



Beaconsfield News

www.beaconsfieldmedicalpractice.co.uk

NEWSLETTER NO 10

SUMMER/AUTUMN 2010

NOTICE BOARD

- Still not signed up for online booking and prescription requests? Ask at reception.
- Flu vaccines will be available in practice from October. Please remember to arrange for yours if you fall into one of the at risk groups or are over 65. If you have an appointment with a GP or nurse from October please ask for your jab to save you a return visit.
- We are no longer able to offer rabies or Meningitis ACWY travel vaccines in the practice. Please check before making an appointment if you are likely to need these for your trip as you will need to visit a specialist travel clinic.

IN THIS ISSUE...

Health promotion morning 1

Dr Bird's running tips 2

Patient Safety 2

Staff News 2



Health Promotion Morning

Come and meet the team!

Five years ago Beaconsfield Medical Practice moved from Beaconsfield Villas, where we had been based since 1904, to this lovely modern building. We occupy the top two floors, and have fine views overlooking Preston Park.



There have been many changes during this time, all with the aim of providing the best service and quality of care for our patients, and we always welcome feedback from you on how we're doing.

With this in mind, we are running our new Health Promotion morning on Saturday 25 September from 09:30 to 12 noon.

On the day, there will be the following services:

- Healthy lifestyle advice
- Local Health Services info
- Immunisations
- Easy access to repeat prescriptions
- Smoking cessation advice
- Online appointments and prescription requests' information.

New patients are always welcome. We look forward to seeing you.

SAT 25TH SEPTEMBER
Appointments are available for Annual Monitoring to reduce potential complications of asthma, hypertension, COPD or heart disease . BOOK NOW !



In the last month 130 patients did not attend for their appointment (without cancelling it). This wasted 1623 minutes of appointment time. Please think of other patients who could benefit from that time if you cancel your appointment online or by phone when you no longer require it. Many thanks!



STAFF NEWS

Welcome to our three new junior (foundation year) doctors who will each be spending four months here at the surgery under the supervision of Dr Elizabeth Green. First to join us was Dr Patrick Thorburn at the beginning of August.

And welcome to Dr Fumane Kokoali, who has joined us as our new Registrar GP.

And finally, Dr Rupert Hutchinson has now completed his registrar training with us during which he became a very valued member of the team. We know patients will miss him but we hope to see him back at Beaconsfield later in the year.



Enhancing Patient Safety

We are currently looking at a many areas to enhance patient safety particularly around prescribing of medication. We encourage patients to talk to their Dr or Pharmacist if they have any concerns with their medication or would like further information. Please keep a record of any side effects or allergic reactions you have. This is useful if you see any Drs out of hours or at the hospital.



WAS IT A BIRD, WAS IT A PLANE...? SUPERDOC FLIES TO THE FINISH!

"I had thought about running a marathon for some time, and when I heard that there would be one on Brighton in April this year, I decided to enter myself for it. Prior to that, I had been running once a week (usually six miles, occasionally 11) to keep fit for football, which I still play every week. However, I soon discovered that running longer distances requires a little more forethought in terms of hydration and high energy 'runner's gloop' and probably I should have done a few more longer runs before the day itself, but I am pleased to report that I completed the marathon in 4 hours and 14 minutes and also raised £583 for the Samaritans in the process.



Superdoc Dr Bird

The stretch around Shoreham power station was probably my low point, but I managed to avoid 'the wall' and any blisters, with just a couple of bruised toenails and some very achy legs for a couple of days afterwards, and I am very pleased to have run it. Fortunately the weather was good, the event was very well organized, and the support was excellent all the way around the course, so I can recommend it to anyone seriously considering the next Brighton marathon, and I have already signed up to do it again myself next April!"

