

# WHITEACRES MEDICAL CENTRE NEWSLETTER



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Autumn 2019 edition

## STAFF CHANGES

Welcome to the Autumn issue of our patient newsletter, we hope that you find it both interesting and informative.

Starters & Leavers

### Starters

We would like to extend a warm welcome to the following staff who have formally joined our team at Whiteacres Medical Centre:

#### **(Doctors)**

Dr Helen Currie and Dr Anuja Balakrishnan

#### **(Health Care Assistants)**

June Bennett and Helen Stone

#### **(Reception & Admin)**

Kristi Boxall

All have a great deal of NHS experience that we are sure will be an asset to our team and will help us to continue to strive to provide the best possible service to our patients.

### Leavers

Sadly, we said goodbye to Linda Bartlett in July who retired after 18 years loyal service to Whiteacres Medical Centre. We will miss Linda and wish her all the best for a wonderful retirement.

Also, in August Pam Woodall one of our very experienced Health Care Assistants left to take up a wonderful opportunity at St Richard's Hospice in Worcester.



*It's time to book your flu jab. Clinics are now available to book. Please be aware that there are different clinics available depending on your age.*

**Saturday 28<sup>th</sup> September  
(Over 65's only)**

**Saturday 12<sup>th</sup> October  
(Over 65's only)**

**Saturday 26<sup>th</sup> October  
(Over 65's & Under 65's (at risk))**

**Saturday 2<sup>nd</sup> November  
(Over 65's & Under 65's (at risk))**

*If you are under 65 please be aware that a receptionist will ask what criteria you meet to be eligible for a flu jab.*

**Available to book now -please enquire at reception or ring after 11am on 01684 577029**

GP appointments not attended between January - March 2019

**308**

This equates to **51.3** approximately clinical hours lost.

Please cancel appointments if you cannot attend.



Did you know we have a dedicated quiet space for breastfeeding your baby. Speak to the receptionist and they will show you to the mother and baby room.

There are local support groups for support with breastfeeding ran with breastfeeding support peers and volunteers. Your local one is Malvern- **Baby Latte at Evergreen Children's Centre 11:15-12:45**

## Pneumovax and Shingles Vaccine

If you're 65 or over, you should be offered a type of pneumococcal vaccine known as the pneumococcal polysaccharide vaccine (PPV).

This one-off vaccination is very effective at protecting you against serious forms of pneumococcal infection.

You're eligible for the shingles vaccine if you are aged 70 or 78 years old.

In addition, anyone who was previously eligible (born on or after 2 September 1942) but missed out on their shingles vaccination remains eligible until their 80th birthday.

The shingles vaccine is not available on the NHS to anyone aged 80 or over because it seems to be less effective in this age group.

Please speak to reception who will book you an appointment with the Nurse.

## CONTACT DETAILS

Could we please remind all patients to ensure that we have up to date contact details. this will enable us to contact you if there is a problem with your appointment or in case of emergency. Also, please include your mobile number so that we can include you in important text messaging campaign.



**Eat well Move more Live longer**

What is Change4Life

These days, 'modern life' can mean that we're a lot less active. With so many opportunities to watch TV or play computer games, and with so much convenience and fast food available, we don't move about as much, or eat as well as we used to.

By the time we reach middle age, the majority of us could do with losing at least a bit of weight. Being overweight isn't just about the way we look. It can lead to more aches and pains, problems sleeping and people report a loss of energy and confidence. It also increases our chances of getting heart disease, type 2 diabetes and some cancers.

But it doesn't have to be this way. Middle age comes to everyone – 'middle aged spread' doesn't have to. You've taken the first step towards getting yourself or your kids eating well, moving more and living longer just by being here – so welcome to Change4Life!

Search change for life in app store or android play for helpful tips in exercise, mental health and eating well.

## GP PATIENT SURVEY

We have received the results of the National GP survey which is carried out annually. We are pleased that we rank within the top 20 GP surgeries within the Worcestershire and Herefordshire area. See some of the comments from our patients:

- 98% say the healthcare professional they saw or spoke to was good at giving them enough time during their last general practice appointment
- 92% describe their overall experience of this GP practice as good.
- 91% find the receptionists at this GP practice helpful.
- 100% were involved as much as they wanted to be in decisions about their care and treatment during their last general practice appointment.
- 92% describe their overall experience of this GP practice as good

Thank-you to our patients for your continuing support  
If you wish to view the full report please go to:  
<https://gp-patient.co.uk/>

## NHS HEALTH CHECKS

**Don't forget to book in for your free Health Check with the Health Care Assistant.**

The **NHS Health Check** is aimed at people aged 40-74 years of age who do not already have heart disease, stroke, diabetes, kidney disease or high blood pressure.