

Buckden & Little Paxton Surgeries Newsletter

September 2016



The "COMINGS"

A NEW PARTNER



We are delighted to announce that Dr. Chris Newark will not only be remaining with us now that he is a qualified GP but will be joining Dr. Irwin, Dr. Goodwin and Dr. Fagnoli as a Partner at Buckden and Little Paxton Surgeries from 1st October 2016.

Congratulations Dr Newark! And congratulations to Buckden and Little Paxton Surgeries and all its patients, who gain an exceptional GP.

DR JANANI JAYWARDENA

ST3



We would like to welcome Dr Jaywardena who is an ST3, in her final year of GP training.

"Hello, I'm Jan, I am the new registrar. I am really looking forward to working at the practice and learning lots. I'm from Cambridge and studied medicine at UCL, graduating in 2011. As for my interests, I'm quite a thrill seeker- doing a sky dive in New Zealand was one of the best things I have ever done and I love white water kayaking. When I'm not seeking an adrenaline high, I enjoy yoga and reading. My family are from Sri Lanka and hence I love to watch cricket.

I am friendly and approachable; I'm looking forward to getting to know you all."

Welcome, Dr Jaywardena!

DR DAVID FISHER

FY2



Joining us is Dr Fisher. Dr. Fisher is joining us for four months, until December 2016, on rotation.

"My name is David, the new FY2 doctor. I am very much looking forward to working in Buckden and Little Paxton for the next four months and hope I can be helpful during this time. For the last year I have been working in Hinchingbrooke Hospital in a variety of jobs and my aim for the future is to qualify as an endocrinologist. Outside of the practice, I enjoy watching and playing sports and also going to the theatre to see the latest musical! Thank you to everyone for the kind welcome and detailed induction."

Welcome, Dr Fisher!

STEPHANIE NESS

PRACTICE NURSE



New to the practice is Stephanie

"Hi my name is Stephanie, I am the new practice nurse who is joining the team. I moved to London from Devon to do my nurse training, and worked in London in AE, ITU and practice nursing for over 10yrs. I moved up to Cambridge 2.5yr ago, where I have worked at a walk in centre in St Neots. My passion for asking questions has led me to be a research nurse, and into the TA as nurse and constantly spend my life in university doing another course!

Outside of work I live with my partner and two children Kerenza and Jamie, and now live a quieter life as a beekeeper. I love travelling, stargazing and can be quite often found with a telescope in hand in a field."

Welcome, Stephanie!

KATY RICHARDSON

**HEALTHCARE
ASSISTANT**



New to the team is Katy in the healthcare assistant role.

"Hi my name is Katy, I am very excited to be joining the practice at Buckden as a Healthcare Assistant. Alongside my role here, I also work as a Healthcare Assistant at a Community Hospital in Cambridge where I have been working for 2 years and previous to that, I worked as a community carer throughout Cambridgeshire. I live locally with my parents, the last of 5 girls to leave the family home! Outside of work I enjoy spending my time with friends and family, having days out when possible and maybe when I have a free Saturday morning, going to watch the local rugby home game. "

Welcome, Katy!

APPOINTMENTS



Can we once again remind patients to please let reception know if you are unable to get to your appointment? In the months of May, June and July we saw 3870 patients of which 298 appointments were wasted due to none attendance of patients. These appointment slots could have been given to other patients.

DISPENSARY



A reminder about repeat prescriptions.

REPEAT PRESCRIPTIONS

Please remember when you place a repeat request we need

2 clear working days

Before you call to collect your prescription

This also applies to medication requests from hospital consultants, etc.

The Dispensary is open as follows:

8.00 am-6.00 pm Monday, Tuesday, Wednesday

8.00 am-1.00 pm Thursday

8.00 am- 5.00 pm Friday

WASTE MEDICATION



We are currently having a huge amount of returned medicines which is costing the NHS a lot of money. Please can we ask for your help to reduce this waste. Please only order the medication you need, we know it is tempting to ask for an extra supply but please make sure you check your repeat medication slip and not order any items where you have enough.

REPEAT PRESCRIPTION POLICY



We have recently updated our repeat prescription policy and have put together some Q&As as a helpful guide for our patients. A copy of the policy can be found via our website <http://www.bandlp.co.uk/pages/Medication>

FLU DAY



Our much awaited annual flu day will be held on Saturday the 8th of October this year. We will be using the same system as last year and so please book at reception. You are eligible to receive a free flu jab if you:

- are 65 years of age or over
- are pregnant
- have certain qualifying medical conditions
- A carer

Please ask at reception if clarification is necessary.

You may also like to book your shingles vaccine at the same time:

Shingles Eligibility:

Age on 1 st September 2016	Eligible for vaccination	Patients date of birth is
69 or under	No	02/09/1946 or after
70	Yes	02/09/1945 to 01/09/1946
71	Yes	02/09/1944 to 01/09/1945
72	Yes	02/09/1943 to 01/09/1944
73	Yes	02/09/1942 to 01/09/1943
74-77	No	02/09/1938 to 01/09/1942
78	Yes	02/09/1937 to 01/09/1938
79*	Yes	02/09/1936 to 01/09/1937
80 and over	No	01/09/1936 or before

*Patients who were aged 79 on 1st September 2016 lose their eligibility the day of their 80th birthday.

MENINGITIS ACWY VACCINATION



All school leavers and those going to further education who have not already had a Meningitis ACWY vaccination are eligible. If you would like an appointment for an injection please book at reception.

ONLINE ACCESS



I-Patient is now available. So you now have a choice of using Patient Access or I-Patient to manage your online services such as repeat prescriptions.

<https://patient.emisaccess.co.uk/account/login>

<https://www.i-patient.net/Login?ReturnUrl=%2f>

For patients that aren't registered for online access and would like to, please ask at reception for the form. Each patient will need to bring proof of identity. Online access will make it quicker to book appointments and order repeat prescriptions.

TRAINER OF THE YEAR



A huge congratulation to Dr Brinkhurst who has been awarded GP Educator of the Year by Health Education East of England having been nominated and selected from a field of candidates from the East Anglian region.

COUCH TO 5K



If anyone is interested in trying the Couch to 5K then please book an appointment with Dr Irwin to discuss.



STAFF CONGRATULATIONS



Big congratulations to Dr Brinkhurst whose wife gave birth to a baby boy called Wilbur on Sunday 17th July weighing in at 7lb 9oz.

OPENING TIMES REMINDER



Buckden

Mon 8-8

Tues 8-6

Weds 8-6

Thurs 8-2 (emergency on-call duty doctor service 2- 6pm)

Friday 8-5 (emergency on-call duty doctor service 5-6pm)

Little Paxton

Mon 8-6

Tues 8-12:30 (please contact Buckden)

Weds 8-6

Thurs 8-12:30 (please contact Buckden - emergency on-call duty doctor service 2- 6pm)

Friday 8-5 (emergency on-call duty doctor service 5-6pm)

Buckden Dispensary

Mon – Weds 8-6

Thurs – 8-1

Friday 8-5

Buckden Surgery does not shut for lunch

BANK HOLIDAYS AND CLOSURE AFTERNOON



Please be reminded that the surgery is closed for all public bank holidays including Monday 26th December and Tuesday 27th December.

Emergency on-the-day appointments will be available at both surgeries the morning following a bank holiday. Please call reception to book.

If an urgent appointment is required, please either ring 111 or the usual surgery telephone number which will direct you to out-of-hours. Please do not hesitate to ring 999 if you feel it is life threatening

THANK YOU



Thank you to the Patient Association

The practice wishes to thank the Patient Association for the purchase of new sound systems at both Buckden and Little Paxton Surgeries.

WATER COOLER



We have had a few suggestions by patients to explore the possibility of a water cooler at our surgeries. Whilst on warmer days, we do appreciate that reception may become stuffy despite open windows, if necessary, please ask a member of the reception team to fetch you a cup of water – they will be happy to oblige. However, water coolers are expensive to maintain and there are no plans to install them due to tight funding. **We would always advise patients that on warmer days, they take a small bottle of water with them when they leave the house to ensure hydration.** We very much hope that we don't keep you too long in our waiting rooms!

PATIENTS' ASSOCIATION



As autumn approaches it is satisfying to note that the BLPSPA is in a healthy position both in its membership and financially. We do need to continue to have support from the community to provide the services that you have come to expect. Among these is the Voluntary car scheme which provides transport for patients who need it to keep appointments at the surgery. The demand is high and we need more drivers so if

you would like to help, can spare an hour occasionally and have a car do get in touch. Pam Dodman is the coordinator and will tell you more. Contact her on 01480 812880
pam.dodman@buckdencambs.co.uk

This time of year also leads to our Annual General meeting. This will take place on 27 September at 7 p.m. at Buckden Surgery. All welcome to attend.

At this meeting, all the officers will be elected for the coming year. Our constitution states that they should be re-elected on an annual basis. We urgently need a Treasurer.

For more details about all posts contact:

Chair :Flora Sheringham- 811189

f.sheringham@btinternet

Secretary: Lorraine Toogood - 811352

lorraine.toogood@btinternet.com

Please do get in touch if you'd like to know more and would like to stand for this or in any other capacity. The committee meets 4 times a year in the evening and the meetings are short. Nomination forms are available at the surgery and you might have recently had an email as well. We need your involvement, generally with feedback on issues or with more active involvement, to act effectively as your representatives with the medical staff on non-clinical issues.

Looking forward to seeing you at the AGM.