

RECTORY MEADOW SURGERY

MISSED APPOINTMENTS

It is very important that you let us know if you are unable to attend your appointment so that we may offer it to someone else.

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Newsletter

ISSUE 14

OCT/NOV/DEC 2015



Welcome

Welcome to the Autumn 2015 edition of our Newsletter. As the weather turns colder, our attention turns to 'flu! Please read our article on the final page of this newsletter to find out whether you are entitled to a free 'flu vaccination this season. We are running a number of appointment-only clinics between September and November—details of all our clinics are on our website or collect a flyer from reception.

We also have articles celebrating our recent Macmillan Coffee morning in aid of Macmillan Cancer Support and Rectory Meadow Patients have a page of news about their recent activities and plans for the future.

Read on!



Rectory Meadow Hosts

Macmillan Coffee Morning



On Friday, 25 September 2015, the surgery took part in the Macmillan World's Biggest Coffee Morning, in support of people facing cancer.

We had a great turn out from staff and patients alike with plenty of cake, tea, coffee and chat.

We raised an amazing £325.00 and welcomed dozens of people through our doors.

A big thank you from the surgery to two members of staff, Jill Jackson and Claire Highfield, whose brainchild this became. They put in an extraordinary amount of hardwork (and baking) to make the morning the success that it was.

Thank you to everyone who came, ate and donated!



Sorry WE'RE
CLOSED

Staff Training

The surgery will be closed from 1pm for staff training on the following dates: -

- 15 October
- 11 November

Should you need a doctor urgently, and it cannot wait until the surgery is open again at 8.30am the following day, please call Bucks Urgent Care, our Out of Hours Provider, on 01296 850011.

Requests for repeat prescription, test results and other non-urgent matters should wait until we are open again the following morning.

Thank you

Friends of Rectory Meadow

Recent Events:

28 July - Quiz Night with Fish & Chips was a great success with a close contest won by one of two Surgery teams who were quick with both knowledge *and* memory. We plan to repeat the event next year.

A big thank you to all who attended.

Forthcoming Events

Wednesday 28th October – Annual General Meeting at 2.00 pm at Rectory Meadow Surgery – followed by a guest speaker to be advised

For more information: please contact Graham or Janet on Tel: **725250** or

email:

graham.cook@fast.org.

Thursday 12 November

Lunch at The Pomeroy Inn - 12.00 for 12.30 pm located at 131 White Lion Road, Amersham. Details to follow soon from Drene by email drene.desilva@gmail.com. Tel: **724858**

“A
reminder
about our
online
facilities”

Reception Bulletin Board

Ordering Prescriptions via our website

To request repeat prescriptions online, please go to the Prescriptions section of our website. You can make a one-off request or, if you want to order prescriptions this way regularly, please follow the instructions to “Register”. If you choose to register you will be asked for your name and email address and to create a password. When you want to request a prescription simply click Log-on and enter your email address and prescriptions password.

To book an appointment via our website

To book an appointment online, you will need to register **in person** at Reception to receive your individual 11-digit User ID. From the Appointments section of our website there is a link which will take you through the process to complete your registration with the online booking system. You will be asked to create a password which you will need when you wish to book an appointment online.



Rectory Meadow Patients



Who are we?

We're a communication channel between you and those providing the care—the Doctors, Nurses and staff. Our aim is to improve the quality of service provided to you and develop a sense of partnership between you and the Practice. Our job is to represent your best interests and your views are warmly welcomed.

Your Committee



Gordon Barratt



Peter Metcalf



Drene De Silva



Graham Cook



Mike Hender



Chris Phillips

Carers Awareness Event—14 July 2015

Our first major event was a huge success. Over 50 carers attended, many of whom were unaware of the range of support available. Carers Bucks led the discussion about support available and there was also a talk by Telecare about a range of aids for carers and those they care for.

Chris Phillips is planning to arrange a similar educational event at which Age Concern will be the lead contributors. Watch this Space!

The Year Ahead

- ⇒ We are working hard to improve communications with patients to enable us to collect the widest range of views—which leads us to ask “How do you prefer to get your news—Printed? Email? Website? Facebook? Twitter?” It is important to talk to you using the channel you prefer. Over the next few months, you'll see us modernise and simplify the Rectory Meadow website based on the input you have given us. Later we'll begin to use social media to reach our younger members. We are keen to invite you to be part of our Patients Group so that you can be aware of what is happening locally and have the opportunity to express your own opinions. To join or if you have any suggestions that will help - just email rmspatients@nhs.net
- ⇒ One request, made by a number of patients, was that photographs of our Doctors, Nurses, Reception staff and our Practice Manager – Nicola, should be prominently displayed in the waiting areas. Within the next few weeks, and entirely consistent with our core objective, we will be installing the new facility. We are grateful to Friends of Rectory Meadow Surgery for funding the cost. If you are not a member—a very good reason to join. Contact for Friends is Drene De Silva drene.desilva@gmail.com. The Friends AGM will be held on 28 October at 14.00.
- ⇒ **Let's Talk Health Bucks** - Find out about changes to local NHS services and have your say by registering online at www.letstalkhealthbucks.nhs.uk

Next meeting 14 October 2015. 12.30pm at the Surgery. Please join us—your views are important.

Individual cases are never discussed nor is medical advice provided

'Flu Vaccination Season 2015

We are now booking our flu vaccinations for the coming winter season. This article, based on Department of Health guidance, explains how you can protect yourself against flu this coming winter and why it's very important that people who are at risk have their free seasonal flu vaccination every year.

What is seasonal flu?

Seasonal flu occurs every year, usually in the winter. It's a highly infectious disease caused by a virus. The most likely viruses that will cause flu each year are identified in advance and vaccines are then produced that closely match them.

How do I know when I've got Flu?

People sometimes think a bad cold is flu, but having flu is often much worse than a cold – you may need to stay in bed for a few days if you have flu. Flu symptoms hit you suddenly and severely. They usually include fever, chills, headaches and aching muscles, and you can often get a cough and sore throat at the same time. Because flu is caused by viruses and not bacteria, antibiotics won't treat it.

What harm can Seasonal Flu do?

Some people are more susceptible to the effects of seasonal flu. For them it can increase the risk of developing more serious illnesses such as bronchitis and pneumonia, or

can make existing conditions worse. In the worst cases, seasonal flu can result in a stay in hospital, or even death.

Am I at greater risk from the effects of seasonal flu?

Even if you feel healthy, you should definitely consider having the free seasonal flu vaccination if you have:

- a heart problem
- a chest complaint or breathing difficulties, including bronchitis or emphysema
- a kidney disease
- lowered immunity due to disease or treatment (such as steroid medication or cancer treatment)
- a liver disease
- had a stroke or a transient ischaemic attack (TIA)
- diabetes
- a neurological condition, for example multiple sclerosis (MS) or cerebral palsy
- a problem with your spleen, for example sickle cell disease, or you have had your spleen removed.

Who else should consider having a seasonal flu vaccination?

You should have the seasonal flu vaccination if you:

- are aged 65 years or over;
- live in a residential or nursing home;
- are the main carer of an older or disabled person, or
- are pregnant (see the next section).

In addition, this year the vaccination is also

recommended to well 2, 3 & 4 year old children. We have written to the parents of all eligible children in this age range.

I am pregnant. Do I need a Flu Vaccination this Year?

Yes, all pregnant women at any stage of pregnancy should be offered the flu vaccine this year. Talk to your GP or midwife if you are unsure about having the vaccination.

Is there anyone who shouldn't have the vaccination?

Almost everybody can have the vaccine, but you should not be vaccinated if you have had a serious allergy to the vaccine in the past, or if you have a serious allergy to hens' eggs.

Will I get any side effects?

There are some fairly common but mild side effects. Some people get a slight temperature and aching muscles for a couple of days afterwards, and your arm may feel a bit sore where you were injected. Any other reactions are very rare.

Will the seasonal flu vaccine protect me completely?

Most people who have the seasonal flu vaccination will not get seasonal flu. However, like any vaccine, it does not give 100% protection. Out of every 100 people who have the vaccine up to 80 may be protected. The rest may have some protection that will reduce the severity of their symptoms.



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