

DEDDINGTON HEALTH CENTRE NEWSLETTER



Summer Edition

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SUMMER IS STILL HERE: SLIP - SLAP - SLOP

Now that the sunny weather has been once and who knows – may yet return - don't forget, when it's sunny, for yourself and children:

SLIP ON A T-SHIRT
SLAP ON A HAT
SLOP ON THE (higher factor) SUN CREAM

Don't let sunburn spoil your holiday or stop you enjoying the outdoors!

WALKING THE PENNINE WAY

Our Pharmacist, Mrs Wendy Humphris, had 4 weeks away from the surgery in June/July and during that time she walked the Pennine Way, which starts in the Peak District National Park at Edale and finishes up in Scottish Border country, a total of 285 miles. It took her a total of 19 days, of which she spent 16 days walking on her own. The weather was mixed; she had 2 days when she felt like a drowned rat plus several days when it was very showery. But the scenery was amazing and she got no blisters (thanks to good boots and socks). She stayed in either B & B's or youth hostels along the way & met some interesting people of a wide age range – from young to quite old – one trio who had done the route in 1978, and one couple who were walking from Lands End to John O'Groats. She is happy to talk to anyone about it who wants to do it!



GETTING YOUR MEDICINES RIGHT

When you receive treatment from the NHS, a variety of professionals will be responsible for your care. For example, you might go from being looked after by your GP, to being admitted to hospital for treatment, before going back home again to the care of your GP. When you go to a different place to receive your care, information about all your medicines should transfer with you. Medicines are an essential part of your treatment and not getting the right ones can make you feel unwell.

What you can do to assist this process: Keep an up-to-date list of your medicines.

Take the list, and a strip of all your medicines, with you when you go into hospital.
(Also remember to take the list & all your medicines with you when you go on holiday).

Your medicines should be checked within 24 hours of you arriving in hospital. If this doesn't happen, ask a health professional when it will be done. Then when you leave hospital, ask for a list of the medicines that you are on when you leave. This may not be the same as when you went in, which is why it's important that you are aware of what medication you will be taking. A letter will be sent to your GP of any changes made to your medication while you are in hospital, but this may take a few days to arrive at the GP Surgery, so you need to know about it too.

At the surgery, we have a Pharmacist – Mrs Wendy Humphris – who sees patients to go through their medication in detail with them, to make sure they understand what their medication is for. You will be advised by Dispensary when you need to see our Pharmacist, or you can make an appointment with her yourself if you have any queries about your medication.

CONTINENCE SUPPLIES

A new service is starting in August 2011, whereby continence supplies will be delivered directly to a person's houses rather than having to pick the supplies up from the surgery. The supply is started following an assessment by the continence service. Patient's who are mobile (ie not housebound) can refer themselves to this service by phoning 01993 209434. The headquarters are in Witney but there is a weekly clinic in Banbury where assessments are held. Once assessed, patients get a delivery of products once every 3 months. Housebound patients are assessed by our District Nurses. Their phone number is 01869 338855.

THE SURGERY BUS SERVICE



Some of you will be aware that twice a week (Tuesdays & Thursdays) there is a Dial-a-ride bus service, organised by the surgery, that brings patients who don't drive or have access to a car in the daytime to the surgery from surrounding villages.

We have received notification from Dial-a-ride that the service may have to end from the end of March 2012, because Cherwell District Council is withdrawing the funding for the charity that runs the bus service. This will be very sad, because, although the number of patients using the bus has declined over the years, it still provides a valuable service.

We are wondering, when/if the bus stops, whether villages would be interested in forming their own 'Car Scheme' along the lines of the one that is run by the village of Tackley. In their system, people with cars and some spare time volunteer to act as drivers, and then volunteers take it in turns to be the village co-ordinator matching up requests for lifts with drivers ie: co-ordinating people who need to get somewhere –such as the shops, the surgery etc with those who are available to give a lift at the required time. In Tackley, the person requesting the lift pays the driver 45p/mile travelled.

It is possible that this is the sort of thing that could be discussed at a Parish Council meeting. If anyone is interested in knowing more please contact our Practice Manager, Sue Johnson, either by the main surgery number or via our website: www.deddingtonsurgery.co.uk and go to the 'Questions and Comments' page.

And finally.....

FLU VACCINATION CLINICS

Yes it's that time again. Our flu vaccination campaign starts in September & the clinic appointments are on the computer. If you know, or suspect, you are eligible for a flu jab, please contact Reception to book up an appointment. Dispensary Staff are sticking reminder notices on all medication bags of those who are eligible: Over 65's; those with chronic diseases; anyone who is pregnant; any carers; anyone who has had a transplant or is immuno-suppressed; any health or social care workers.