



WPPG Newsletter

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

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www.woottonmedicalcentre.co.uk

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Driving after a stroke

After recovering from a stroke or TIA you may be eager to get back in the driving seat. But **NOT** right away.

You **cannot** drive for 1 month after or 3 months if there have been more than one incident. However, you don't usually need to inform the DVLA.

You should be able to drive after a month **IF** your doctor agrees.

Stroke Assoc. tel: 0303 3033 100 ,
website stroke.org.uk

GP's consulting times

	Morning	Afternoon	Evening
Monday	Dr C Moore	Dr C Moore	
	Dr H Penfold	Dr H Penfold	
	Dr B Kolacki		
Tuesday	Dr C Moore	Dr C Moore	
	Dr H Penfold	Dr H Penfold	
Wednesday	Dr C Moore	Dr C Moore	
	Dr H Penfold	Dr A Burada	Dr A Burada
		Dr S Moore	Dr S Moore
Thursday	Dr A Burada	Dr A Burada	
	Dr S Moore	Dr S Moore	
Friday	Dr A Burada	Dr A Burada	
	Dr S Moore	Dr S Moore	
	Dr B Kolacki		

Wheelchair access into the Surgery

A wheelchair is always available to make it easier to transfer from the car park to the Surgery. Please contact Reception before you arrive.



Join the Patient Participants Group we would welcome your input

Do you have views on local healthcare? Could improvements be made? Would you like to share your opinions.

Then join the Wootton Patient Participants Group (WPPG) and attend our quarterly meetings attended by patients and Practice personnel. Our role is to support all aspects of the Practice appropriate to the patients.

Next meeting on **October 10th**
at 18:30pm

If interested please contact the Practice Manager, Sharon Bailey
Email wootton.medicalcentre@nhs.net

Missed appointments



It is very important that you **always** attend your appointments or if unable to attend you inform Reception in **plenty** of time.

A missed appointment results in time wasted which could have been spent with another patient.

eg **9 appointments missed on the 19th March alone!**

Breastfeeding



You are welcome to breastfeed in the surgery. If you prefer privacy please ask a member of staff.

Disposal of Sharps Containers

All syringes, needles, lancets and clip-a-safe devices **MUST** be disposed of in a special **YELLOW** box and destroyed by incineration. This is a **LEGAL** requirement. The boxes can be obtained from the surgery when ordering medication. The Council provides a **FREE** collection service and collects boxes by prior arrangement.



Northampton Borough 0300 330 7000
Daventry District 01327 871100
South Northamptonshire 01327 322322

FREE NHS health check

The free health check concentrates on heart disease, diabetes, kidney disease and strokes. If you're aged **40 to 74** and **DON'T** suffer from any of the above conditions you should have the check every 5 years. You will be contacted directly by the Surgery when age appropriate. The check lasts approx 25 minutes and also advises on how to take preventative actions. Over 75's should make direct contact with the Surgery as required.

- REDUCE RISK FACTORS
- LEARN PREVENTION



Refer to our website for more details

Claiming **FREE** NHS prescriptions

There are a wide range of ways in which you could be entitled to **free** NHS prescriptions. Remember that it is **your** own responsibility to provide evidence of entitlement.

AGE RANGES

60 or over, under 16,
16,17,18 in full-time education

SELECTED BENEFITS

Income support, Income based,
and income related allowances,
Pension credit,
Child tax credit

CERTIFICATES

Maternity exemption,
Medical exemption,
NHS Tax credit exemption,
HC2 NHS Low income scheme.

Claiming free prescriptions?



If you claim free NHS prescriptions that you're not entitled to, you could be facing a penalty charge of up to £100 – as well as the original prescription charge(s).



If you're not sure whether you qualify, please pay for your prescriptions and ask for an NHS receipt – you may be able to claim a refund later. Even if you're not currently entitled, this guide tells you what help could be available.



If you're sure that the NHS covers the cost of your prescriptions, please show evidence of your entitlement to the pharmacy or practice staff before signing the patient declaration.

The NHS covers the cost of prescriptions for patients who meet certain criteria. Before you declare that you don't have to pay, please use this guide to check that you qualify.

For full qualifying details pick up a copy of this leaflet from the surgery.

NB: There are penalty charges for non-entitled claims.

Understanding medical terms

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

- **SYSTOLIC BLOOD PRESSURE:** the first number measures pressure in your blood vessels when your heart beats. eg **140 / 72**
- **DYSTOLIC BLOOD PRESSURE:** the second number measures the pressure in your blood vessels when your heart rests between beats. eg **140 / 72**.
- **STENOSIS:** this refers to the narrowing or stricture of a passage or vessel in the body.
- **PATENT:** means that a vessel, duct or aperture is open and unobstructed.
- **OEDEMA:** a build up of fluid in the body which causes the affected tissue to become swollen.

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TEST RESULTS

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

