



DEDDINGTON HEALTH CENTRE NEWSLETTER

Telephone: 01869 338611
www.deddingtonsurgery.co.uk

Merry Christmas & Happy New Year
December 2008

Children in Need 2008

Thank you to everyone who donated towards our Children in Need appeal a few weeks ago. The staff were encouraged to dress up (and pay for the privilege) in “Anything beginning with P” so we had an array including pirates, a princess, a painter, a punk, a pussycat, pyjamas (!!)

all in a good cause. We raised £100 for a very good cause.



CHRISTMAS 2008

Just a reminder about our surgery opening hours over Christmas.
They are as follows:-

Date	Opening Times
Monday to Wednesday 22 nd -24 th December	Open 08:00am to 6:30pm
Christmas Day	Closed
Boxing Day	Closed
Saturday & Sunday 27 th -28 th December	Closed all day, Dispensary will NOT be open
Monday to Wednesday 29 th – 31 st December	Open 08:00am to 6:30pm
Thursday January 1 st 2009	Closed
Friday January 2 nd 2009	Open 08:00am to 6:30pm
Saturday January 3 rd 2009	Dispensary only -Open 09:00am – 12:00 midday
Sunday January 4 th 2009	Closed

DISPENSARY ISSUES

- ✿ Just a reminder that the Dispensary will NOT be open on the Saturday morning between Christmas and New Year. So make sure you have picked up your medication before Christmas.
- ✿ Please don't leave it till the last minute to order your repeat prescriptions. Put your repeat request in the week before Christmas so that you have medicine to cover over the Christmas period.
- ✿ Are you on regular repeat medication. Would you like to try our Automatic Repeat medication ordering. It would mean you do not have to contact the surgery each time you want more medication, it is automatically ordered for you at the same time each month. If you are interested in this, speak to one of our dispensers next time you come up to the surgery.

Did you know?

We are a training practice. This means we have both trainee GPs and medical students at the surgery who see patients. Our trainee GP – Dr Kate Smith –is a qualified doctor learning to be a GP and she is with us for a year. Some of her consultations are videoed, for learning purposes. The medical students stay with us for 6 weeks. They see a patient on their own first and then with a GP, so their appointments last half an hour. Please tell reception if you do not want to see someone in training.



Spotlight on Dr Kate Smith

Dr Smith joined us in early August for a year. She was brought up in the Midlands, trained as a Doctor at Cambridge, and has been working in North Oxfordshire for 3 years at the Horton Hospital. Her special interest is women's health. Her passion is singing, she is a soprano and sings with North Cotswold Chamber Choir and Commotio, and performs at concerts regularly around the county (see board outside surgery for details) and encourages you to come along. She is also a dab hand with an air pistol.....!

Measles

CALLING ALL PEOPLE UNDER 25 YEARS OLD

You may have been aware from the press of measles outbreaks around the country. Please check that you have had 2 measles vaccinations (called MMR – stands for Measles, Mumps & Rubella), the first one at one year old, then a booster before going to school. This information can be found in your “Red Book” which your parents were given when you were born. If you have not had both these jabs then book an appointment with one of our Practice Nurses to get up to date with these important vaccinations and protect yourself. Parents please also be aware.

DRAINS (Euuuggggghhhhh!)

Please can I ask everyone NOT to put paper towels down the loos at the surgery. There are waste bins in every toilet in which to place the paper towels. We have just had the plumber in –again- to unblock the drains and the cause of the blockage –again- was paper towels down the toilet. As I am sure you are aware, employing a plumber does not come cheaply, and this is not a good use of NHS resources. Thank you.

TOYS TOYS TOYS TOYS

We need more toys for our waiting room “child area”. If you have some unwanted toys that are in good, and complete, condition that you would be happy to donate to the surgery then please bring them along and hand them in at reception. This includes anything that encourages children to have some quiet constructive play – such as jigsaws (large piece ones, rather than the ones with 400 pieces!!) building blocks, books, but not anything that produces a noise when it's played with such as musical instruments or anything that involves a hammer! Remember people in the waiting room may be feeling under the weather and not want to be subjected to loud noises. Unfortunately we can not accept cuddly toys as these may be more likely to harbour infection. If your child plays in the play area could you make sure that he or she does not take toys with them into the Doctors Room as those toys tend to remain there!!

Need an early morning blood test??

Hayley, our Health Care Assistant, who does most of the phlebotomy at the surgery, now has a blood taking session starting at 8am on a Friday.

Chlamydia Testing

If you are aged between 16 to 25 years old and have been sexually active, we can offer you Chlamydia testing which can be done without involving a medical person. It's a urine test for males and an easy do-it yourself swab for females. Chlamydia is a common infection which can be symptom free, but has long term effects you could do without, including infertility & internal pain. This is why we suggest you do the test. Just ask at Reception or Dispensary for a kit either by phone or in person. The test can be done regularly whenever you have a change of sexual partner (ie it's not a one off), and the cure is antibiotics. Take advantage!! Relevant website:
www.chlamydia-screening.nhs.uk