

WHITCHURCH SURGERY NEWSLETTER - SPRING 2010

Volume 3—Issue 1

SURGERY NEWS

www.whitchurchsurgery.co.uk



New Surgery Hours

Morning Surgery will be from 8.15 to 10.15 each weekday. After 10a.m. no choice is available as to which doctor you can see.

Travel

Spring is in the air and we are thinking about our summer holidays. Remember to book early for your travel advice and vaccinations.

A Travel Health Questionnaire can be obtained from reception. Please complete this and hand back to the reception team **before** making an appointment to see the Travel Health Nurse.



Spring Recipe

Salmon and Tomato Bake

Ingredients

Serves 1

Fillet of Salmon
Cherry Tomatoes
Olive oil
Basil
Pepper

Method:

1. Place cherry tomatoes in small oven proof dish with some fresh basil.
2. Drizzle a teaspoon of olive oil over the tomatoes.
3. Season with pepper.
4. Place salmon fillets with skin uppermost on the top.
5. Bake for 25 mins at 190 degrees.
6. Remove skin before serving with vegetables/salad and new potatoes.



Gardening Tips

March:

1. Cut back buddleia to a foot or two above soil level, cutting through stems just above new green shoots sprouting from the base.
2. Other shrubs to prune are cornus, salix and spirea. Remove dead wood and shorten old stems.

April:

1. Prune forsythia after flowering.
2. Clip winter heathers to neaten and remove dead flowers.
3. Plant dahlia tubers outside, at least 10cm deep.

May:

1. Divide primulas
2. Plant out Chrysanthemums



SWINE FLU (H1N1) VACCINATIONS

THE PRIORITY GROUPS TO BE TARGETED FOR VACCINATION AGAINST SWINE FLU WILL BE:

- THOSE IN A CLINICAL AT RISK GROUP AGED **6 MONTHS UP TO 65 YEARS**
- ALL PREGNANT WOMEN
- HOUSEHOLD CONTACTS OF IMMUNOCOMPROMISED PATIENTS
- PEOPLE AGED OVER 65 IN A CURRENT AT RISK GROUP

CLINICS WILL BE EXTRA TO OUR NORMAL WORK, SO THERE WILL BE A LIMITED CHOICE OF DATES.

IF YOU **DO NOT** WISH TO HAVE THE VACCINATION PLEASE INFORM RECEPTION SO WE CAN UPDATE YOUR MEDICAL RECORDS.

YOU WILL ONLY RECEIVE ONE INVITE, SO PLEASE BE SURE TO ACT ON IT.

PATIENTS WILL BE CALLED IN PRIORITY ORDER AS OUTLINED ABOVE AND WILL ALSO BE SUBJECT TO THE AMOUNT OF VACCINE DELIVERED TO US BY THE DEPARTMENT OF HEALTH.

If you feel you should be given the swine flu vaccination and you have not received an invitation, please contact us.

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Contact Details

Please can you let us know if your contact details change. From time to time we might have to speak to you urgently and this can be very difficult if we don't have an up to date telephone number.

If you need to change/book an appointment, ask for test results, need copies of immunisations etc., please do this yourself. It can place the receptionist in a difficult position to give information to a third party.



Dispensary News

You can now order your repeat prescriptions on line by emailing the dispensary on: **whitchurchdispensary@nhs.net**. Please give 48 hours notice or 2 working days before collection. Please remember to give plenty of notice when ordering holiday medication.

When paying for prescriptions by cheque, the dispensary will now need to see a cheque card.

Easter Opening Times for Whitchurch Dispensary

The Dispensary will be closed on Good Friday and Easter Monday. Please remember to give extra time for your repeat prescription to be dispensed..

Please ensure that you have adequate supplies of your medication to cover the holiday period

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Protected Time

The Surgery will be closed on the following afternoons from 1 p.m. for training:

March 10th—Wednesday

April 15th—Thursday

May 19th—Wednesday

The out of hours service (Bucks Urgent Care) will be covering the practice on these afternoons and they can be contacted on 0300 130 3035

Friends of Whitchurch Surgery

Books donated to the surgery contribute greatly to the Friends of Whitchurch Surgery fund. Please do not leave bags of books in the foyer, they may be handed to the reception staff.