



SAXMUNDHAM HEALTH NEWS

The Surgery, Lambsale Meadow, Saxmundham, IP17 1DY

www.saxquax.co.uk

Tel: 01728 602022 – Opening times 8:00am to 6:30pm

Autumn 2009

Flu Clinics 2009



We will be holding two Saturday flu clinics on:

Saturday 17th October 09:00-12:00

Saturday 7th November 09:00-12:00

Those patients in an at risk group are entitled to a free vaccination. If you are:

- Over 65
- Diabetic
- Suffer from any of the following breathing problems:
Asthma, COPD, Chronic Bronchitis, Emphysema, Cystic Fibrosis, Bronchiectasis
N.B. Repeated chest infections do not automatically qualify
- Suffer from kidney disease:
Chronic renal failure, nephrotic syndrome, have had a kidney transplant
- Have a depressed immune system
- Have had your spleen removed, are on long term steroid treatment, have HIV, are undergoing radiotherapy or chemotherapy, are on immunosuppressants
- Suffer from heart problems:
Ischaemic heart disease / angina, previous heart attack, heart failure
- Have suffered a stroke
- Live in a long stay residential home (not including universities)

If you fall into any of the above categories, please telephone reception to make an appointment. This year we also plan to carry out screening for Atrial Fibrillation (abnormal heart rhythm) on patients over the age of 65 and will have representatives from our patient participation group, Saxquax Feedback.



Trying to behave in a greener more sustainable way is often inconvenient and therefore unattractive. Car sharing is one such example that has only limited take-up because the convenience of the car is a very powerful force against changing behaviour. We need real incentives to share cars and this must be more than simply sharing fuel costs. Hospitalrides is a brand new initiative that harnesses some meaningful incentives to try to persuade Ipswich Hospital outpatients and visitors to share rides. Firstly we offer cheaper parking in that a 2 hour ticket is valid for half a day. More significantly we are able to guarantee a parking space in a specially painted green bay within the new Hospitalrides parking zone near outpatients. This certainty of parking is important for outpatients but really crucial for visitors as afternoon visiting only lasts an hour and visitors do not want to waste time driving round searching for a space. A final temptation is a free coffee or tea at Tempo Café in case you have to wait for your car sharer to come out of clinic. Of course, many people do not have access to the internet so Suffolk Libraries have kindly stepped in to offer the library computers (including the mobile library) to help those without computers to arrange rides to Ipswich Hospital. So Suffolk County Council, NHS Suffolk, Ipswich Hospital and NHS Innovations East have all joined forces to try to make this work - but without the support of Suffolk residents it will fail.

If this scheme is successful then it will spread to hospitals up and down the country. Please play your part towards both saving the planet and helping your community. Visit www.hospitalrides.co.uk for more details.

Clinics

We run a number of clinics tailored specifically towards those patients who have particular medical conditions.

- Asthma clinic run by Nurse Caroline
- Childhood Immunisation clinic run by Nurse Tracey
- Coronary Heart Disease clinic run by HCA Sally
- Diabetes clinic run by Nurse Inger
- Family Planning clinic run by Nurse Lynn
- Smear clinics run by all the Nurses
- Smoking Cessation clinic run by Nurse Lynn
- Travel clinic run by Nurse Sarah
- Weight Management clinic run by Nurse Sarah
- Minor Surgery run by Dr Richards

Saxquax Feedback



The Saxmundham Health Group has recently set up a Patient Participation Group. At present a small committee has been formed and settled on the name of Saxquax Feedback. The aim is to act as a communication channel between the Practice Medical Centre and the community. We will look at issues that directly look at the running of the Practice and the wider medical issues that are important to the region. We meet about every two months at the surgery when the Practice Manager and a GP is always present. When the flu jabs are being done we hope to have someone there so that any patient can come and ask us questions.

Don't forget to give us your mobile telephone number if you wish to receive a text message reminder about your upcoming appointment. In order that we can keep your medical records as up to date as possible, please ask reception for one of our questionnaires.