



PRACTICE NEWS

Welcome to the 2018 autumn edition of Desford Medical Centre's Newsletter, produced in conjunction with FODS. Desford Medical Centre is rated as one of the top practices in the UK for patient satisfaction. Our aim is to keep it there. The primary aim is to provide patients with up-to-date news and information about the Medical Centre, as well as useful medical and health advice.
PLEASE TAKE A COPY HOME OR SIGN UP TO RECEIVE YOUR COPY BY E-MAIL AT THE SURGERY

FODS (Friends of Desford Surgery)



Success

More than 50 patients are now receiving this quarterly newsletter by email and we hope that many more will adopt this way of receiving it. There are two easy steps to take:

1. Fill in a form at the surgery reception desk, giving your email address (please write clearly!) and sign it to show that it is you.
2. At the end of the month you will receive an email from Desford Practice Newsletter inviting you to join the email group and to click on a bar which says, 'Accept this invitation'. That's all. You will then receive the newsletter every quarter.

The emails you receive are confidential - no one else will see your email address and there is an option for you to stop receiving the newsletter if you wish. Also, we will not use your email address for any other purpose than to give you surgery news.

If you have friends or neighbours who do not visit the surgery, but who also would like to receive it by email, please tell them how to sign up.

The NHS 111 service is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.



when it's less
urgent than 999

Desford Medical Centre

54 Main Street, Desford, LE9 9GR
Tel. 01455 828947

<http://www.desfordmedicalcentre.co.uk/>

Desford Pharmacy

16 High Street, Desford, LE9 9JF
Tel. 01455 823548

Practice News from Anju Maini



Patient Consent

The Practice has conducted a data review in light of recent Data Protection regulations. In accordance with this, please note the following:

If you would like a third party to collect your prescriptions, test results or any other medical information on your behalf, you must complete a consent form, providing details of the named person. (Please note we are unable to hand over prescriptions to anyone under the age of 16) Consent forms are available in reception, and it is your responsibility to advise the Practice of any changes to these instructions. Your medical record will not be discussed or disclosed to anyone without your permission, so it is important for you to provide consent, which will be recorded onto your medical record.

Flu Campaign 2018–2019

Flu season is here again! If you are over 65, or suffer from an illness such as Diabetes, COPD, a heart condition, or are on warfarin, or a carer, you will be eligible for a NHS flu jab.

Patients who have Asthma, and regularly take a brown (steroid) inhaler every day are also eligible. If in doubt, please ask at the Surgery.

This year two types of vaccines will be used to vaccinate. This will benefit patients by ensuring that they have the most suitable vaccine to give them the best protection against flu.

Adjuvanted trivalent flu vaccine (aTIV) - This is licensed for people aged 65 years and over and is the vaccine recommended by the Joint Committee on Vaccination and Immunisations (JVCI) for this age group.

Quadrivalent vaccine (QIV) - This is recommended for children aged from 6 months to 2 years and in adults from 18 years to less than 65 years of age who are at increased risk from flu because of a long term health condition.

Practice News Continued ...

The first flu Clinic will be a Walk-in Session on Saturday 29th September, 9.00am—12.00pm. Please make a note in your diary. No appointment is required. It would also help if you tried to wear short sleeved clothing under a coat if possible. There will be other weekday clinics available, but these will be by appointment only.



Children aged two and three years old are also eligible for the nasal flu vaccination. Parent/Guardians will be contacted to book into appointment only clinics, during the month of October.

Shingles Vaccinations

The Practice will also be offering the shingles vaccine to patients aged 70 and 78. In addition:

- Anyone in their 70's born after 1st September 1942 (who has not had the vaccine previously) is also eligible.
- Anyone aged 70 years old who has missed out on the vaccine, is also eligible.



The shingles vaccine is not available on the NHS if you are aged 80 or over. All eligible patients will be contacted by the Practice to book in with the Nurse.

Mobile Numbers

The SMS texting service has proved to be very popular with patients. Appointment reminder text messages have helped to reduce the number of missed appointments over the last few months. In order to continue to benefit from this service, please ensure you inform the Practice whenever your mobile numbers are changed.



The staff also use the service to make contact with patients when urgent contact is required, so it is essential your records are up-to-date.

'Forget Me Not' News

We are a group of volunteers from Desford and Newbold Verdon who are dedicated to providing help and support for people who are living with, or caring for, someone with dementia or memory loss.



Refreshments of tea and biscuits, coffee and cakes on arrival sets the scene for a relaxing and friendly chat with new companions.

A main activity is included at each visit, this has included planting bulbs, painting stones, colouring of shopping bags, masks, making gifts and cards at Christmas, daffodil posies and Easter wreaths.

Colouring books, cards, Chalkboards, Crossword, Word Search and Sudoku puzzles are available at all times with the occasional bingo or sensory games of guess the scent by smell, or items by touch hidden in pouches. Seated exercise once a month, encourages movement and interaction in a "fun way" and is enjoyed by all.

The group has achieved Best New Project 2018 in the Hinckley and Bosworth Making A Difference Awards, an accolade for the volunteers that could not have been possible without the nomination and continued support of those attending.

If you would like more information ring

07925530930

to speak with one of the 'Forget Me Not' Volunteers.

STOP PRESS

Patients are encouraged to only request medication which is actually needed and not to automatically tick every box on the repeat prescription.

Patients are also requested to open the bag of medication before leaving

the pharmacy to further check whether they need all the medications that are in the bag. Once a patient leaves the pharmacy the medication cannot be returned and re-used.

