



# SAXMUNDHAM HEALTH NEWS

The Surgery, Lambsale Meadow, Saxmundham,  
IP17 1DY

**Spring 2009**

## CHLAMYDIA

***Test, Text and Treat - So You Don't Get Beat!***

If you are between 16-24 years then please read on...

### **Are you in the know about Chlamydia?**

It is one of the most common sexually transmitted infections; about **1 in 10** of you reading this will have it, but may not know you have it as often there are no symptoms.

That is why we are offering people of this age a simple and painless free Chlamydia test that you can do yourselves. The result will be sent to you via text or email and if we find you have Chlamydia you will be given free antibiotic tablets to sort it out.

Please drop in and ask at reception or speak to a nurse/doctor at your next appointment.



## **ORDERING MEDICATION OVER EASTER**

Please note that the surgery will be shut on:

**Good Friday (10<sup>th</sup> April)**  
**and Easter Monday (13<sup>th</sup> April)**

All orders for repeat medication must be with us by

**Wednesday 1<sup>st</sup> April 2009**

We will be open as usual on Tuesday 14<sup>th</sup> April

**On behalf of all of the staff, we would like to wish all our patients a Happy Easter!**

## **PREGNANT?**

All pregnant women are now being offered a nuchal translucency scan (NT) and a blood test between 11 and 13 weeks for Down's syndrome. It is therefore important that you book an appointment with the midwife between 7 and 9 weeks so that she can organise a scan appointment for you. You can collect information booklets about screening and paperwork from reception. It would be helpful if you could complete your personal details and medical history in black pen on the notes and bring them along to your first midwife appointment. Please book a double appointment with the midwife in the first instance.

## NEW STAFF

We are delighted to welcome Amanda Kerridge, Caroline Hambly and Tracey Riches to the Surgery. Amanda is working in our dispensary as a qualified Dispenser. Caroline is an experienced Practice Nurse and joins us from Alderton Surgery. Following interviews on Friday 20<sup>th</sup> March, another Practice Nurse, Tracey Riches, will be joining us next month. Elsewhere, Fiona Smith will be starting her new role as a Health Care Assistant in April.

## Suffolk Information on Prescription



Suffolk Information on Prescription is a countywide service helping people with certain conditions or requiring support, get quality information to help with everyday living.

When you visit the surgery, the receptionist/GP or practice nurse may give you a prescription to access information.

You can access the information yourself at:  
[www.suffolk.gov.uk/informationonprescription](http://www.suffolk.gov.uk/informationonprescription)

or bring your prescription along to any Suffolk library.

The surgery can prescribe information on prescription or you can go directly to the above website yourself. A copy of the information on prescription template can be found with a guidance leaflet on our practice website.

## SAXQUAX FEEDBACK



The Government has been encouraging the setting up of Patients Participation Groups (PPG) in GP Surgeries around the country. The aim of this initiative is to “promote the relief of sickness and the preservation and protection of health for the public benefit by fostering the highest possible standard of primary medical care through the medium of patient participation.”

Early in January this year a group of surgery staff and patients met to discuss whether there was sufficient interest to start such a group in Saxmundham. The general feeling was that this is a worthwhile project and the group met again on 25<sup>th</sup> February, when a constitution was adopted and a committee appointed. We also decided that **Saxquax Feedback** was a much better name than PPG.

The feeling is that the group can be effective in the following areas:

- **COMMUNICATION** – be a communication channel between the surgery and patients to enable best use of the facilities
- **PATIENT CHARTER** – conduct surveys on behalf of the Practice to monitor and develop the Patients' Charter
- **HEALTH EDUCATION** – we have chosen to try and encourage organ donation as our first project
- **COMMUNITY NEEDS** – assisting in the assessment of community needs to help the Practice to improve its service
- **PRIMARY CARE TRUST** – where possible to express opinions on PCT policies on the behalf of the patients

Saxquax Feedback meets next on **Wednesday 13<sup>th</sup> May 2009 at 6:45 pm**. Please contact Jayne on 01728 602022 if you would like to know more!

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