

# Bellegrove Surgery Newsletter

## Winter 2018

### Patient Participation Group

This is a patient led Group who work alongside the Practice to provide a patient perspective on health care services that are offered at Bellegrove Surgery. Meetings take place every two months and patients are welcome to attend. If you are interested in joining the Group, please contact Nicci Tarling at the Surgery for further information.



### Christmas Opening Hours

Monday 24th December – Normal Opening Hours  
Tuesday 25th December – Christmas Day- Closed  
Wednesday 26th December – Boxing Day- Closed  
Thursday 27th December – Normal Opening Hours  
Friday 28th December – Normal Opening Hours  
Saturday 29th December – Normal Opening Hours  
Monday 31<sup>st</sup> December – Normal Opening Hours  
Tuesday 1st January – New Years Day- Closed  
Wednesday 2nd January – Normal Opening Hours

### GP leave over Christmas Period

Dr Bohmer-Laubis Monday 24<sup>th</sup> December  
Dr Cotter Thursday 27<sup>th</sup> - Monday 31<sup>st</sup> December



### Repeat Prescriptions

Did you know that if you signed up to patient online services you can request a prescription with just one click without having to come into the surgery?

Did you know that if you signed up to EPS (Electronic Prescription Service) you can collect your prescription from your chosen chemist without having to collect from the surgery?

For more information on patient online services and EPS, please visit Bellegrove Surgery website;  
[www.bellegrovesurgery.co.uk](http://www.bellegrovesurgery.co.uk)

### Change to Early Morning Cover From January 2019 and reduced sessions

Dr Cotter will be working from 07:30 on Mondays and Wednesdays and Dr Bohmer-Laubis will be working from 07:30 on Tuesdays and Thursdays from 1<sup>st</sup> January 2019.

Dr Mitrova will continue to cover Fridays from 07:30 and NP Elliott will continue Mondays, Tuesday and Fridays (No changes).

Dr Bohmer-Laubis will no longer work on a Wednesday morning this session will be covered by Dr Foces (Regular Locum).

Dr Mitrova will no longer work on a Thursday morning this session will be covered by Dr Gupta (Regular Locum).

This is displayed on our Surgery Times Poster and our Website [www.bellegrovesurgery.co.uk](http://www.bellegrovesurgery.co.uk)

### e-Consultations-Contact your GP online

Visit our website and try our e-Consult by clicking 'Contact your GP online'. Here you can access self-help advice on a large number of conditions and problems, get pharmacy advice on over the counter medication, ask for administrative help or advice from our on call GP. Patients have found this very helpful and feedback has been positive. We have recently included Paediatric advice within this service.



### **Antibiotics**

Prescribing antibiotics inappropriately contributes to antibiotic resistance and results in superbugs and super-infections which can no longer be treated with currently available antibiotics. With winter pressures, more patients are likely to ask for antibiotics to treat conditions that could be caused by viruses and other organisms to which antibiotics are useless. The TARGET Antibiotic Toolkit ([www.rcgp.org.uk/TARGETantibiotics](http://www.rcgp.org.uk/TARGETantibiotics)) contains lots of useful information and patient leaflets for various infections, including self-care advice and the use of delayed prescriptions. These can be printed and given to patients to help them better manage their health.

### **WELCOME**

Welcome to Nicci Tarling our new Administrator working alongside our secretaries for the Anticoagulation Service. Welcome also to Dr Foces and Dr Gupta both Regular Locums working on Wednesday and Thursday mornings from January 2019.

### **Farewell**

Farewell Dr Tom Nicholson (ST1) & Dr Ben Eder (F2) who joined us in August as Dr Cotter's new Trainees & have completed their 4-months training.



***WE WILL MISS YOU***

### **Flu Campaign Update**

Thank you for your support by attending our Saturday Flu Clinics. These were extremely successful again this year.

As some of you may be aware, NHS England advised of a more effective vaccine for those patients over the age of 65 compared with the 'normal' influenza vaccines currently used in the UK for this age group. Due to delivery schedules of this vaccine unfortunately, our Saturday Clinics were held slightly later than normal. Thank you for your patience with us notifying you of the clinic dates/sending of invitation letters.

Children aged 4, 5, 6, 7, 8 & 9 (DOB on or after 01/09/2008 and on or before 31/08/2014) are under the School Programme. Any queries you may have, please contact either the school directly or Hounslow and Richmond Community Healthcare NHS Trust (HRCH) regarding 'mop-up' clinics for those pupils who may have missed the vaccine at school. Parents/Guardians are required to make an appointment with HRCH first.

Email: [HRCH.ImmunisationTeamBexleyMailbox@nhs.net](mailto:HRCH.ImmunisationTeamBexleyMailbox@nhs.net)  
Tel: 020 3903 3380 / 07741 233459

We are currently working towards our targets and expect to reach these by the end of the year.

### **Open Surgery**

To limit your waiting times during Open Surgery please discuss the issue which concerns you most first during your consultation with the GP/NP. If the consultation takes longer than 10 minutes and the demand is high the GP/NP may have to ask you to come back for a further consultation to discuss subsequent issues.

### **Prams**

We operate a 'No Prams' Policy as we were finding it difficult to accommodate prams during busy times and there had been a couple of instances where elderly patients had been 'knocked' by pram users. We hope that parents understand and comply with this policy by locking their prams outside with a lock from Reception.