

NEWSLETTER – OCTOBER 2011

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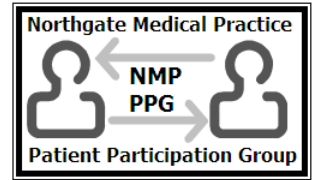
Hello Everyone

Welcome to the second of our quarterly newsletters, which we will now produce in June, September, December and March. If by any chance you have not received the first one, which was a very informative one, detailing the doctors, nurses and services provided by the surgery, please request it at reception.

Not sure what happened to summer, it seemed to come and go without me noticing it, and now autumn is upon us, with winter just around the corner, and for those aged 65 and over, or if you are in an 'at-risk' group, it's time to remember your **FLU JABS**. A flu jab needs to be repeated every year, so if you have not booked yours already, please ring the surgery and book it as soon as possible. The other injection that is available for the same group of people is the Pneumococcal injection. This is a 'one-off' injection that does not need to be repeated and this can also be booked through the surgery.

Patients attending for Flu Jabs will be asked to fill in a quick questionnaire on their thoughts about the surgery, and we hope you will be good enough to do this either whilst you are waiting or before you leave. This questionnaire will also be available on-line.

Whilst we are on the subject of injections, can I please remind those of you who require **Travel Jabs** to give the surgery at least 8 weeks notice, as some travel jabs require more than one attendance. You may find yourself not completely covered if you do not give sufficient time.



PRESCRIPTIONS

If a prescription is very urgent please do not put it in the box, but give it to the receptionist, which will mean that it gets dealt with quicker. For non urgent prescriptions, that go into the box, please leave a full 2 days before collecting.

A reminder on how to do on-line requests.

Each request for a prescription must be done individually. Therefore, if doing a second patient prescription, please remember to send your first request before doing the second, otherwise the surgery will not receive it.

APPOINTMENTS

Phone lines are open between 8.00 a.m. and 6.30 p.m. for booking appointments, but 1.00 p.m. to 2.00 p.m. is for emergencies only. Appointments are bookable in advance, but if after seeing the doctor or nurse you are asked to make another appointment, it is advisable to make this before leaving the surgery, to help ensure that you get the day you need.

Would you all please please remember to ring and cancel an appointment if you cannot attend, as this enables another patient to have your appointment – would you believe that last week 68 people did not attend for their appointments – multiply that by 52 and you will be as amazed as I was!!!

STOP SMOKING

If you wish to quit smoking please contact the surgery who provides a 'Stop Smoking' programme. You do not need to be referred by your doctor to attend this.

CHANGES IN GP AVAILABILITY

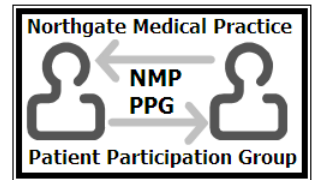
Dr Ellis and Dr Grice will be reducing their commitment to the practice and, as a result, will be working one less session a week. For some of us it may mean our registered doctor may change, but we will be advised by the practice

MISCELLANEOUS

The government is introducing new health checks for people between 45 – 70 and further information on this will follow in our next newsletter

You can now find us on Facebook or Twitter@nmpblogger

Just a reminder that Firework night is almost upon us, so please be careful to follow all the safety codes. As we all know even the smallest burn can really hurt.

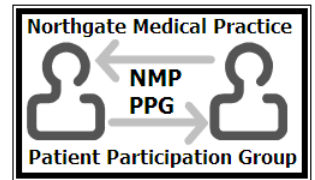


Well, let us hope we do not get any really bad weather before our next newsletter and to cheer us all up let us again end with a short quiz. Oh I think I am soon going to run out of quizzes and yes, I know this is only my second one, but I am a bit of a dinosaur, so if there are any kind patients who could help me out with quizzes for the future, could you please be kind enough to pop them into the surgery in an envelope marked 'Quizzes for Jackie' – Thank you.

GUESS THE SWEET QUIZ

Very simple, all you have to do is guess what type of confectionery the clues refer to:

- 1 A horse and a stick
- 2 Home for alcoholic teeth
- 3 100% Metal
- 4 Granite
- 5 A hit for Little Richard
- 6 Seen at a race course
- 7 All sorts of girls
- 8 Don't talk too loud
- 9 Gardeners delight
- 10 Type of bus
- 11 Pirates loot
- 12 High class road
- 13 Edible colour
- 14 George Cross Islanders
- 15 Paul Daniels does it in the dark
- 16 Nines
- 17 Fizzy fruit
- 18 Crossing mans badge of office
- 19 Dining alfresco
- 20 What scrooges say about Christmas
- 21 Money maker to the Sovereign
- 22 Good good say the French
- 23 Dairy maids need one to carry their jugs
- 24 Happiness in a fez
- 25 A lump of gold
- 26 A pub for mothers
- 27 An American rap star
- 28 If your aim is good they all fall over
- 29 Clever group of people
- 30 Birthdays, anniversaries, weddings.
- 31 Wobbly tots



ANSWERS

- 1 POLO
- 2 WINE GUMS
- 3 ALL GOLD
- 4 ROCK
- 5 TUTTI FRUTTI
- 6 TIC TAC
- 7 DOLLY MIXTURES
- 8 WHISPER
- 9 ROSES
- 10 DOUBLE DECKER
- 11 BOUNTY
- 12 QUALITY STREET
- 13 CHOCOLATE ORANGE
- 14 MALTEASERS
- 15 BLACK MAGIC
- 16 AFTER EIGHT
- 17 SHERBET LEMONS
- 18 LOLLIPOP
- 19 PICNIC
- 20 HUMBUG
- 21 MINT IMPERIAL
- 22 BON BON
- 23 MILK TRAY
- 24 TURKISH DELIGHT
- 25 NOUGAT
- 26 MARS BAR
- 27 M & M
- 28 SKITTLES
- 29 SMARTIES
- 30 CELEBRATIONS
- 31 JELLY BABIES