



PPG Community Café

As a practice we looked at how we could help people feel more connected in our community and our PPG have been raising funds for a Community Café within the practice, which will be run by volunteers and will offer a welcoming environment for people who would like to stay for a drink and a chat.

Many congratulations to the PPG for raising the funds for the Community Café which opens on Wednesday 2 August.

During August the café will be open on Wednesday between 10am and 1pm. The in September once we've ironed out any teething problems on Thursday's also.

Please use alternative car parking, so as not to prevent patients parking who have appointments, as this may cause our clinicians to run late. Our PPG look forward to welcoming you for a cuppa and a chat.

On-line Access

We currently offer the facility for booking and cancelling appointments, ordering repeat prescriptions & viewing allergies and adverse reactions online. This is via EMIS Patient Access using our website: www.somercotesmedicalcentre.co.uk If you do not already have a username and password for this system you will need to register for them either using our website or by calling into the practice to register in person (please be aware proof of identity is required).

Shingles Vaccine

Your risk of shingles and post-herpetic neuralgia (PHN) increases as you get older. The Department of Health recommend that if you are aged between 70-78 and have not yet received a shingles vaccine, you contact the surgery to book an appointment with one of our Practice Nurses.

Men ACWY Vaccinations

May we remind prospective students up to 25 years of age who are entering university for the first time and who have not received a dose of Men ACWY vaccine after their tenth birthday you are eligible for this free vaccine. Vaccination should be given at the least two weeks before attending university to ensure timely protection. Please contact the surgery for more details.

Holiday Vaccinations / Advice

For those patients wishing to access travel vaccinations please bear in mind for many vaccinations to be effective they need to be given eight weeks prior to travel. Therefore please give sufficient time by requesting a travel appointment at least ten weeks before your planned travel date. Generally, we have appointment available eight weeks in advance but if you are booking late or if we do not have any nurses appointments available you will need to attend a private travel clinic.

Travel to exotic locations, in some cases multiply locations is the norm these days, but careful consideration needs to be given by the nurse to what vaccinations are required, therefore travel appointments are 30 minutes in duration and we can see two family members at a time. If more than two are travelling then two appointments will need to be made.

When booking the appointment you will be asked to complete a travel questionnaire, in order for the nurse to determine which vaccinations you need prior to your appointment. It is also important to remember that only Diphtheria, polio & tetanus, typhoid and Hepatitis A vaccinations are available free on the NHS.

If you are unable to attend an appointment please contact to cancel the appointment we can treat another patient/s.

Sunburn - is skin damage caused by ultraviolet (UV) rays. Sunburn is usually mild and short-lived, but it's important to try to avoid it because it can increase your risk of developing skin problems in later life, such as ageing (wrinkling) and [skin cancer](#).

It can be easy to underestimate the strength of the sun when you're outside. The wind and getting wet, such as going in and out of the sea, may cool your skin, so you don't realise you're getting burnt.

You should always be aware of the risk of sunburn if you're outside in strong sunshine, and look out for your skin getting hot.

Flu Clinics

We will, shortly be booking appointments for those patients eligible for flu vaccinations. This year we will hold two Saturday clinics on 30 September and 14th October. We will also offer patients evening appointments for those that work. **Please support your surgery and have your vaccination here.**

Chaperones

A chaperone's role is to provide reassurance and emotional support for a patient undergoing a procedure they may find embarrassing or uncomfortable. If you would like a chaperone to be present please ask the Doctor or Nurse, or mention to the Receptionist when you book your

appointment. A doctor may also request a chaperone to assist them

The Crisis Facing General Practice

The entire NHS is under unprecedented strain, and we are looking for ways to try and maximise the resources that we have. There are a number of ways that patients can help with this, from a General Practice perspective.

- We, like all GP surgeries, frequently have queries from patients regarding test results or information from hospital appointments. Trying to resolve these takes up significant time and resources. The hospitals are obliged in their contracts to communicate test results or clinical information directly to you, and therefore any queries should be directed to them.
- Many commonly prescribed medications are available over the counter. For example, Paracetamol costs the NHS approximately four times the price that it costs over the counter. Other examples include moisturisers, hay fever treatments. Haemorrhoid creams.
- We would ask that all patients respect our appointment system, and ask for an urgent appointment only with a genuine urgent need; this ensures we have

availability to see those who are in most need in a timely manner.

- At our surgery the doctors always try to achieve as much as possible in your 10 minute appointment. If you wish to discuss more than one matter, please request a double appointment, as this will enable us to manage our workload effectively.
- Please allow 48 (working) hours for repeat medication requests.

Care Quality Commission (CQC)

The Care Quality Commission carried out an announced comprehensive inspection at Somercotes Medical Centre on 1 November 2016.

Overall the practice is rated as outstanding.

The Practice would like to say many thanks to all patients and staff for their continued support.

To view the full report please go to:

<http://www.cqc.org.uk/location/1-568078119>

Your views matter to us.

We continually strive to improve and welcome all types of patient feedback. For any feedback please complete a Comments Form located in the foyer and pop it in the box provided. Thank you.