

Deddington Health Centre

Newsletter

Telephone: 01869 338611
www.deddingtonsurgery.co.uk



Spring 2007 Edition

www.deddingtonsurgery.co.uk

Your Next Appointment

Date:.....

Time:.....

With:.....

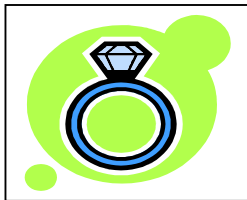
Hand Hand Hygiene

Good hygiene is likely to be one of the best defences against illness that can be taken by individuals. Good hygiene in this context refers to covering coughs and sneezes with a tissue, the prompt disposal of tissues into a waste bin, and washing hands with soap and water both regularly and thoroughly. Although this might seem like an old and obvious message, most people would be surprised to find that they fall short of recommended practice.

When hand washing after a trip to the toilet, experts recommend that you wash your hands for 25 seconds, as it takes this long to ensure all the bugs have been washed off. This is the advice that grandparents were raised on, but it is still the most effective way today of preventing the spread of germs as it was 50 or 100 years ago. And research has shown that where this advice is preached by teachers in schools and then followed up in practice, then school absences from respiratory illnesses and tummy upsets have decreased.

Practice Survey

Thank you to everyone who took part in our Practice Survey in November and December 2006. We now have the results of the survey, and the company who helped us organise it and analysed the responses, have also produced a poster which is now on view in the waiting room, for everyone to have a look at. The overall practice scores show that we were above the National Average in every area except being able to see the practitioner of your choice. We obviously need to work on that area and can only say that at least our score for that particular area this year, was up on the 2 previous year scores, so we are moving in the right direction. Our Patient Participation Group have helped us to review the results of the survey and suggested some changes that we can make to improve things for our patients. Foremost amongst these, is to make the waiting room a more comfortable place to wait in. If you have any suggestions please let our Practice Manager know. And look out for changes there over the next few months.



Congratulations

to Dr McLaughlin and his fiancée, Michelle who got engaged on Valentine's Day. We are sure you will join us in wishing them a very happy life together.

Monthly Prescriptions from Deddington Health Centre

Those of you who read our Christmas newsletter may remember we had an article about over ordering medication and hoarding drugs at home. Medication is the most expensive part of the NHS Budget and we have been advised by Oxfordshire Primary Care Trust that in order to control the wastage of money spend on drugs which are then sometimes not used for one reason or another, we should only be prescribing one months' supply of medication to patients at a time. We realise that this is not popular with patients, particularly those who have to pay for their prescriptions, or those who find it difficult to get to the surgery to pick up medication, but following further decisions by our Primary Care Trust, we have agreed to move all patients over to monthly (or 28 day) prescriptions by the beginning of May 2007. From March 2007 we will be attaching a letter explaining the change to every repeat prescription that you pick up.

For those patients who do pay for prescriptions, it may be cheaper for you to buy a pre-payment certificate. The current cost of a prescription is £6.65. A pre-payment certificate costs £34.65 for 4 months and is a cheaper way of paying for your medicines if you have more than 6 medicines in 4 months. A year's pre-payment certificate is also available for £95.30 and is cheaper if you have more than 15 medicines in a year. A leaflet about pre-payment certificates can be obtained from the dispensary or on line from www.ppa.org.uk/ppc . You can also pay for your prescriptions over the phone to dispensary by credit card.

In order to make it easy for you to order a repeat prescription, please remember that the surgery accepts requests for repeat medication via our website:

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or by phone, fax, letter & hand delivery. It is also helpful to both you and the dispensary if you order all of your regular medicines at the same time. We have a delivery service to many of the villages around Deddington, provided the prescriptions are exempt or prepaid. Please talk to our dispensary staff about any concerns you may have.

Volunteer Driver Scheme

Does anyone have a few spare hours each month and a car? We are thinking of setting up a Volunteer Transport Scheme, to help patients who do not have access to private transport. The journeys may –for example- be to the local Hospital or local day centre. If you might be interested in participating in a scheme such as this, contact our Practice Manager –Ms Sue Johnson – on **01869 338744**. This idea will also be discussed at our next Patient Participation Group Meeting on Tuesday 6/3/07 at 7pm.

Useful Phone Numbers

<u>Age Concern</u>	<u>01869 240995</u>
<u>Benefit Enquiry Line</u>	<u>0800 882200</u>
<u>Carers Line</u>	<u>0845 7125546</u>
<u>Childline</u>	<u>08001111</u>
<u>Citizens Advice Bureau</u>	<u>0844 8487922</u>
<u>Counsellor –Valerie Parker</u>	<u>07813 936892</u>
<u>Cruse Bereavement Care</u>	<u>01295 266350</u>
<u>Drugs Helpline</u>	<u>0808 8002000</u>
<u>NHS Direct</u>	<u>0845 4647</u>
<u>Parents under Stress</u>	<u>0808 8002222</u>
<u>Postnatal Illness Assoc</u>	<u>02073 860 868</u>
<u>Relate</u>	<u>01295 258141</u>
<u>Samaritans</u>	<u>0845 7909090</u>

Easter 2007 Opening Times

The surgery will be closed from Thursday April 5th at 6.30pm, over the Easter Bank Holiday weekend & re-opening on Tuesday April 10th at 08:00am. The number to call if you need medical advice over that period is:

NHS Direct on 0845 4647

or

if you feel you must see or talk to a doctor then call the local

**Out of Hours Service on
0845 345 8995.**