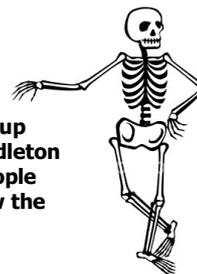




The Friends of Avisford Medical Group

Charity No: 1074882

News and Notes



Your Patient Participation Group (PPG) otherwise known as The Friends of Avisford Medical Group have been very busy over the summer. If you attended either of the fêtes held in Yapton or Middleton you couldn't fail to have noticed our stall with its big bold banner and our half size skeleton. People were invited to guess the first name of Mr Bones and there was a quiz to see how well you knew the name of some of his bones.

Talks

As a PPG one of the main objectives in our constitution is 'to advance the education of the public in healthcare by the provision of lectures'. In March we were pleased to welcome Mr Paul Carter, Consultant Urologist at St Richard's Hospital, to give a very well attended talk on Living with a prostate problem. This talk was so popular in fact, that we plan to invite him back next year to repeat the talk at Yapton. We are very aware that it is not always convenient for patients in Yapton to get to talks held at Middleton. Unfortunately finding a venue at Yapton has always proved difficult but we will keep trying.

Another very informative talk was given in September by Dr Harpreet Ranu, Consultant Respiratory Physician from St Richard's Hospital. She spoke on COPD (chronic obstructive pulmonary disease).

In October we welcome Mr Stan Pearce to give a talk on The Expert Patients Programme. This is a programme aimed at helping people with chronic illnesses to manage their condition so that they can still lead a fulfilling life. For the first time we are holding this talk in the afternoon with tea and cake to allow people plenty of opportunity to ask questions in a relaxed atmosphere. This talk proceeds the issue of this newsletter.

Another interesting talk was held after our Annual General Meeting in June and was given by Helen Gagan, local Felpham solicitor. She gave a very helpful and informative talk on the legal aspects of taking over responsibility for someone else's affairs (Power of Attorney).

The committee are starting to plan the talks for next year and would welcome any suggestions of subjects that you would be interested in. Please look out for these talks being advertised and if you give the practice your email address you will automatically be notified of any pending talks.

In September two members of our committee attended the NHS Coastal West Sussex CCG (Clinical Commissioning Group) AGM. It was interesting to see what they had achieved in the last 12 months and the areas in which there was still lots to do. Check out for yourself at - www.coastalwestsussexccg.nhs.uk.



With the nights drawing in it is time once again for us to start selling our Annual Grand Draw Tickets. Members of the committee have already been hard at work gently persuading those attending for Flu jabs to part with their money. Committee members plan to try and attend when other clinics are running and you can always buy your tickets from the reception in both surgeries. Please do support this main fund raising event of the year - 1st prize is £150 and there will be lots of other prizes besides. The draw will take place at noon on Friday 11th December at the Middleton Surgery. See the list of equipment we have purchased on the practice website.

Don't forget that you can contact the Friends at any time with your suggestions or comments, email friends@avisford.co.uk or telephone contact details are on the Friends notice boards. Thank you.

Practice Staff News

We are delighted to announce that **Dr Samantha Shepperd** will be joining the Practice in November. Many of you may already know Dr Shepperd as she has worked in the Practice on a locum basis for some months. Dr Shepperd is a very welcome addition to our ranks.

We have had no more retirees since our Spring newsletter but Mrs Christine Patterson has joined our Admin Team at Yapton – summarising new patients' notes as well as processing private forms and reports.

New Web-Site Coming Soon



The Practice has engaged My Surgery Website to construct a new Practice web-site. This process has started and we hope to go live with the new site as soon as possible.

We would welcome any feedback about our new site and are always willing to consider suggested improvements.

Shingles Vaccinations

There are very strict eligibility criteria for free Shingles Vaccinations. If your date of birth is between 2nd September 1942 and 1st September 1945, you will be eligible. There is also a catch-up programme for patients born between 2nd September 1935 and 1st September 1937.

Patients born before 2nd September 1935 are no longer eligible as the vaccine has been found to be far less effective once patients reach the age of 80.

If you are unsure whether or not to have a Shingles jab, please talk to one of our GPs or Nurses.

Patients outside the above eligible age groups can obtain private Shingles jabs – but these are likely to cost £150 or more.

'Out of Area' Patients

It is no longer compulsory for patients to transfer from one Practice to another when they move house. Patients may now apply to remain registered with a Practice despite no longer living close-by. They will not, however, be eligible to receive home visits at their new address.

If you are thinking of moving but would like to remain registered with Avisford, please ask at Reception. An application will then be submitted to the Partners and, in many instances, you will be allowed to remain with us – but as an 'Out of Area' patient.

In the event that an 'Out of Area' patient did require a home visit, a request would be sent to a Practice close to the patient's new address.

Patients can remain registered purely at the discretion of the Partners and anyone who develops a need for regular home visits will be asked to re-register elsewhere.

Seasonal Flu Vaccinations



The 'flu season' is now upon us and we strongly advise all of our patients aged over 65 to have a vaccination.

It is also vital that patients book to have a jab if they are aged under 65 but suffer from diabetes, chronic respiratory disease (not asthma), chronic heart disease, chronic kidney disease, chronic liver disease, chronic neurological disease or asplenia. Also, patients whose immune system is compromised, carers, people on long-term care and pregnant women would be well-advised to be vaccinated.

Some initial clinic have already taken place but further dates are as follows:-

Weds 21/10/15 4.30-6.30pm Yapton

Tues 27/10/15 12-3pm Middleton

From this year, pharmacies are also able to provide free NHS flu jabs but, if patients choose this option, may we suggest that you make sure the pharmacy lets us know so that we can update your medical record accordingly?

Appointments

We appreciate that there is nothing more important than one's health – and delays in obtaining treatment can be very frustrating. We try and provide as many appointments as we can but, year on year, the demand increases. There is **NOTHING** we would like more than to give **EVERYONE** an appointment when they want it but this isn't feasible – especially whilst there is the current widespread shortage of GPs. So, if you cannot get an appointment with the GP of your choice or on the day (or time) of your choice, we apologise, but we promise we will do all we can to make satisfactory alternative arrangements for you. Our reception staff are here to help you. The more information you can give them, the more they will be able to help. If you no longer require your appointment, we have many patients who can take advantage, so please inform us as soon as possible so the appointment is not wasted. We welcome telephone and email enquiries but would prefer appointments to be for clinical and not administrative matters (such as enquiring about hospital appointments). **You do not now need to see a GP for physiotherapy or counselling (time to talk) referrals or if you wish to see a midwife – you can book these directly.** Again our reception team can supply you with details.



Friends & Family Test (FFT)

We would be grateful if our patients could take just a few minutes to complete Friends & Family Test feedback forms following a consultation or, perhaps, a course of treatment in the Practice. Forms and a box in which to post completed forms can be found at each surgery.

Alternatively, this can be done via the Practice web-site (www.avisford.co.uk). This would be much appreciated. Click on the Friends & Family Test link on our web-site's home page and then select the relevant surgery.