



MENDIP VALE

www.mendipvale.nhs.uk

Welcome to the September Newsletter

Flu Clinic – Dates for your Diary

We have released dates for Flu Clinics for 2018. These will be held on Saturday 22nd September and Saturday 13th October 2018 from 8.30am – 12.00 at the following Surgeries;



Yatton Surgery
Langford Surgery
St Georges Surgery
Riverbank Surgery
Sunnyside Surgery

There are also pre bookable slots available from 17th September onwards for Congresbury Surgery. Due to the space limitations we are not able to offer a drop in session at that site.

Please contact a member of our Reception Team to make an appointment.

Abdominal Aortic Aneurysm (AAA) Screening

AAA Screening offer a free NHS check for men aged 65 and over. The Aorta is the main blood vessel that supplies blood to your body. It runs from your heart down through your chest and abdomen. In some people, as they get older, the wall of the aorta can become weak. It can then start to expand and form an abdominal aortic aneurysm.

The service offers screening so they can find aneurysms early and monitor or treat them. The NHS invites all men for screening in the year they turn 65.

Men over the age of 65 who have not been screened before can contact the local service to arrange a test on: 0117 414 8610.

Missed Appointments for August

Doctor's Appointments - 104

Nurse, ANP's and Health Care Assistant Appointments - 220

Every missed appointment costs the NHS around £160. Please let us know if you cannot make an appointment, we can then offer it to someone who really might need it.

Free Service for 11 – 18 Year Olds

As a fully commissioned service from North Somerset CCG, Kooth.com is a free, safe, anonymous and non-stigmatised way for young people in Somerset to receive counselling, advice and support on-line and it is available for young people in North Somerset aged 11- 18.

Staffed by fully trained and qualified counsellors and available until 10pm each night, 365 days per year, it provides a much needed out of hours service for advice and support. There are other support tools available on the site, including:

- Pre-Moderated peer-support message boards on mental and emotional health themes.
- Moderated live group discussions.
- A magazine.
- Self-Help Tools.

The counselling service is available from 12 noon- 10pm Monday- Friday & 6pm-10pm Saturday and Sunday.

Visit www.xenzone.com to find out more.

Meet the Team – GP Partner Dr Joanna King



Dr Joanna King has been a qualified GP for 21 years, whilst always wanting to be a GP she started off doing A&E (Accident and Emergency) and T&O (Trauma and Orthopaedics) both of which she found to be really interesting. Dr King moved into specialist GP training and undertook an initial stint as a GP registrar in Leicester, before coming to Bristol with her Husband and completing training at Southmead hospital.

Starting at the practice (Then Wrington Vale) over 16 years ago as a Registrar before sitting all her final exams to become a fully-fledged GP, Dr King went on to become a Partner of the Practice and has subsequently trained in Occupational Health.

Dr Kings says being a GP means that anyone with any problem can walk through the door and ask anything they want, with no two days being the same. The unpredictability is what makes the job interesting and variable, but at the same time can cause it to be hugely challenging. GPs are specialists in being generalists and are unique amongst the medical profession in that they are the only specialty to hold your entire medical record and have an overview of all the elements to do with your health and wellbeing.

Outside of work Dr King enjoys spending time with her family and tries to make time to maintain her fitness too.