

Bollington Medical Centre



March 2019 Newsletter

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- **Measles outbreak**
- **Why do receptionists ask questions?**
- **Bridgend Centre**
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Easter Bank Holiday

Please remember we are closed for the Easter Bank Holiday weekend. The surgery will close **Thursday 18th April at 6.30pm** and re-open on **Tuesday 23rd April at 8.00am**. If your call is not an emergency it may be better for you to call later on in the day as the phone lines tend to be extremely busy during the first hour of opening.

Staff Updates

Welcome back Dr Finnegan-Parsons who has recently returned from maternity leave and we are looking forward to welcoming back Dr Barber (also from maternity leave) in April. We have a new Physician Associate - Caitlyn Hart who will be working Tuesday-Friday. Caitlyn was once our student PA and now she's back for good!

Middlewood News

The merger of the four practices will happen officially on the 1st April 2019. All patients should have now received a letter regarding

the merger. If you have any further questions there is a document available from the surgery reception.



Measles outbreak in EU

Twenty one cases of measles have been reported since the beginning of 2019, so far none of the confirmed cases appear to have been vaccinated. Particularly at risk are children/adults/students who are travelling overseas during the holiday period and may unknowingly be exposed to measles in community settings (including airports, in holiday resorts and on public transport).

1. All children should get the MMR vaccine when they are aged 12 months and a second dose of MMR vaccine when they are 4-5 years old (or in Junior Infants at school). If any child in Senior Infants or older has missed this vaccine they should get it now.
2. Adults under 40 years who have not had measles or have not received 2 doses of MMR vaccine should contact the surgery to get the MMR vaccine. If you haven't already had measles (if you have, you will be immune) or you are unsure if you have had 2 separate vaccinations - you may be at risk and need to book an appointment with a member of the nurse team, ideally 2 months before travelling.

Symptoms of measles

Measles symptoms include:

- High fever
 - Cough
 - Runny nose
 - Red eyes
 - Red rash that starts on head and spread down the body - this normally starts a few days after onset of illness. The rash consists of flat red or brown blotches, which can flow into each other. It lasts about 4-7 days.
 - Vomiting, diarrhea and tummy pain may also happen.
1. Anyone showing signs of these symptoms -
 1. Do not go to work, school or crèche.
 2. Stay at home and phone your GP. Tell the doctor or nurse that you think you might have measles.
 3. Stop visitors coming to the house to prevent the spread of measles.
 4. Pregnant women who have been exposed to measles and are non-immune should seek medical advice as soon as possible.

Why do receptionists ask 'why' I need to be seen?

The reception staff are members of the practice team and it has been agreed by the GPs that they should ask patients for a basic explanation if they are requesting a GP appointment. The team are trained to ask certain questions in order for patients to receive the most appropriate medical care from the most appropriate health professional at the most appropriate time. By asking for a brief description of the problem this will:

1. Help doctors prioritise house visits and phone calls
2. Ensure that all patients receive the appropriate level of care.
3. Direct patients to see the nurses or other health professionals rather than a doctor where appropriate

Reception staff; like ALL members of the team, are bound by confidentiality rules

- Any information given by you is treated as **strictly confidential**
- The practice would take any breach of confidentiality very seriously and deal with it accordingly
- You can always ask to speak to a receptionist in private away from reception if you wish to.
- If you feel an issue is very private and you would rather not say then this decision will be respected.



News from the Bridgend Centre

The Bridgend Centre was established 25 years ago and is an independent charity open to all ages and abilities.

Their Vision is to be a welcoming and friendly community where all are respected, valued and supported. They do this by playing an active role at the heart of the Community and being open to everyone.

Primarily they are a place for people to come, put the kettle on and have a chat with others. You may even have a browse round their charity shop and grab a bargain!

They also have a number of activities going on throughout the week, including weekly 'Walks for Health'. This is a programme of short, easy

guided walks in and around Bollington designed to encourage new walkers -starting at the end of April. They provide a great opportunity to enjoy some exercise and meet people. The walks on this programme are weekly on a Monday evening at 6:00pm. There are different start points. We recommend you wear sturdy shoes and appropriate clothing for the weather conditions. You may like to bring a drink. There is no charge for these walks. More information and a timetable will be available from **April at the Bridgend Centre or online at www.bridgendcentre.org.uk**

Would you like a Bridgend Buddy?

Ken wanted the opportunity to explore new interests and to enjoy a cuppa and a chat. Bridgend Buddies made that happen.

We introduced Ken to Chris.



Ken describes his time with Chris as 'smashing.'

Would you benefit from our befriending service?

Life can be busy, you might feel like you are surrounded by friends, family or neighbours but you don't really spend time together.

A Bridgend Buddy will support you to explore your interest, activities and provide companionship.

If you would like to find out more about Bridgend Buddies project or to make a referral please contact Anna Hatley at the Bridgend Centre anna@bridgendcentre.org.uk telephone 01625 576311

Training days for 2019

The surgery will close from 1pm on training days and re-open 8am the next day

6th March

1st May

5th June

4th September

2nd October

6th November

4th December