

THE BLACKHEATH STANDARD

SURGERY NEWSLETTER

WINTER EDITION

Welcome to the winter edition of our Patient Newsletter where we will be informing you of our services and of any new developments here at the surgery. We hope that this will be helpful to you and if you have any comments or suggestions please do not hesitate to let us know.

OUR NEWSLETTER IS ALSO AVAILABLE TO VIEW ON THE PRACTICE WEBSITE: www.blackheathstandardsurgery.com

CALLING ALL PREGNANT LADIES.....



The Pertussis vaccination is available to all pregnant ladies once they reach their 28th week of pregnancy.

This vaccine will provide protection for your new-born child against whooping cough.

It is safe to have the whooping cough vaccine with your flu vaccine and receiving either vaccine should not be delayed. Even if you were vaccinated as a child you should still have the vaccine to boost your immune response and antibody production against Whooping cough.

If you have not yet had your Flu or Pertussis vaccination please make an appointment with the Practice Nurse.

SEASONAL FLU VACINATIONS

If you are aged 65yrs or over or suffer from chronic disease (such as heart, lung, liver, kidney or neurological disease) have diabetes, a weak immune system or if you are pregnant, then you may be at risk from flu.

PLEASE MAKE AN APPOINTMENT WITH RECEPTION FOR A FLU VACCINATION.

FREE NHS HEALTH CHECKS AVAILABLE AT THE PRACTICE NOW!!

This check is part of a national scheme to help prevent the onset of health problems such as heart disease, type 2 diabetes, kidney disease or a stroke. Everyone between the ages of 40 and 74 who has not been diagnosed with the conditions mentioned above will be invited for a check. Even if you are feeling well, it's worth having your NHS Health Check now. We can then work with you to lower your chances of developing these health problems in the future.

MISSED APPOINTMENTS

During November 101 appointments were lost due to patients not attending their allocated appointment.

This is the equivalent to over five Drs Surgeries.

Please, if you are unable to attend for your appointment, whatever the reason, give somebody else the chance to use it – **RING AND CANCEL IT!**

REPEAT PRESCRIPTIONS 48 HOUR SYSTEM

Just a reminder that we do require 48 hours notice for repeat prescriptions.

The 48 Hour Repeat Prescription System is in place so that the Practice can continue to prescribe appropriately and safely.

If you are on repeat medication and you reach your maximum number of issues, you must make an appointment to see the doctor or nurse for a medication review before a further prescription can be issued. If you do not need to be seen please allow 48 hours, i.e. 2 working days, for your prescription to be ready.

Repeat prescriptions can also be ordered via our website.

CHANGE OF ADDRESS/TELEPHONE NUMBER

Please help us to help you by keeping us updated of any change of address/telephone number/contact details. You can do this by calling into Reception and completing a change of details form.

SURGERY HOURS AND APPOINTMENTS

The surgery is open Monday to Friday from 8.00am – 6.30pm. Appointments can be made up to 2 weeks in advance for a doctor or 6 weeks in advance to see the Nurse or Health Care Assistant. If your problem is urgent then you can make an appointment to be seen on the day by the duty doctor. If you require one of these appointments please contact the Surgery as early as possible in the morning. Requests for home visits should be made before 10.30am if possible.

BLOOD AND URINE TESTS AND RESULTS

Blood and urine tests are at the request of the Doctor or Nurse only. If you have had a blood or urine test please telephone the surgery between 12 noon and 3.00pm as this gives the doctor's time to view the result and action as necessary.

EXTENDED OPENING HOURS – Commuter Clinic

The surgery is open 7am-8am Mon- Thurs

The commuter clinic is for people who work and need early morning appointments. Commuters will be able to pre-book a doctor's appointment from 7.00-8.00am.

TELEPHONE NUMBERS

The surgery number is **020 8269 2040**
Out of Hours number is **020 8319 3030**

NHS DIRECT

NHS Direct can be reached on 0845 46 47 or alternatively contact them at www.nhsdirect.nhs.uk
