

The Stubbington Medical Practice



The Surgery, Park Lane, Stubbington,
Fareham,
Hampshire PO14 2JP
Tel: 01329 664231
www.stubbingtonmedical.co.uk

Newsletter
Spring 2011



Patient Participation Group

The Patient Participation Group

Is made up of patients, and Practice staff who meet regularly to ensure that services provided at the surgery are designed and adapted to respond to patients needs

What does a Patient Participation Group do?

The group participates in a wide range of activities that benefit the patients and other worthy causes.

Pick up a leaflet from the Practice to find out more.

What can you do?

We welcome new members as well as input from anyone with comments or suggestions about the Practice and the services it offers ~ a suggestion box is located in the surgery waiting room (we guarantee a response).



Surgery Times

The surgery is open from Monday to Friday 8.00am - 6.00pm.
The switchboard is manned from 8.00am - 6.30pm.

Please note, the surgery is open for pre-booked routine appointments only outside these normal surgery hours on alternate Monday evenings and every Friday morning from 7.40am and one Saturday morning each month.

Missed Appointments

The practice is having on average of 23 missed appointments each week - wasting money and time. Please let the practice know as soon as possible if you are unable to attend or no longer require your appointment, So that it can be offered to others.

The text reminder service is available to all patients - please register with reception to receive text messages via your mobile phone the day before an appointment.

Doctors At The Surgery

Our doctors are: Andrew Paterson, Mike Tenters, Sally Robins, Noel Hopkins, Koyih Tan, Katy Knighton, Helen Cannon, Sarah Coombs and Tracy Murray

ALSO

Registrars (doctors training to become GP's) are:
Helen Evans, a naval doctor, here until September 2011
Aigbs Ohiwerei until August 2011

Tim Robinson, another naval doctor, will be working on Mondays from 18 April to allow Helen Evans to work in Collingwood to reacquaint herself with military medicine

Out Of Hours Service

From 6.30pm in the evening, at weekends and on bank holidays urgent medical care is provided by a deputising service on **02392 377921**. Patients telephoning the surgery during these hours will be given this message to access the out of hours Doctors. Unfortunately the service is receiving inappropriate calls about prescriptions, appointments etc. The service however cannot answer these type of queries, they must wait until the surgery reopens.

The Out of Hours service is only available for patients who are unwell and need to see a doctor urgently. Medical advice on conditions can also be obtained from NHS Direct on 0845 46 47 24 hours a day seven days a week

Medication

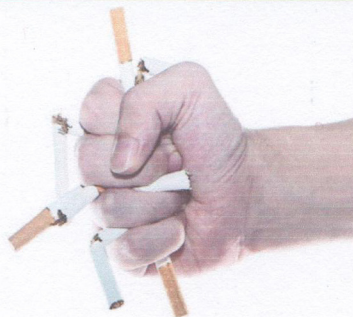


Please note that due to the way in which funding is given to the practice, Doctors now often prescribe non-generic drugs. They work in exactly the same way as named brands but at a fraction of the cost. If at all concerned please speak to your G.P or local pharmacist for further information

Spring - Time to Change?

Do you want to...

- Feel more alive?
- Taste how delicious food can really be?
- Have clean fresh breath?
- Enjoy a longer, healthier life?



...Then why not stop Smoking?

Giving up can change your life! If you've tried to stop smoking before and found it difficult to kick the habit or if you are thinking about giving up, then the Stop Smoking Service can help you.

Stop Smoking groups are held in your area and you'll meet others who have stopped and there will be advice **HERE at the Surgery**. Just ring and make an appointment to see Carol the Health Care Assistant **Rowner Health Centre**, 143 Rowner Lane, Gosport, PO13 9SP

Thursday 17:00 to 18:00

Gosport War Memorial Hospital, Occupational Health Room 1, Bury Road, Gosport, PO12 3PW

Tuesday 17:30 to 19:30

Gosport Discovery Centre, High Street, Gosport, PO12 1BT

Saturday 10:00 to 13:00

Fareham Library, Osborn Road, Fareham, PO16 7EN

Waiting Area Changes

We are also looking into ideas of how best to advertise the notices (as sometimes the waiting area walls can be confusing as to what notices are more important than others).

If you have any comments or suggestions on the surgery and how it is run, please let us know in the comment/suggestion box provided which has moved to the wall by the front door.

News from the Practice



Although the practice is on a waiting list with regards to a new surgery, it is a long way off. However there are some ideas of adapting the current surgery to incorporate another clinic room. Whilst still very early days we are hoping this may happen in the near future...So watch this space. We may need people to help with some fundraising ideas....



Book Appointments Online

~ If you have not yet done so, register at reception to book your appointments online. Emis Access will show you 4 available appointments for each Doctor and you can book the one that suits you. Appointments for the Nurse and HP Sisters still have to be made with reception.

Holiday Vaccinations



Its almost that time of year again...

If you are planning a holiday abroad. Come in to the surgery to fill out a form. A Nurse will ring you to plan for any vaccinations you and your family may need. Please allow at least 2 months in advance.

Don't leave it to chance and think you'll be okay. You could end up coming home with much more than a tan..

Sexual Health *specifically aimed at young people aged 13-25 years*

The risk of getting a sexually transmitted infection (STI) from unprotected sex i.e. not using a condom is high. There have been increases in cases of STI, such as, Gonorrhoea, Genital Warts, Herpes, Chlamydia and HIV. Using a condom helps to protect against unwanted pregnancies and sexually transmitted infections.

The NHS offers advice and information on all areas of sexual health such as STI, choosing the type of contraception which will work best for you, obtaining emergency contraception, pregnancy testing. You can contact a NHS clinic in Fareham and Gosport, such as:

Sex Sense Tel: 023 9286 6301 or 023 9286 6314

This newsletter is now available to view on our website:

www.stubingtonmedical.co.uk