



Gloucester Road Medical Centre Newsletter

September 2017

Flu Campaign 2017

We are pleased to confirm that the flu vaccine will be available for patients in clinics run from the 20th September 2017. Our Saturday clinic will be held on the 7th October 2017. We will be sending out reminders to book appointments to all patients who are eligible. Please contact the reception team at the surgery to book your appointment.

Flu is an unpredictable virus that can cause mild or unpleasant illness in most people. It can cause severe illness and even death among vulnerable groups including older people, pregnant women and people with an underlying health condition. Certain people are more likely to develop potentially serious complications of flu, such as bronchitis and pneumonia. These people are advised to have a flu jab each year. For otherwise healthy people, flu can be very unpleasant. Most people will recover from flu within a week or two.

The injected flu vaccine is offered free of charge on the NHS to people who are at risk. This is to ensure they are protected against catching flu and developing serious complications. You are eligible to receive a free flu jab if you:

- are 65 years of age or over or are pregnant
- have certain medical conditions
- are living in a long-stay residential care home or other long-stay care facility
- are a carer
- Children aged between six months and two years of age who are eligible for the flu vaccine should have the flu jab. Children eligible for the flu vaccine aged between two and 17 will usually have the flu vaccine nasal spray.

<http://www.nhs.uk/Conditions/vaccinations/pages/who-should-have-flu-vaccine.aspx>

Private Medical Services and Card Payments

We provide a number of non-NHS, services such as medical examinations for special purposes (i.e. certain driving medicals, pre-employment medicals, etc.). You may also require reports and legal documentation that require a doctor's completion. However, these examinations and reports will attract a fee. Please confirm this with your GP.

Payment for these services are taken at the reception desk and can now be made by bank card in addition to payments in cash.



Travel Immunisations: Make Sure You Are Covered!

Gloucester Road Medical Centre can no longer provide a full travel clinic but is able to provide some vaccinations on the NHS that are recommended for travel purposes. Information for travellers is available on the NHS website www.fitfortravel.nhs.uk We strongly advise patients to check requirements at least three months before travel, as sometimes a course of up to three vaccinations is needed, which will take several weeks. Patients need to be aware that it is their responsibility to ascertain which vaccinations (and, if relevant, anti-malaria tablets) they need, and also to be informed of recommended safe travel precautions.

The following vaccinations are commonly required for many holiday destinations, and are free of charge on the NHS: **Diphtheria, tetanus & polio** (combined), **Hepatitis A**, **Typhoid** (these can be administered by a nurse at this surgery, if needed), **Cholera** medication is also available on the NHS, but is not commonly required. Other vaccinations may be necessary for more exotic or unusual destinations, complex travel itineraries or long stay vacations. These need to be given at a high street travel clinic (such as Nomad, Masta or STA Travel). There will be a charge for these. If patients would rather have all of their vaccinations done at these clinics, they can also give the vaccines above but there will be a charge for these. Nomad: www.nomadtravel.co.uk 01341 555061 STA: www.statravel.co.uk 0117 3290204 The Medical: www.themedical.co.uk 0117 3763732

Information for Carers

Are you a carer?

As a carer, it is important that you look after your own health so that you can go on caring for as long as you want to. It is easy not to look after your own health when you are looking after someone else. Here at Gloucester Road Medical Centre, we want to be able to do all we can to try to help you to stay as fit and healthy as possible. We will do our best to help you look after yourself as well as the person you care for. For example, we offer most carers a free flu vaccination each Autumn and our GP's will be aware that when arranging any treatment for you, they should also help you to make sure that the person you care for is looked after.

We keep a register of carers who are our patients so that we can support you, provide you with information about organisations that may be able to help you and let you know about any new services or support that becomes available. Please ask at reception for help with registering yourself as a carer with the practice or discuss it with your doctor / nurse.

Carers Surgery

As part of our ongoing commitment to Carers, Gloucester Road Medical Centre and Bishopston Medical Practice are working alongside the Carers Support Centre to provide information, advice, signposting and support for Carers within their GP practice. We are proud to launch our new Carers Surgery which will be running on a monthly basis across the two practices. These Surgeries will run between 10am-1pm on the third Wednesday of every month and will alternate between the two surgeries. We hope that our carers will find these appointments very helpful and invite you to book an appointment via your GP practice to access this service.



Community Resource Lead

Hello my name is Leah Harrison and I wish to introduce myself as the practice's new **Community Resource Lead**. I am also one of the Medical Secretaries. If you feel that you need any advice or information for community services, such as local group activities and signposting to a number of agencies that may be available to you, please contact me and I will do my best to help you. My direct dial number is 0117 916 6763.

Community Pharmacist

We are pleased to introduce Mrs Andrea Ball, our Clinical Pharmacist. Andrea worked as a Community Pharmacist for a commercial pharmaceutical chain for 10 years before joining us. GRMC is participating in a 3-year national NHS pilot; the purpose of which is to encourage more pharmacists to work in GP surgeries and to assist GP's with the increasing number of medication issues. Andrea's role includes:

- Urgent requests for medicines and medication reviews.
- Supporting with discharge from hospital, checking patients are on the correct meds to help avoid further admissions and to stabilise patients.
- Care home visits, responding to medication queries for patients in care homes and has simplified regimes to reduce practice queries.

Andrea also assists with our daily telephone triage list, dealing with lots of queries regarding prescriptions. Andrea's help with many of these frees up GP time for other services.

Staff Changes

We have a number of changes happening.

- Dr Kirsten Smith will be returning on the 23rd October 2017. Dr Mark Statter has been helping us with seeing her patients and will be with us until the 13th October 2017.
- Dr Rhian Hiles is expecting her second baby and will be going on maternity leave on the 19th October 2017. We are pleased to confirm that Dr Richard Waldock will be looking after Dr Hiles' patients whilst she is away.
- Deputy Practice Manager, Mrs Hayley Dicorato, is expecting her first baby in December.
- We were sad to lose Dr Lucy Prewett in June, who left to spend more time with her family.
- We have welcomed new GP Trainee, Dr Emma Sizer, Dr Romola Pocock will join us in October, and Dr Lisa Revell will be returning from maternity leave in January 2018.

Gloucester Road Medical Centre is now on Facebook - www.facebook.com/grmc.nhs



Please keep an eye on our website for up-to-date information about the practice:
www.grmc.nhs.uk