

Cowplain Family Practice Patient Newsletter

www.cowplainfamilypractice.co.uk

Spring 2010 Edition 11



EASTER OPENING TIMES

Friday 2 nd April-	CLOSED
Monday 5 th April-	CLOSED
Tuesday 6 th April-	Normal Hours

The normal out of hours service will be available during closure, contactable on 023 92 377921.

Be sure to order your repeat prescription in good time for the Easter period. Be aware, we require 2 working days to process routine prescriptions (not involving a query to the doctor). Please ensure that you request adequate medication in advance of these times, by written/ emailed request.

We suggest that all repeat prescription requests be submitted to the surgery by

Monday 29th March 2010 at the latest.

Raffle in Aid of the Rosemary Foundation

We are delighted to inform you that together with your support, we managed to raise £102 in the raffle supporting the Rosemary Foundation.

The charity provides nurses experienced in providing palliative care to those in need, 24 hours a day, 7 days a week. For more information, please take a look at their website:
<http://www.rosemary-foundation.org.uk>

National No Smoking Day 10th March 2010



No Smoking Day 2010 takes place on Wednesday 10 March and is the 27th annual campaign. Each year, nearly one million smokers quit on the Day.

You're four times more likely to succeed in your attempt to give up, when using an NHS stop smoking service.

If you are thinking of giving up smoking on 10th March 2010, or any other day, you may benefit from the help & advice of our dedicated health care support worker.

Chloe, our Health Care Assistant, is trained in smoking cessation and can offer you one-to-one support in stopping smoking.

Please ask one of the reception team for an appointment to kick start your way to a healthier new you.



Also, to find out where your local stop smoking service is log onto www.nosmokingday.org.uk or call 0800 169 0 169

Advance Notification of Disruption to Services between the dates 20 - 27th

April 2010

In line with our investment into the new practice, we are upgrading our clinical systems. Our new advanced computer system is a fantastic opportunity to offer a better service to our patients, the benefits of which we hope to share with you when it is installed. One advantage will be to have all of our patients' details on one clinical system.

During the changeover week, which is from the **20th to the 27th April**, we will be holding **emergency surgeries only**. We therefore request that patients consult only with problems that cannot wait until normal services resume on Wednesday the **28th April**.

Our premises and telephone lines will be open as usual during this period but your own doctor may not be on duty at their normal times.

We will resume normal surgery times from **Wednesday 28th April 2010**.

We ask that all repeat prescription requests to cover this period of disruption be submitted in writing/email/by hand to the surgery by Monday 12th April 2010 at the latest.

We apologise in advance for any inconvenience caused, and appreciate your cooperation.

Staff News

We wish our secretary, Chris, a Happy and Healthy Retirement at the end of March 2010. We also extend a welcome to Lynne, our new Reception Co-ordinator, who joins the team on 1 March 2010.

Medicine Waste

Latest figures show that over the last 10 years, the NHS spending on prescription drugs has doubled from £4 billion to £8.2 billion per year¹.

Recent studies suggest that over £200 million a year is wasted by over ordering and poor compliance.

At Cowplain Family Practice we try to reduce the waste of unused medicines, which are an unnecessary cost to the NHS & our care to you.



Thank you for helping us to do this by following the few simple guidelines below,

- If you have any unwanted or unused medicines, please hand them into your pharmacist.
- Please tell your pharmacy or doctor if you are no longer using a certain drug/ treatment.
- Only request repeat prescriptions of the items that you require at that time.

Sponsored Hayling Island – Paris Bike Ride

Once again, our intrepid explorers, Dr Mike Johns and Nurse Julia Johns, will embark upon the 400 mile sponsored bike ride in aid of the Rowans Hospice.



This takes place over 5 days from 13th July 2010, and we wish them every success in raising money for this excellent local cause.

¹ 'NHS Drug Bill Must be Cut', <http://www.hc2d.co.uk>, accessed 18th February 2010)

