

The Spa Medical Practice

We are on the web:
www.spamedical.co.uk

NEWSLETTER

Summer 2013

Issue 3

Introduction

Welcome to the Summer edition of the Newsletter of The Spa Medical Practice. This and future editions will inform you not only about The Spa Medical Practice but also wider issues that may affect your health and wellbeing. We would welcome your feedback, please drop us an email at spappg@gmail.com

We are taking on New Patients—you can print an application form from our Website www.spamedical.co.uk or speak to one of our receptionists who will be able to give you more information and assist you with the registration

Latest News



- Dr Sowjanya Reddy, Registrar started at the Practice in February 2013 and will be with us until June 2014
- Dr Ravi Oozageer, Associate GP joins us in August 2013
- Quit Smoking Service for any patients who live or in Worcestershire—for further information contact the Surgery
- Free Health Check Service for patients who do not have a chronic disease - for further information contact the Surgery

MMR Programme Update

MMR is a multiple vaccine for measles, mumps and rubella. It is given at 13 months with a booster at three and a half years. The first installment gives 95% immunity

Outbreaks of measles in England have been increasing in the last two years with an annual total of 1,920 confirmed cases in 2012, the highest annual figure since 1994. This year, 587 cases have been confirmed to date in England. Vaccination rates are still low in some areas, especially among the cohort that were babies when the MMR controversy was at its height between 1998 and 2002.

The Chief Medical Officer, on the advice of Public Health England, has asked that a programme of measles, mumps and rubella vaccinations be urgently put in place to

respond to the outbreak of infection

We are currently running a campaign to vaccinate children aged 10-16 who have not received any MMR vaccination and those who have received a single dose. If your child is not up to date with their MMR vaccinations please make an appointment at reception.



BOOKING AN APPOINTMENT AT THE SURGERY

Our Appointments System Remains Unchanged

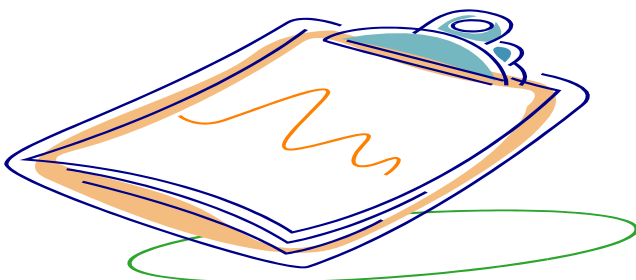
You can book routine appointments with your preferred (usual GP) 6 weeks in advance

48 hour appointments are available for patients who cannot wait to see their preferred GP

Urgent appointments for the same day are for patients with an acute problem who cannot wait to see their preferred GP or for a 48 hour appointment.

We also offer telephone consultations with your GP or a Nurse. Our reception staff will be able to help and advise you. The GP will call you back after 12 p.m.

We offer appointments out of normal surgery hours on a Saturday morning, Monday and Wednesday evenings



Patient Survey Feedback regarding our appointments system is available on our Website

**The only number
you will need is**

01905 772389



**To book an appointment you
can speak to one of our
Receptionists**

OR

**Press 1 from the appoint-
ment menu to use our
automated telephone
system where you can make,
reschedule, cancel or check
your appointment 24 hours a
day
01905 772389
Press Option 3**

**REMEMBER YOU CAN YOU USE THE 24 HOUR AUTOMATED
APPOINTMENT BOOKING SYSTEM TO BOOK, CANCEL,
REARRANGE, OR CHECK YOUR APPOINTMENT**

Out of Hours Call 111—when it is less urgent than 999

There are a number of other existing options for health care advice and support out of hours which include

Worcester Walk-in Health Centre, Farrier Street Worcs www.worcesterwalkin.co.uk/

Minor Injuries Units www.hacw.nhs.uk/our-services/minorinjuriesunits/

Hereford and Worcester Screening Programmes

AAA Screening Programme - Telephone 01905 733830

What is AAA and who should be screened ?

Abdominal Aortic Aneurysm is a weakening and expansion of the aorta the main blood vessel in the body

- Men aged 65 and over are eligible for AAA Screening, the NHS invite men for AAA Screening during the year they turn 65
- Men over 65 who have not been screened previously can arrange a screening appointment by contacting their local programme directly
- Screening involves an ultrasound scan that takes around 10 minutes
- The NHS AAA Screening Programme aims to reduce the deaths from ruptured AAA amongst men aged 65 and over by up to 50%

Hereford and Worcester Breast Screening - Telephone 01527 488055

What does Breast Screening involve?

Breast screening is a method of detecting breast cancer at a very early stage.

- The first step involves an X-Ray of each breast—a mammogram— which is taken while carefully compressing the breast, most women find this uncomfortable and a few find painful
- The mammogram can detect small changes in the breast tissue which may indicate cancers which are too small to be felt either by the woman herself or by a doctor
- The NHS Breast Screening Programme provides free breast screening every three years for all women aged 50 and over
- As the programme is a rolling one and invites women from GP practices in turn not every woman receives an invitation as soon as she is 50 but will receive an invitation before her 53rd birthday
- Over the age of 70 you need to self refer , however the programme is now phasing an extension of the age range of women eligible to those aged 47 to 73, this started in 2010 and is expected to be completed by 2016

Cervical Cytology Screening - Telephone 01905 772389

Who needs this and why ?

Cervical Screening is not a test for cancer but it is a method of preventing cancer by detecting and treating early abnormalities which if left untreated, could lead to cancer in a woman's cervix

- All women between the ages of 25 and 64 are eligible
- NHS Cervical Screening Programme offers screening at different intervals depending on age, ensuring women are provided with a more targeted and effective screening programme
- 25 years first invitation—25 to 49 every 3 years—50 to 64 every 5 years
- 65+ only screen those who have not been screened since 50 or have had recent abnormal tests
- The NHS call & recall system invites women who are registered with a GP and keeps track of any follow up investigation
- PLEASE ENSURE YOUR GP HAS YOUR CORRECT NAME AND ADDRESS

PATIENT PARTICIPATION GROUP (PPG)

The Spa Medical Practice Patient Participation Group has been formed by patient volunteers in order to represent patients' interests. It aims to identify patients' needs and to allow them to have a say in the services that the Practice provides. The PPG also assists and supports the Practice in responding to the needs of the patient community. **Please check our notice board in reception for further information and events**

If you would like to join the Patient Participation Group please complete a questionnaire and return it to the Receptionist. You can also print this from our Website @ www.spamedical.co.uk

Healthwatch Worcestershire



Healthwatch England and Local Healthwatches have been established as part of the Government's reform of the NHS. Worcestershire County Council has the statutory responsibility to put arrangements in place for local Healthwatch and did so from 1 April 2013 through Healthwatch Worcestershire.

The independent role of Healthwatch Worcestershire will ensure that the users, carers and communities of Worcestershire can effectively influence the planning and delivery of publicly funded local health and social care services for adults and children; and to challenge poor quality service provision where it occurs. It will be a consumer champion ensuring experiences and concerns are shared with the commissioners and providers of services.

Healthwatch Worcestershire's Chairperson is Peter Pinfield.

Anyone who has a query, comment or experience of health or social care matters can contact:-

Healthwatch Worcestershire on 01386 550264 or email info@healthwatchworcestershire.co.uk

Changes to the NHS from April 2013

South Worcestershire CCG is one of the three emerging clinical commissioning groups in Worcestershire which have formed as part of the Government's plans for the NHS.

In order to maintain active engagement of all Practices and to respond effectively to local needs, South Worcestershire CCG has organised its Practices into four locality groups: Droitwich and Ombersley, Evesham, Bredon and Broadway, Malvern Hills and Pershore and Worcester City

South Worcestershire CCG is led by local GPs who have day-to-day knowledge of the Health problems that residents face. For further information go to www.southworcscg.nhs.uk/

Useful information Alzheimer's Society



Dementia Cafe's provide an opportunity for people with dementia, their family and friends to meet and enjoy themselves in a relaxed and friendly atmosphere. Each month there is a guest speaker and light refreshments are provided. Staff and volunteers are on hand to offer support. For further information and advice please Contact:-

Alzheimer's Society 83 New Road Kidderminster DY10 4RT — Tel 01562 82380

Worcester Office 5 The Angel Centre Worcester WR1 3QN—Tel 01905 22195

email Worcestershire@alzheimers.org.uk or go to www.alzheimers.org.uk

DROITWICH COMMUNITY TRANSPORT

If you are unable to use public transport due to disability or age and have no access to a vehicle you may be eligible to use the above service. For more information contact Droitwich Community Transport on 01905 779778 or go to www.droitwichcvs.org.uk



**NEW COMPUTER SYSTEM
FOR SPA MEDICAL PRACTICE
THE GO LIVE DATE IS 24TH
SEPTEMBER 2013**



Please bear with us during the transition period throughout August and September as we are having a new Medical system (EMIS WEB)

APPOINTMENTS



We will not be able to offer Normal routine appointments on:-
Friday 20th September and Monday 23rd September.

REPEAT PRESCRIPTIONS



If your Repeat Prescription is due for renewal between the 9th September and 27th September please order it in advance. We will be unable to process them during this period