

THE PARCHMORE GROUP

“Together we will make a difference”

PARCHMORE MEDICAL CENTRE

SUMMER 2016

www.parchmoremedicalcentre.co.uk

Telephone: 0208 251 4200

SURGERY

OPENING TIMES

Monday	8.00am-6.30pm
Tuesday	8.00am-6.30pm
Wednesday	8.00am-6.30pm
Thursday	8.00am-6.30pm
Friday	8.00am-6.30pm

CLOSED FOR BANK

HOLIDAYS

Extended Hours

Tuesday	6.30pm - 8.15pm
Saturday	8.30am-12pm

Extended hours are all pre-bookable routine appointments for Doctors & Nurses only and must be booked in advance.

Edridge Road,

Walk-in Centre.

0203 040 0200

Minor Injuries Unit

0208 251 7225

Welcome to this edition of our newsletter. The aim of our newsletter is to keep our patients up-to-date on what is happening at the practice. We hope that you find the contents of the newsletter informative and would welcome any comments, suggestions or contributions that you may have. Please feel free to contact Karen Nash, General Manager.

WELCOME

A warm welcome to our new members of the team

Dr Tom Wilson

Associate GP / Darzi Fellow

Dr Wale Obadare

Staying on as a salaried GP

Susan

Receptionist at Parchmore and South Norwood Medical Practice

Maureen, Jemma and Gemma

Receptionists at Parchmore Medical Centre

Georgina

Receptionist at South Norwood Medical Practice

CONGRATULATIONS

Congratulations to Dr Masood on the birth of her second daughter. She will be returning to work in 2017.

FAREWELL

We are sad to be saying a farewell to Dr Agatha Nortley-Meshe who will be leaving us in the next coming weeks to go on a new venture.

The Parchmore Group would like to wish her the very best for the future.

CONTACT DETAILS

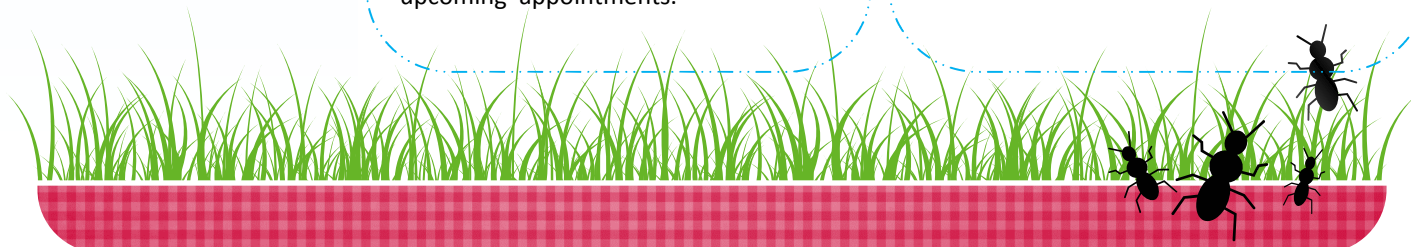
It is really important that we have up to date contact information for all our patients. Please notify us, as soon as possible, if you move house, change your home telephone number or **mobile number.**

Your current mobile number is extremely important at this enables us to send you a reminders text about any upcoming appointments.

PPG

During the week of the 6th—11th June members of our PPG were in the practice and community celebrating National PPG Awareness Week. The sessions at Parchmore and the Parchmore Community Centre were very well attended and were a success with Parchmore patients and the local community.

If you would like to become more involved with our PPG please speak to a member of staff or go to our website.



online

ONLINE FACILITIES

If you would like to make an appointment or order a repeat prescription online, you will need to obtain a password from the practice.

The Reception Team will go through the procedure with you if you encounter any difficulties.

ONLINE ACCESS TO MEDICAL RECORDS FROM 1ST APRIL 2016

If you are over the age of 18, you can also request to view your medical records online. To register for this service please speak with the reception staff who will require photographic evidence of identity, ie passport or driving licence.

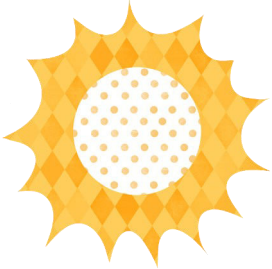
WEBSITE

Please visit our website at www.parchmoremedicalcentre.co.uk to request prescriptions, change your address, change your name, and confirm surgery opening hours. You can also download our new practice leaflet.

PRESCRIPTIONS

Parchmore Medical Centre offers Electronic Prescriptions. This will save you a trip to the practice to order or collect your prescriptions.

Please speak to our receptionists or Pharmacist of your choice and request a nomination form.



CARER'S ALLOWANCE

If you are a carer and look after someone for more than 35 hours per week you could be entitled to Carer's Allowance.

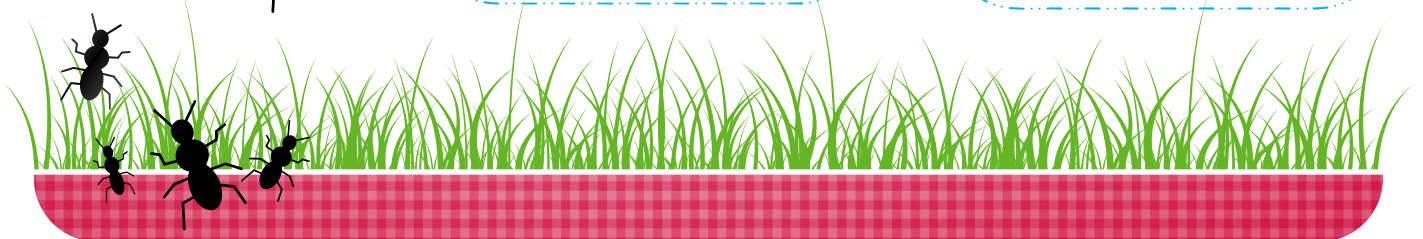
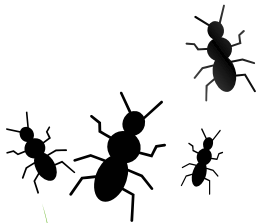
However, if you are in receipt of State Pension you would not be eligible to receive Carer's Allowance.

The Cares' Direct Helpline **0300 123 1053** offer confidential information and advice to carers.

INFORMATION SHARING

Confidential information from your medical records can be used by the NHS to improve services offered which can provide the best possible care for everyone. This information, along with your postcode and NHS number (not name) will be sent to a secure system where it can be linked with other health information.

For further information please visit www.nhs.uk/caredata or www.hscic.gov.uk



FRIENDS AND FAMILY TEST

Thank you to those patients who completed the Friends and Family Test either online, in the surgery or via text messaging services. This is your opportunity to let us know if you are happy with the service you receive, would you be happy to recommend us to your friends and family and how we can improve. We have had 80% positive feedback that they are extremely likely to recommend the practice to their friends and family. Many of the comments made have been overwhelming.

NHS CHOICES

If you have a good experience when visiting the surgery, please tell us about it by logging on to NHS Choices and leave a review.

"TOGETHER WE CAN MAKE A DIFFERENCE"

HEALTH INFORMATION

SHINGLES AND PNEUMONIA

If you were 70 or 79 years of age on 1st September 2015 irrespective of your age now you are entitled to receive a shingles vaccination. When you have reached the age 65 you will be invited for a pneumovax injection (not just during the flu season). This is a once in a lifetime injection.

BOWEL CANCER SCREENING

Bowel cancer screening aims to detect bowel cancer at an early stage (in people with no symptoms), when treatment is more likely to be effective. BC screening can also detect polyps. These are not cancers but may develop into cancers over time. One in twenty people will develop bowel cancer in their lifetime. It is the fourth most common cancer in UK.

The screening programme is offered to men and women aged 60-74. Eight out of ten people who are diagnosed

with cancer are over 60. you will be posted a screening kit so the test can be carried out at home. After your first you will be sent another invitation and kit every two years.

FLU VACCINATIONS

Flu season will be upon us soon. We will be starting vaccinations from September.

- Are you eligible for a flu jab?
- Are you aged 65 & over?
- Do you have chronic disease such as Diabetes/ Asthma/COPD?
- Are you pregnant?
- Are you a carer?
- Do you have a child aged 2, 3 or 4?

