

FRESSINGFIELD MEDICAL CENTRE

NEWSLETTER (0817)

WEBSITE – www.fressingfieldmedicalcentre.co.uk

You can book doctors' appointments, order repeat prescriptions (ask at reception for details), sign up to receive newsletters via e-mail, join our patient participation group & keep up to date with all the latest practice news.

FLU CLINICS

Eligible 'ADULT' patients should just turn up to one of the walk-in clinics below it is not necessary to make an appointment. We hold separate clinics for eligible under 18's we will contact all eligible children during September/October.

ADULT WALK-IN SEASONAL FLU CLINICS AT FRESSINGFIELD

Tues 3 rd October at Fressingfield	AM	8:45 am to 11 am
Tues 3 rd October at Fressingfield	PM	2 pm to 3:30 pm
Fri 6 th October at Fressingfield	AM	8:45 am to 11 am
Fri 6 th October at Fressingfield	PM	4 pm to 5:30 pm
Tues 10 th October at Fressingfield	AM	8:45 am to 11 am
Tues 10 th October at Fressingfield	PM	2 pm to 3:30 pm
Fri 13 th October at Fressingfield	AM	8:45 am to 11 am
Fri 13 th October at Fressingfield	PM	4 pm to 5:30 pm

ADULT WALK-IN SEASONAL FLU CLINICS AT STRADBROKE

Mon 2 nd October at Stradbroke	AM	8:45 am to 11 am
Mon 2 nd October at Stradbroke	PM	4 pm to 5:30 pm
Wed 4 th October at Stradbroke	AM	8:45 am to 11 am
Mon 9 th October at Stradbroke	AM	8:45 am to 11 am
Mon 9 th October at Stradbroke	PM	4 pm to 5:30 pm
Wed 11 th October at Stradbroke	AM	8:45 am to 11 am

YOU ARE ELIGIBLE FOR A SEASONAL FLU JAB IF:

You have asthma or a chronic respiratory disease	You have chronic heart disease	You have chronic kidney disease	
You have chronic liver disease	You are diabetic	You have a weak immune system/Immunosuppression	
You are over 65 years of age or are 65 prior to the 31/3/2018	You have a history of stroke or TIA or Multiple Sclerosis or a disease of the central nervous system	Adults with a BMI > 40 kg/m ²	You are Pregnant
Those who are in receipt of carer's allowance, or those who are the main carer of an older or disabled person whose welfare may be at risk if the carer falls ill.		Children aged two & three years, but not yet four on 31/8/2017. WE WILL CONTACT PARENTS OF THESE CHILDREN TO INVITE THEM TO AN APPT. Please note children aged four will be vaccinated in school this year	



CHANGES IN THE NURSING TEAM

Cathy, who many of you will know, is retiring from the practice after nearly 40 years' service. We will all miss her very much as I am sure you will too. Vicky decided for personal reasons to leave the team earlier this year but still returns to the practice to provide holiday cover. Primary Care is facing a recruitment crisis in practice nursing with nationally half the nursing workforce eligible for retirement in 2020. There has not been a training scheme for practice nurses for many years. This means that when practices recruit nurses they are coming from backgrounds such as hospitals, community services or care homes and need to be trained for the skills required for practice nursing, this takes time. We are really pleased that we have recruited two new nurses, Raphael and Holly. Raphael has an interest and qualifications in diabetes management and it is very rare nowadays to be able

to recruit a nurse with these skills. It was important to us to find a nurse who can take over the management of patients with diabetes and patients with other long term conditions from Cathy. Holly has a specialist interest in women's health. Please bear with us during this transition, we will try and keep disruption to a minimum, but it may mean that there will be delays in calling you for your six monthly/annual reviews.

BLOOD TESTS

We have increased the number of **blood test appointments** available by over 20%. Gemma our very experienced phlebotomist works across both our sites, this may mean that we have to ask you to travel to the site where she is based that day. Some practices are reducing the number of blood tests they offer or referring patients to other providers meaning that they have to travel long distances, we are pleased that we have been able to increase availability.



GP+ Appointments- for patients registered with a Suffolk practice who want to see a GP outside the normal GP practice opening hours:

Suffolk GP+ is for people who are unable to see their GP during normal GP hours. Appointments can be made via our reception during our usual opening hours. Please note that patients cannot refer themselves to this service. The service is staffed by local Suffolk GPs and Nurse Practitioners in Ipswich, Felixtowe, Stowmarket, Leiston and Wickham Market and is an NHS service delivered by the Suffolk GP Federation. You will be given a booked appointment and will be seen by a suitable local GP or nurse who will have access to your medical records (once consent is given). Further information is available at <https://suffolkfed.org.uk/patient-services/gp/>

PRESSURES ON GP's – THE NATIONAL PICTURE, PLEASE SEE BELOW A RECENT ARTICLE:

“Waiting times for a GP appointment are set to surge towards three weeks because of a shortage of family doctors, a new survey warns. The Telegraph reports patients are currently waiting an average of around 13 days to see their doctor, with the time having jumped by three days since 2015 alone. Those delays are now predicted to ‘rocket’ further over the next Parliament, as GPs are forced to spend an extra four hours each week seeing patients to keep up with demand according to Pulse magazine. The findings come amid warnings that growing waits for appointments are fuelling the A&E crisis. Without urgent action, waits will quickly soar to ‘several weeks’ the British Medical Association (BMA) warned. A Tory pledge to add another 5,000 extra GPs by the end of the decade will be unable to keep up with the rise and the profession is already suffering a recruitment crisis”.