

## Welcomes and goodbyes

Welcome to **Alison Paton** who has joined the practice nursing team. Also, welcome to our new receptionists **Kirsty Ferry** and **Sonia Mulla**.

We are sorry to say goodbye to the following members of our team and thank them for their contribution to the practice -

**Carol Cotterell**, our healthcare assistant, who has left to undertake her nurse training and **Robyn Lea** from the reception team.

This summer, we also say goodbye to **Dr Joe Bourne**, one of our Associate GPs, who is leaving to work in New Zealand. We will miss his great enthusiasm and energy and wish him and his family the very best for the future.



## The Playtex Moonwalk 2007

Raising money for breast cancer care

On Saturday 19<sup>th</sup> May, GPs Fiona Perry, Vanessa Lynch and Liz Green walked through London for 26.2 miles in support of the breast cancer charity WalktheWalk. It was an amazing night with over 15,000 women taking part and walking dressed in decorated bras to raise awareness and support.

Thank you to all staff and patients who supported our fund raising with personal donations, the Cake Day and our Pink Day.



## Beaconsfield Patient Group

I joined the Beaconsfield Patient Group in April, in a response to an invitation in this newsletter. It seemed a good idea as I am quite keen on the idea of patients being involved in how NHS services develop – we do pay for them – and I have been pleased with some of the changes at the surgery.

For example pre-booking appointments has become much

easier, so I thought I would show my appreciation. I wasn't too sure what to expect, and found myself in a fairly informal meeting with 3 other patients present and 3 members of staff. I was impressed by the enthusiasm of the professionals and felt there was a real desire for the Patient Group to have meaningful input into the way things are run at the surgery.

It was an interesting experience to meet other patients and learn something of the world 'behind the scenes' in a GP Practice, and it's only three meetings a year. We need a few more members, especially a younger person to balance things out – so if you are young and think this might be a useful experience for you, why not contact Ann Dyson on [ann.dyson@nhs.net](mailto:ann.dyson@nhs.net).

A Patient

## Beaconsfield Medical Practice

### E-Mail

For repeat prescriptions:

Beaconsfield.surgery  
@nhs.net

### WEB

We are very pleased to announce the launch of our website at:

[www.beaconsfieldmedicalpractice.co.uk](http://www.beaconsfieldmedicalpractice.co.uk)

The website contains up to date information on all the services at the practice and has useful links to other health websites and information. If you have any comments or suggestions about the website, please contact Ruth Field, Practice Manager, on [ruth.field@nhs.uk](mailto:ruth.field@nhs.uk).

### APPOINTMENTS

We have lots of enquiries about booking appointments in advance. You can book:

**Up to one week** in advance with Dr Harper, Dr Bird and Dr Hodson (our full time Doctors)

**Up to two weeks** in advance with Dr Perry, Dr Lynch, Dr Green, Dr Bourne, Dr Baura and Dr Beecham (our part time Doctors)

This can vary from time to time depending on demand. If you book your appointment in advance and do not then need it, please do let us know that you are not going to attend. \*

## The Big Screen

**Chlamydia** is now the commonest sexually transmitted infection in England and Wales, with nearly 90,000 new cases being diagnosed in 2003. The infection has the highest rates in young sexually active adults and most people will have no symptoms. If undetected, the infection can cause

problems such as infertility and pain. If detected, it is easy to treat with a course of antibiotics.

However, **if you are male or female and under 25**, you can be screened for this infection at this surgery with a simple test – no needles, no examination. Just ask for a screening pack at

reception (3<sup>rd</sup> or 4<sup>th</sup> floor) or ask the doctor or nurse. You can then do the test on site and you will be contacted if the test is positive. The test is completely confidential and the screening programme is organised independent of the practice. For more information look at [www.thebigscreen-sussex.co.uk](http://www.thebigscreen-sussex.co.uk)

## Travel

Going somewhere exotic on holiday? Need some vaccinations? You should attend for a travel consultation well in advance - preferably at least two months before your departure, for advice and to arrange immunisations.

Please book an appointment with a member of the practice nursing team and visit the *Travel Health* page on our new website.

## Reception

We are thinking of ways to improve the reception area and would be grateful for your views. If you have any ideas, please e-mail [ruth.field@nhs.net](mailto:ruth.field@nhs.net) or leave a note at reception.

## Healthwalks

Don't like walking alone? Been advised by your doctor to get more active? Need a break from caring for others? Healthwalks is a great way to meet new people, become more active and get out into the fresh air. They are also ideal for those who want to start exercising in a gentle and safe way.

Emma Levine, our healthcare assistant, leads a walk on Monday mornings (except bank holidays) in Preson Park. Everyone welcome – all ages and abilities (no one will get left behind!). The walk is buggy and wheelchair friendly and there are toilets in the park.

If you are interested, please meet with Emma and the other Healthwalkers outside the Rotunda café. It's completely free – if you don't know where to meet or are anxious about going on your own, you can contact Emma via the nurses reception.

## Smoking

1<sup>st</sup> July is the day that most smokers were probably not looking forward to. From this date, it was against the law to smoke in virtually every enclosed public place. If you would like some practical advice and support to help you give up smoking for good, please book a 30 minute appointment with one of our specially trained nurses.

## Condoms

If you are under 25, pick up your free condoms from the 4<sup>th</sup> floor reception. No need to ask anyone – they are in discreet white paper bags on the right hand side of the desk.



## Patient bus – Wednesday mornings

Fed up with trying to park when you come to the surgery? Why not give the 'patient bus' a try. The bus is for all ages, will pick you up from your house and deliver you to the surgery door and all for £1 (round trip) or 50p (one way). The bus runs on a Wednesday morning for appointments between 9.30 and 10.30. To find out more, please contact 01273 677559.

\* We had 118 patients not attend their appointments in the month of April - a lot of vacant slots which could have been used by other patients. We try to offer you GP choice and encourage our patients to see the same doctor for ongoing problems to maintain continuity. However, demand is sometimes high for our part-time doctors, and the doctors would like to assure you that they work closely as a team, and are happy for you to consult with their colleagues.