

ORCHID HOUSE SURGERY

FLU!!!!!!!

It's that time of year again. If you are over 65 or in an at risk group (see below) You can now phone or pop in to book your flu injections, our clinics are as follows:

Wednesday 6th October 1-4 pm

Thursday 14th October 1-3 pm

Tuesday 2nd November 1-4 pm

At risk groups:

COPD, Bronchitis, Asthma, Angina, Heart Failure, Previous Heart attack, Chronic Renal Failure, Cirrhosis, chronic hepatitis, diabetes, stroke/TIA, MS, no spleen, HIV, cancer, having radiotherapy or chemotherapy.

For more details on at risk groups please see the leaflets "Flu & You and what to do" in our waiting room

If you haven't yet had your Pneumovax injection and you are over 65 or in an at risk group please book with a receptionist.

How much?

Did you know this practice prescribes medication costing £140,000 every month!

In an attempt to keep drug costs to a minimum you may notice some changes to your medication.

We rarely prescribe specific brands now as this is usually far more expensive, but don't worry—Any changes to your prescription will be to a drug which is exactly the same as we will NOT compromise your health.



Can You Help?

We are looking for volunteer drivers to join our Friends Of the Practice, to assist patients to attend their appointments here at the surgery—If interested please give your name and address in at reception and our Friends Of the Practice Co-ordinator Lorraine will contact you with further information.

When the surgery is closed you can contact our
Out Of Hours service on 0845 600 1013

or if you require non urgent advice contact
NHS Direct on 0845 46 47



Summary Care Record

You should have received a letter from the NHS advising you, that unless you opt out you will have a summary care record set up.

This will enable certain details of your records, such as what medications you are taking, what medications you have reacted to in the past and if you have any allergies, and what conditions you have that might mean you shouldn't have certain medications, to be accessed by people involved in your immediate medical care.

If you do not wish to have a Summary Care Record please make sure you inform us at the surgery, you can collect an opt out form from our dedicated care record table (in the waiting room), write a letter informing us of your decision to opt out or visit www.dorsetpct.nhs.uk/health_services/electronic_health_services/summary_care_record where you can download a copy of the opt out form and drop it in to us.

If you have any queries or concerns or would just like more information please phone the NHS Care Records Service Information Line on **0845 603 8510**.

Further to the above at this moment in time the NHS apparently cannot fully guarantee the safety and security of summary care records loaded on to the national spine. As a practice we have therefore taken the decision to delay our participation in this scheme until further notice. If you have any clear objections to us taking this action on your behalf, please put your objections in writing to the Practice Manager.

CARERS

Do you provide unpaid help to a relative, partner, friend, neighbour?

Do you help with any of the following: washing and dressing, managing finances, cooking, housework, shopping, ironing, washing clothes?

Does this person need your help because of Age, Physical or learning disabilities, illness, mental illness, addiction?

If you answered **Yes**, then you are a carer.

Please complete the following form and hand it in to reception, then

Please be aware that I am a carer:

Name:

Address:

.....Post Code:

Tel Number:

Thank you.



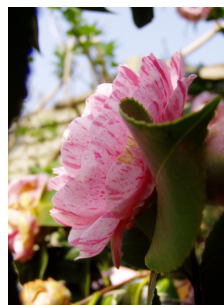
Smokestop

Would you like to give up smoking?

If so please make an appointment to see a Doctor or Nurse and they can organise a referral to the local smokestop.

Patients Voice

Do you have anything you would like to add to our newsletter? Interesting stories, poems, jokes, or can you think of anything else you would like to see in our Autumn newsletter? Please write any suggestions & post in our comments box in the waiting room for the attention of AW-newsletter. Thank you.



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