

THE SANDRINGHAM PRACTICE

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NEWSLETTER SEPTEMBER 2010

As I write, the famous St Leger meeting has just started at Doncaster Racecourse. Usually autumn starts on the last race of the St Leger but today I could hardly see my way to work due to the morning fog. Our climate is a never ending source of amusement. I hope you have all enjoyed the summer as best you can and that parents can relax once more whilst the schools reopen. Suffice to say we have seen very little in the way of sunburn during the school holidays, I suppose because there has been no sun.

WHAT IS GOING ON WITH THE STAFF?

Congratulations to Danielle Badman who is one of our admin workers, she gave birth to baby Max recently and he certainly looked a little smasher when I saw him the other day. Whilst Danielle is on leave we welcome Debbie Turner who has very capably taken on front of house duties. She is a Rovers fan and having worked the turnstiles at Keepmoat knows how to keep rowdy folk in order. Be warned!

Two new medical GP Registrars started with us in August. Dr Davinder Singh is with us for a year having experienced GP training in Stainforth and Dr Afzaal Ashfaque comes to us from the Scott Practice in Balby and is continuing his GP training education with us. It always takes time to bed into a new place and as I found years ago moving districts even within Doncaster seems to provide a completely different patient population. Please make them welcome, after all these young doctors are the future of the NHS.

We also continue to give experience to medical students, otherwise known as student doctors and at present we have Abdul Alcozie and Micaela Gilbert working with us and welcome to them.

Of course the rest of us still plod on!, three of us have now worked at the Sandringham Practice for thirty years or more, these being Dr Love, Dr Sykes and Kay York, our senior Practice Nurse. Yes, we were young once.

FLU VACCINATION CLINIC DATES

It is that time of year again and this year we will not be taking appointment bookings until Tuesday 21st September. Whatever you do, please do not ring on Mondays. We feel it is essential that the following groups have an annual flu vaccination - anyone aged 65 years and over, and then anyone at any age who has one or more of the following medical conditions:-

Heart disease

COPD

Stroke

Kidney disease

Patients on immunosuppression

Asthma

Diabetes

Neurological problems

Immune deficiency

You should all know who you are. Also if you are a Registered Carer of another individual then you are entitled to a flu vaccination.

We do as medical practitioners believe in the efficiency of flu vaccinations and the need for the above groups to have them as the influenza virus can cause serious illness in what we call "at risk groups".

We are back in education mode again following the summer recess which means the practice will be closed for prescription collection etc on the following Wednesday afternoons:- pto

22nd September
6th October
20th October
3rd November
17th November

Please allow plenty of time for your prescription requirements, making sure that you tick/request only the items that you need.

Don't forget that you can request prescriptions by email, if you have not organised to do so please ask one of our Receptionists.

OUT OF HOURS SERVICES

We had major problems with our phone systems recently which caused problems connecting people with emergencies to Out of Hours Services. We apologise for that. We have not been helped by the imposition by the PCT that we change our provider of telephone services. Whilst we endeavour to look after all our patients needs during the daytime from 8.00am until 6.00pm Monday to Friday, we do not have a contract for providing services at other times. This means you will need to contact either the Out of Hours Service on 08451 222120 for emergencies only in the Out of Hours setting or you can make use of the alternative general practice, the 8to8 Centre which covers those hours from 8.00am until 8.00pm seven days a week and the telephone number is 01302 645544. We obviously would prefer people to see us but we recognise that there are always appointment problems. Our list size is forever growing which means we must be doing something right, but especially at holiday times it becomes more difficult to provide the number of appointments that everybody would like.

TRAVELLING

As we all know the world seems to get smaller these days and we do have a number of people who travel or go and live with relatives abroad for a number of months. A number of these people require medications for quite lengthy periods. It is important to realise that the NHS only provides three month's worth of prescriptions for people travelling abroad. This is a little known fact but is well known to us. If you do require medications for travelling abroad then you may well need to speak with your individual doctor about them. Again, do not forget to take out adequate travel insurance as we have had yet another example of somebody going abroad without full insurance cover and having to beg and borrow money to return at a time of great distress.

LIGHTER NOTES

In the last Newsletter I mentioned four intrepid reception/office staff, Paula, Pauline, Lorraine and Caroline taking part in the Race for Life which occurred on one of the hottest days of the year on 27th June. They raised £300 between them for Cancer Research and it would have been more if all their sponsors had paid up! However, undeterred by the heat and the rough terrain of the racecourse (they are not horses you know), they are going to go for it again next year, so well done to them.

My Rotary Club had a very enjoyable fundraising weekend at the end of July. The Dragon Boat racing went very well on Lakeside and then the Car Show at the School for the Deaf on the Sunday was very well supported. We were lucky enough to make several thousand pounds in profit and we distribute to various local charities usually in June of each year. No doubt I will see some of you around Christmas when we do our Christmas float which we all enjoy doing, even when it's snowing.

Finally, I have warbled on long enough and am packing my bags and going for a bit of culture on the Amalfi coast in Italy for a week, aren't I the lucky one?

Keep smiling if you can.