these conditions. There is good evidence for this.

The check should take about 20–30 minutes and is based on straightforward questions and measurements such as

age, sex, family history, height, weight and blood pressure. There will also be a simple blood test to measure your cholesterol level.

Following the check, you will receive free personalised advice about what you can do to stay healthy.

If you would like a health check please make an appointment at reception.

For further information about these health checks you can find more information at: <http://www.healthcheck.nhs.uk/>



NHS Choose Well

When you feel unwell and are unsure of where you need to go, A&E is not necessarily the right place to go. In the UK, our A&E departments are stretched to the limits and certain problems are not deemed emergencies and your wasted four hours in A&E could have been avoided. The NHS have launched Choose Well campaign to try and tackle this. More infor-

mation can be found at <http://www.surreyandsussex.nhs.uk/choose-well/>

A&E Department Or 999	Choking, Chest Pain, Blacking Out, Blood Loss, Serious injury
Minor Injuries Unit	Cuts, Bites, Sprains
GP, Out Of Hours or Dental Services	Vomiting, Ear Pain, Painful Cough, Toothache
Pharmacist	Diarrhoea, Runny Nose, Upset Stomach, Headache
NHS Direct	Unwell? Unsure?? Need Help??
Self-care	Hangover, Grazed Knee, Sore Throat, Cough

Surgery Renovations

It has been a busy year at Fordbridge Medical Centre. In accordance with PPG and Patient questionnaire feedback, the surgery has been undergoing some major refurbishments. We have installed two new nurse suites, new flooring and soundproof doors and repainting. The upstairs waiting room has been made soundproof to reduce the noise carried from consultation rooms. There are continuing improvements in the pipeline so we hope you bear with us whilst the work continues. We would also like to thank one patient participation group member who is a clinical nurse specialist of clinical governance who has given us lots of advice.

So far feedback on the work has been very positive and we hope to bring you a complete new look surgery very soon.

Congratulations!

Congratulations to Dr Mayle and Dr Chapman on the birth of their babies. Dr Jaswinder Kaur is covering whilst they are on maternity leave.

Travel Vaccinations

Before you book that holiday, stop and think—do I need any travel vaccinations for my trip? Some vaccinations need to be done some time in advance and you may risk illness should you choose to travel without the necessary vaccinations or medications. Please contact the surgery at least 6 weeks before your holiday. Your bargain holiday may not be a bargain should you contract disease as you have you have left it to the last minute.



Patient Participation

Group

Our patient participation group has been running for a couple of years. The surgery has made changes and improvements based on the ideas of our members. Patient feedback is very important to us and we would like to hear from any patients who have any ideas on how we can improve the surgery.

Some of the changes that have taken place as a result of the PPG are building renovations, staff uniforms, the new phone system and an increase in healthcare clinics.

If you would like to join our group, please pass your details on to our reception team and we will be in touch with you.

PATIENT RECORDS SHARING SCHEME

As of Autumn this year, a new scheme called the “GP Extraction Service” takes patient data which your GP has regarding your health records and your prescribed medication which will be used to improve health services nationwide. It is entirely different to the “Summary Care Records” scheme whereby your patient records are available should you fall ill away from home the clinicians treating you can access your records to assist with your care.

You are entitled to opt out of both or either scheme, in which case you must inform us should you wish to opt out.

For further information about the two programmes go to www.england.nhs.uk/wp-content/uploads/2014/01/cd-gp-faqs.pdf.