**CAVENDISH MEDICAL CENTRE PATIENT NEWSLETTER – SUMMER 2019**

|  |  |
| --- | --- |
| **ALL ABOUT US**  We have more GP registrars in the practice this year. These are fully qualified doctors who are completing their experience in general practice.  Our trainees increase the number of appointments we have available to offer.  They like to experience a wide range of healthcare issues, and are fully supported by the GP partners who offer additional advice and management where appropriate.  C:\Users\jo stowe\AppData\Local\Microsoft\Windows\INetCache\IE\TJDVHT7I\stethoscope[1].jpg | **CHOOSE WELL** [**www.nhs.uk**](http://www.nhs.uk)  Please remember that **A&E** is for genuine medical emergencies only and not to be used for convenience. We are keen that patients **stop and consider** whether they need to attend A&E as trivial problems add to the lengthy waiting times.  We have an information campaign running in the waiting room that explains the other options:  **Self Care:** Patients are encouraged to keep a range of basic medicines at home. These are the types of products sold over the counter at your local pharmacy for treatment of headaches, stomach upsets and colds and coughs.  **Pharmacy:** Your local pharmacies have a range of services and can often help you avoid waiting to see your GP. You can pop in without an appointment.  **Minor illness service:** we are fortunate to have a range of minor illness services on a walk in basis in Wirral. One of these is based in our building from 10am.  **NHS 111 telephone 111 or online at www.111.nhs.uk**  NHS111 can help you decide which the most appropriate care for your condition is if you are unsure whether it is an emergency. Ring 111 from your phone or mobile. |
| **IMMUNISATION**  **If you are eligible for immunisations, then we urge you to keep up to date.**  **SHINGLES**  For Patients aged 70 or 78 we offer a shingles vaccination. Patients who missed their vaccination at 78 remain eligible up until their 80th birthday.  **PNEUMONIA**  For patients aged over 65, a pneumonia vaccination (known as PPV) is available.  For patients aged under 65 who are in at risk groups, such as having a splenectomy, COPD, liver disease and immunosuppression, a pneumonia vaccination may be appropriate. Please discuss with your GP or nurse.  These are once-only vaccinations and, unlike the flu vaccination, do not need to be given annually.  **Babies** are vaccinated with a type of pneumococcal vaccination (known as PCV) as part of the childhood vaccination programme.  **INFLUENZA**  **Our Flu Vaccination clinics are due at the end of September 2019**.  The NHS requires GP Surgery pre-purchase vaccines on behalf of eligible patients. That is those patients who are at risk due to age or long term conditions.  As we have already made the purchase, we prefer our eligible patients to have their free vaccination in the practice. | |
| **FREE SCREENING**  Please watch out for invitations for bowel cancer screening, breast screening and cervical smear tests in eligible groups.  Prompt screening can help identify health problems before they become serious.  We understand that sometimes they can feel awkward or uncomfortable, but our staff have dealt with a lot of different people, and will deal with you in a friendly and reassuring manner. You can always discuss any concerns you may have in advance and put your mind at ease.  A few minutes of inconvenience could really make a difference.  If you have any concerns or symptoms, then please do not wait for a screening invite, but discuss with your doctor or nurse. | |
| **SOCIAL PRESCRIBING**  We are continuing to work with a range of local community providers to enhance the wellbeing of our patients. These include “Connect Us” – a service that helps combat isolation and provides practical support and help to patients, and also “Wirral Social Prescribing” which is targeted towards patients with chronic breathing problems who may like more support to maximise their wellbeing. Both of these services are available in our building and you can contact Mandy on 652 1955 to discuss referral to the friendly team of social prescribers. | |
| **HIGHLIGHT ON : Citizens Advice Wirral** . An independent and impartial organisation available to help you. They offer wide ranging help across subjects that include the management of debt, problems with housing and rent, relationship issues and consumer rights.  Wirral CAB can be contacted on 0300 33 00 111 or please see their website at www.citizensadvicewirral.org.uk | |
| **KEEPING YOU INFORMED AND INVOLVED**  Please visit our website at [www.cavendishmedicalcentre.nhs.uk](http://www.cavendishmedicalcentre.nhs.uk) where you can be kept up to date with developments.  We are hoping to trial e-consultation for a limited range of patient administration during 2019.  During 2019 we will be increasing the number of appointments that are available to book on line through the free Patient Access app on mobile devices. Our website has information on how to join Patient Access.  We are always happy to receive patients in to our Patient Representation Group. Please let reception know if you are interested in attending this, or receiving emails about the group meetings. | |