



Newsletter Winter 2018

Merry Christmas to all our Patients!

HAVE YOU GOT YOUR TABLETS?

Please remember to order your medication early to ensure you have enough to last over the festive holiday period!



BROADWALK DEVELOPMENT

You will no doubt be aware of the proposed development of Broadwalk, planning for a revamp of the shops/car parking and the addition of around 400 units of accommodation, mostly one and two-bedrooms apartments.

The plans look very exciting and, although there is opposition from some local residents, Priory Surgery is supporting the development. We have met with the developers and it was very interesting to hear their points of view and some of the comments from those opposing the project.

Priory Surgery was not contacted prior to any of the public meetings and was therefore not asked for an opinion. Contrary to what you may have heard at these meetings, we believe we will be able to cope with additional patient numbers should the development go ahead. There is a five-year lead in time, which gives plenty of time to plan ahead and make the arrangements necessary to cope with any additional demand.

FLU VACCINATIONS – HAD YOURS?



A reminder to patients who haven't had their vaccinations yet – **it's not too late!** If you are aged over 65 years or in one of the "at-risk" groups (eg asthma, diabetes, heart or kidney disease, etc), and haven't had your flu jab yet, please book as soon as possible. The nasal vaccine is also still available for children born between 1/9/2014 and 31/8/2016, so make sure your child is protected. Please ring 0117 949 3988 to make your appointment.

Phone Problems

We apologise for any inconvenience caused if you have had difficulty getting through to us on the telephone recently. There have been some real problems with the new phone system but we are making changes to try and make it easier to get through. We have also been experiencing intermittent problems with the system throughout December, but this is currently being investigated by the engineers and we hope the problems will be resolved soon. Thank you for your patience and understanding.



NEW YEAR RESOLUTION?
Stop Smoking Support is available at the surgery.

FESTIVE OPENING HOURS

Monday 17 December to Monday 24 December	Open as usual
CHRISTMAS DAY BOXING DAY	CLOSED
Thursday 27 December Friday 28 December & Monday 31 December	Open as usual
NEW YEAR'S DAY	CLOSED
Wednesday 2 January to Friday 4 January 2019	Open as usual

STAFF NEWS

Dr Meadows has announced that he will be retiring from the Practice at the end of March 2019. He has been at the Practice since the early 90s and has seen us through many ups, downs and changes in that time! I am sure you will all join us in wishing him a well-deserved long and happy retirement!

We are pleased to announce that Dr Carrie Saunders has become a Partner in the Practice with effect from 1 November 2018.

Dr Kate Rawling will come to the end of her trainee placement with us early in January. We are however delighted to announce that she will be returning as a salaried GP later in 2019.



We are very happy to tell you that our Senior Receptionist Kay has had a baby boy! Very best wishes to her and her growing family!

Sadly we are saying goodbye to a couple of members of our Practice Team. Colin decided to move on in December after almost four years with us. He started in reception/admin and in the past year or so has been instrumental in helping us set up our current Prescriptions Team. In February we will also say goodbye to Jo Nutbeem, our first Advanced Nurse Practitioner. Jo is returning to community nursing so we may see her again in future! Good luck to both Colin & Jo!

PATIENT ACCESS

We are encouraging patients to sign up for Patient Access, the online repeat prescription ordering and appointment booking service? Details are available on our website or at reception.

DIAL 111 to access out of hours' services

Calls to NHS 111 are free from landlines and mobiles.



Have you taken the time to visit The Park Centre?

If you've not had chance to visit The Park Centre on Daventry Road, it's definitely worth a visit.

There are a multitude of activities happening daily covering all age groups.

With its own Gym and Café it's a great place to catch up with friends enjoying hobbies together.



TEST RESULTS

Please remember that test results can only be given out between **12 and 4pm**.

Home Visits

A reminder that home visits are for patients who are housebound either because of their current illness or due to a pre-existing condition. We are receiving an increasing number of requests for "inappropriate" home visits, including those where the patient has actually been out when the doctor has called at the house!

Please consider carefully **before** requesting a home visit. Remember that any examination required will be much easier if you are seen at the surgery.

PRIORY SURGERY VOLUNTEER GROUP COFFEE MORNING AT THE PARK CENTRE

On Wednesday 28 November the **Priory Surgery Volunteer Group** held its first ever event, a Christmas Coffee Morning, attended by patients and volunteers along with Practice staff. A good time was had by all those who came along and new friends were made along the way.

In some cases patients with agoraphobia have been out of the house for the first time in a long time thanks to their befrienders! The volunteers too are getting a lot out of it and are enjoying helping others less fortunate than themselves



If you are (or if you know) a patient who might benefit from lifts or befriending, please ask at Reception for information about our PSVG.

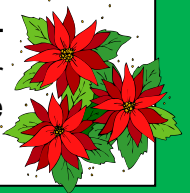
Our volunteer group is still recruiting! Do you have any time to spare to offer transport or befriending services to other patients? Please do get in touch if you can help.

STAY WELL THIS WINTER

It's important to look after yourself, especially during the winter. Cold weather can be seriously bad for your health. If you start to feel unwell, even if it's a cough or a cold, don't wait until it gets more serious. You can seek advice in the first instance from a Pharmacist or perhaps attend a Pharmacy operating the Minor Ailments Scheme. And make sure you get your prescription

medicines before your pharmacy or GP practice closes for Christmas. You can use over the counter medicines such as Paracetamol or Ibuprofen to ease symptoms, reduce fevers and relieve headaches, aches and pains. Drink plenty of fluids to prevent dehydration and rest if possible until you start to feel better. Do seek advice and check with the Pharmacist if you have any underlying medical conditions or are taking other medications.

Remember that antibiotics are **NOT required for viral infections** and **DO NOT kill viruses**. They can also have side effects such as diarrhoea, rashes or vomiting. The constant overuse of antibiotics is causing resistance, so the drugs may not be so effective when they are really needed.



CAN YOU TAKE
THE 31-DAY
CHALLENGE?



SIGN UP NOW!
WWW.DRYJANUARY.ORG.UK

For info and help contact the team
dryjanuary@alcoholconcern.org.uk
020 7566 9800 @dryjanuary dryjanuary

Priory Surgery Opening Times

We are open Monday to Friday
from 8.30am to 6.30pm.
Late surgery until 8.00pm on Monday,
Tuesday, Wednesday or Thursday
Tel: 0117 949 3988



Ho, ho, ho!

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