

Bradford on Avon  
Health Centre  
Newsletter



November 2006

Edition 8.

### The Flu Jab

So far, we have undertaken 2 of our 4 flu sessions. This means that 1818 people have been vaccinated against influenza along with 602 people who have had the pneumococcal injection. This vaccination protects you against up to 26 different types of pneumonia.

This year, the Department of Health changed some of the criteria by which we could provide patients with a free flu jab. Therefore approximately 700 patients were sent letters to inform them that they would not be eligible. Unfortunately, a few people received letters even though they are entitled to a free flu jab. If this has happened to you, please accept our apologies for any inconvenience this may have caused – we will endeavor to provide you with a free flu jab.

We still have a few flu jabs available on a private basis at a cost of £15. If you are interested, please ask at reception.

### **Waiting Room Refurbishment**

Starting this month, the waiting rooms are being redecorated. Our plans include new carpet and chairs, painting and a children's play area. Thank you to The League of Friends for helping to support this project.

We are trying to minimise disruption as much as possible.

### **The Health Centre Team**

We are delighted to welcome Gerri Peerman and Lorna Wareham to our team. Between them they will be undertaking health care assistant duties at The Health Centre and Winsley Health Centre.

Sadly, Dr Duncan will be moving to Bristol as her husband has a new job as a Consultant Surgeon. Her last day will be the 11<sup>th</sup> December 2006. We wish her all the best.

### **Telephone Access**

It's been 6 months since our new telephone system was installed. We have had a number of teething problems but we think we have fixed most of these now. However, we are aware that the sound quality at Winsley Health Centre is not as good as we would like it to be. We apologise for any inconvenience this may cause and we are trying to correct this problem.

You are able to contact The Health Centre via a receptionist from 08.00 – 1800 (Monday – Friday). Should you wish to speak with a GP or nurse during this time, telephone consultations are available daily at the end of each clinic.

Please note, between 8.00 a.m. - 8.30 a.m., 1.00 p.m. - 2.00 p.m. and 6.00 p.m. - 6.30 p.m. (Monday – Friday), we deal with emergencies only.

## **New Developments in Primary Care Mental Health Services**

### **New Mental Health Workers for West Wiltshire Primary Care Trust**

#### **Healthy Body, Healthy Mind**

**Do you need help managing Stress, Depression, Anger or Low Self Esteem? Then Psycho-educational courses could help you.**

Available to anyone registered with a GP Practice in West Wiltshire. Courses will initially be 2 hours long over 5 weeks and will help people with problems with stress, depression, anger and low self esteem. Further topics will be added over time. The sessions will be during the day and early evening across a range of venues in West Wiltshire. Courses are taught in an adult learning style.

The courses will be run by Laura Flower and Liz McCarthy-Young who both have degrees in Psychology. The first two courses are on;

- 25<sup>th</sup> October 2006 at 6pm at the Trowbridge Community Hospital
- 30<sup>th</sup> October 2006 at 9.30 am in Westbury Hospital

If you would like further information regarding this exciting new mental health initiative, please contact Laura or Liz on 0845 6039448.

## **Prescribing Matters**

Did you know that The Health Centre spent £1.7 million pounds last year, just on prescription medicines? Imagine the total drug cost for the country as a whole.

As clinicians we have a responsibility to prescribe the most cost-effective treatment available. If money is wasted on drugs, then it cannot be spent in other areas of the NHS.

We have developed a prescribing team within the practice who ensure this occurs:

- Dr Janice Patrick is the prescribing lead clinician. She holds a post graduate diploma in therapeutics from the University of Wales.
- Mrs Jacqui Reason is a qualified pharmacist, provided by the PCT. She works at several practices in Wiltshire, and spends 1 day a week at The Health Centre.
- Mrs Carol Maclean-Boyle and Mrs Pat McDonald are our lead reception staff dealing with the hundreds of repeat prescriptions we receive each week.

Clinical guidelines and drug prices do change over time. We may occasionally suggest an alteration to your prescription. In which case, we will alter your prescription and provide a note of explanation. If you have any concerns about this, then please speak to someone from the prescribing team or your GP.

You can help us to avoid drug wastage by letting us know if you there are items on your repeat prescription that you no longer require. If you have stopped taking any of your medications please let your GP know.

### **New**

A new way of collecting repeat prescriptions has recently become available. If you have been taking the same medicines for over 6 months without the need for a change, then you could be suitable for this scheme. We will produce batch prescriptions to go to the pharmacy of your choice. You will then no longer need to put the repeat slip into the surgery before collection from the pharmacy. Please ask at the desk for further details.

**Coming soon.....** You will be able to request repeat prescriptions online from our website. Please visit [www.boahc.co.uk](http://www.boahc.co.uk)