



WPPG Newsletter

Wootton Medical Centre, 36-38 High Street, NN4 6LW

telephone: 01604-709922

www.woottonmedicalcentre.co.uk

November 2018



Christmas medication

Remember to ensure that you have sufficient medication to cover the holiday period.



Please order your needs **EARLY** to avoid shortages.

Personalised Integrated care (PIC)

Criteria:

- ✓ People aged 65+ with 2 long term conditions.
- ✓ Those at high risk of unplanned hospital admissions.
- ✓ Frequent attendees at GP Surgery or A & E.

Please provide us with:

- ✓ Confirmation of consent to refer to **ageUK**.
 - ✓ Name, address, telephone number.
 - ✓ GP Surgery and name.
 - ✓ Main reason for referral.
- for more information
email: Referral.PIC@NHS.net
or call: 01604 611200

CALL CARE

Help at the touch of a button

- ✓ Independence and peace of mind in your own home.
- ✓ A quick and simple way of receiving help at the touch of a button 24 hours a day.
- ✓ A personal alarm unit will be installed via a telephone point & power socket.

Contact Call Care @ NBC
01604 230227

Flu Vaccinations:

Who? When? Why?

Vaccinations will continue until the end of December, but the sooner you are vaccinated the sooner you are protected.



IMPORTANT

Vaccination is **NOT** just for the over 65's. If you are pregnant, a carer or have certain serious illnesses you are also eligible.



All healthy children aged 2 and 3 are also eligible and receive the vaccine as a nasal spray.

65+ MEN

Abdominal Aortic Aneurysm (AAA)

A simple scan can tell if you have an AAA which is an enlargement of the main blood vessel in the abdomen (swelling in the aorta) and if left untreated it can prove fatal. Men aged 65+ are most at risk. NHS screening invitations will be sent to men aged 65 (over 65's can also request a scan)

For more information visit aaa.screening.nhs.uk or talk to your GP

Your opinions are valuable

If you have views on local healthcare and would like to share your opinions please contact the Practice Manager,

Sharon Bailey
telephone 01604 - 709922

Dial – a – Wheelchair

Wheelchairs are available from the RED CROSS on short term loan (up to 8 weeks) subject to availability. A delivery & collection service is also available.



Details from **01604 678500**
(weekdays 10am to 4pm)

Parking outside the Surgery!

The traffic Wardens have been very busy this month, issuing tickets to cars **parked on the pavement** outside the practice gates, **BE AWARE**



Save money on prescriptions with a prescription prepayment certificate.

- ✓ A PPC works like a season ticket.
- ✓ If you need more than 12 prescribed medicines per year, you could save money with with a 12 month PPC.
- ✓ Also a 3 month PPC will save you money over a 3 month period.
- ✓ Eg: 2 items a month would save over £100 over 12 months whilst 3 items would save over £200.
- ✓ Currently a 12-month PPC costs £104 and a 3-month one costs £29.10

Pick up a form from your pharmacy

Help after a stroke (STROKE assoc)

- ✓ Information & emotional support.
 - ✓ Practical support locally.
 - ✓ Life After Stroke grants up to £300.
 - ✓ Meet other stroke affected people.
- Stroke Helpline 0303 3033 100**

What to do when someone dies

- ✓ Registration of death.
- ✓ Funeral arrangements.
- ✓ Who to inform.
- ✓ Legal & financial matters.
- ✓ Is there a will? Location?

If you need support, help and information, please contact **0800 0246 121** or online @ www.nationalbereavementservice.org



Understanding medical terms

Quite often we will receive a medical communication with a number of commonly used words which can leave us unsure of the full meaning, some of the most commonly used are:

ANAEMIA – when the level of haemoglobin, the protein in blood which carries oxygen around the body, is lower than normal.

BIOPSY - the taking of a small sample of tissue for examination.

CHRONIC – something that persists / continues for at least 6 months.

ACUTE - sudden and severe.

VARICELLA – the medical name for chickenpox

POSTPARTUM – the mother's condition after childbirth

POSTNATAL – the baby's condition after birth.

If you don't understand them, feel free to ask me to explain.



Q

&

A

TEST RESULTS

1:00 PM

For all **TEST RESULTS** please telephone after 1pm
OR view them on your **SystmOnline** page.

1:00 PM