

Newsletter

Autumn 2005



**Burton &
Bransgore Medical Centres**

'FLU & PNEUMO VACCINATION CLINICS

We will again be holding 'flu inoculation sessions on Saturdays throughout October. The patients who we are inviting to attend are those regarded as most vulnerable.

If you are aged 65 or over, are a main carer or you suffer with any of the following problems:

- Chronic heart disease
- Chronic respiratory disease (including asthma)
- Chronic renal or liver disease
- Disease or treatment causing lowered immunity

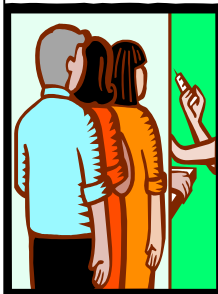
you need to **BOOK AN APPOINTMENT** in one of our Saturday flu clinics to receive a **FREE FLU INJECTION.**

**Flu Clinics on
Saturday mornings in
October
BURTON**

- **8 & 22 OCTOBER**

BRANSGORE

- **15 & 29 OCTOBER**



Additionally, if you are aged 65 and over, and have never been immunised against pneumococcal infection, you are entitled to receive a **FREE PNEUMOCOCCAL INJECTION.**

Information leaflets about both vaccines are available at the surgeries.

CARERS

As mentioned in the Spring Newsletter, a Support Programme is being set up in Christchurch starting in October that we hope will be the springboard to setting up a regular carers support group.

Dorset St John Ambulance are organising this and the High Cross Church, Somerford, are providing the venue, and they have committed to continue supporting carers by making their church hall available beyond the run of this initial course for a carers support group.

The provisional programme includes sessions such as 'Looking after your back & practical handling skills', 'Falls prevention advice', 'Recognising & Coping with Stress'. The first session is on Tuesday 11th October, at the High Cross Church Hall in Amethyst Road, Somerford, from 10am to 1pm.

Contact Julie McDermott of Dorset St John Ambulance for more details on 01305 751169.

Don't forget – if you are caring for someone in the community – a relative or neighbour then you may wish to register this fact with the Practice. In so doing we can mail you directly with such information as this support programme.

Ask at our receptions for the form. It's very short and simple with no requirement for extensive personal detail but will need the name of the cared for person, and we will be able to register you.

PEOPLE NEWS

Welcome to our new Registrar, Dr Rachel Lawrence, who started on 1st August and will be with us for the next year. We also have another registrar with us, Dr Daniel Svegars, albeit that this is only for the month of September. It is anticipated that Daniel will return to us in two years time for a year's placement to complete his registrar term.

There have been changes too on the reception team and we have been sorry to say goodbye to Nicki. After 6½ years with the Practice Nicki found a job closer to home that fits in better with her family commitments. We wish her well. New faces on the reception team are Julia and Mechelle, and I know you will be very understanding as they take a little time to learn the ropes.

We have been sorry too to lose one of our Practice Nurses. Roz only joined us last year, having spent a while out of nursing, but this time has made up her mind that practice nursing, with all its responsibilities, was not for her. We have been very sorry to lose her.

www.theburtonsurgery.co.uk

You can now order your repeat medication for both surgeries on line via the web site. Take a look at this new service on the above address.

PHLEBOTOMY (BLOOD TESTS)

As a Practice we are very lucky to be able to run a modest blood taking service. We are proud of this service but it must be recognised that it can only meet a fraction of the Practices' requirements, blood tests for those with ready access to transport needs to be undertaken at local hospitals and the opening times for these are printed on the back of the request form.

SMOKESTOP

A special mention for our wonderful SmokeStop Tutor, Caroline. Caroline's efforts, along with the enthusiastic support of the whole Practice team, have won the Practice two awards in the NHS South & East Dorset SmokeStop Awards, these are:

"Best all round tutor" and
"Best large practice".



If you are wanting to quit, ask our reception staff about one-to-one support and the availability of local group support, the latter is often available in the evenings.

WEIGHT MANAGEMENT PROGRAMME

There is a 10 week course that will help you change your lifestyle and manage your weight. The programme is run jointly by 2 Riversmeet Leisure Centre and the NHS Community & Specialist Dietetic Service and includes a health assessment, dietary advice and weekly supervised exercise session. The sessions are held at 2 Riversmeet on Wednesdays from 12 noon to 2pm. There is a modest charge of £10 registration fee plus £2.50 per session and the next course starts on 21st September.

Discuss the course with the Dietetic team, Ann or Claire on 01202 733323, or book a place direct with 2RM on 01202 477987.

DNA's

We continue to suffer from over 100 lost appointments a month because people fail to ring up and let us know.

PLEASE

- remember your appointments;
- attend them on time; or,
- telephone and cancel unwanted appointments