



MENDIP VALE

www.mendipvale.nhs.uk

Welcome to the November Patient Newsletter

Self-Care Week: 12-18 November 2018



Self-care week is an annual national awareness week that focuses on establishing support for self-care across communities, families and generations.

Self-care is about looking after yourself in a healthy way. It can be anything from brushing your teeth, doing some exercise, managing common conditions (like colds,

headaches and flu) or living with a long-term health problem, such as asthma or diabetes. As a “Self-Care Aware” practice, we are here to help you feel able to look after your own health when it is right for you. So, when you come in for a consultation, the doctors, nurses and healthcare assistants in this practice will talk to you about what you can do to help maintain and improve your health. For more information also go to <http://www.selfcareforum.org>.

Patient Information Video Library

From mid-November, a new “health information library” will be made available on our website.

This is a new initiative to make it easier to share the latest health information with you, in a way that is convenient as well as encouraging self-care in a simple and engaging format.

Topics include:

- Inhaler technique demonstrations
- Staying healthy whilst travelling
- How to control hay fever
- Giving consent to treatment

Visit our website at www.mendipvale.nhs.uk

Childhood Flu Immunisation

Our childhood flu clinic will be running on Wednesday 14th November from 2pm-5pm at the following surgeries: Langford, Congresbury, Sunnyside, and Riverbank. These clinics are only for children who meet national eligibility criteria (children aged 2-3 and those “at risk” aged 6months to 18 years).

Flu is a very common infection in babies and children. It can be very unpleasant for them and so it is really important to get them vaccinated. For more information go to www.nhs.uk.



National NHS Medication Waste Campaign and 28-day prescribing



There is currently a nationwide NHS campaign to tackle wasted medicines www.medicinewaste.com

Wasted or unused medicine is a serious and growing problem within the NHS that we can all help tackle. It is estimated that as much as £300million is wasted every year on unused or partially used medication.

One initiative the Practice has undertaken to both ensure the careful monitoring of medicines, and support this national campaign, is a 28-day prescribing policy. If you have regular repeat medication, you will now receive this in a one month supply.

28-day prescribing allows the GP, Nurse or Pharmacist to carefully review all of the repeat medicines to see if you might be having problems with any of them. 28-day prescribing also reduces the amount of medicine which is currently wasted when treatments are stopped or changed. We are happy to realign your prescription to stop you having to make several visits a month to the surgery because your medicines run out at different times. We can also set up repeat dispensing with your community pharmacy. Please speak to the team to find out more.

The vast majority of patients collecting repeat prescriptions do not pay prescription charges; therefore there will be no difference to you in terms of cost. If you do have to pay prescription charges, and need more than 5 prescription items in 4 months (or 14 prescription items in 12 months), the best way to pay for prescriptions would be to obtain a Prescription Prepayment Certificate (PPC), which the Pharmacist or Receptionist can provide you.

Riverbank and Sunnyside Patients join the Group

We warmly welcome patients from Riverbank and Sunnyside surgeries who joined with the Group in October and November respectively.

We are proud to be your local family practice.

Patient Access

There have been some unforeseen problems with logging into patient online access due to the recent merge with Riverbank and Sunnyside practices. Please view the website or speak to a member of the team at your site for information relating to this. Go to www.mendipvale.nhs.uk

HCA Jacqui Hole runs for charity

On Sunday 23rd September our HCA Jacqui Hole, ran the Bristol Half Marathon, in aid of LATCH, the children's cancer charity.

In February 2018, Jacqui's grandson was diagnosed with Acute Lymphoblastic Leukaemia and immediately start Chemotherapy. Struggling with multiple treatments, steroids and extended stays in hospital, it has been a challenging time for the whole family. LATCH has been a fantastic support and as a result Jacqui was inspired to raise money for the charity. She wishes to thank everyone who donated to this cause and is delighted to have raised £1,800 and finished the race in a very admirable 2 hours, 29 minutes.

