

KINGSTHORPE MEDICAL CENTRE – AUGUST/SEPTEMBER 2015 NEWSLETTER

Welcome to our latest newsletter. There is quite a lot happening at the moment so please take time to read this as it may affect you!



Remember to inform us of any change landline/mobile numbers. We are finding an increased amount of incorrect numbers. Please help us to help you.



FLU CLINICS – These will be starting towards the end of September this year. We will be doing them during the week this year. We will inform you of when we will start the clinics. Watch out for further information and dates .

National Changes to the Men C Vaccine Programme

Men C routine	Primary/ Booster	Dosage
3 months	Primary	One dose – Men C vaccine
12-13 months	Booster	One dose – Hib/Men C vaccine
From 14-15 years during academic year 2013/14 moving towards 13-14 years	Booster	One dose – MenC vaccine
*First time entrants to university catch up programme	Booster Commencing summer 2014	One dose – Men C vaccine

Please Note: If you are off to University this September/October please let Reception know. Once we have received the vaccines we will then start to contact you to arrange an appointment to administer the vaccine.

Patient Participation Group

Our next meeting will be held at the practice on Thursday 10th September at 11am. If you would like to attend and find out more please leave your details at Reception. Thank you

Named GP – All GP Practices are now required to inform patients who their named GP is. If your surname is between A to M your named GP will be Dr Pardhan, if it is between N – Z then it will be Dr Thamby. Please note that you are still able to see either doctor, at your request.

Staff Changes – We have had quite a few changes during the past 3 months. Emma, our HCA, has now left. She has been replaced by Wendy Whiting who is new to Practice Nursing but has been a qualified nurse for some 20 years plus with a vast amount of experience in Palliative Care. She will be working Wednesday, Thursday & Friday. Wendy commences The East Midlands BSc / PGCert in Practice Nursing in September. This will provide her with a foundation for a broad range of practice nursing skills. We wish Wendy all the best with this and welcome her to our team.

Rebecca, one of our Receptionists and Prescribing Clerk, left us to commence her maternity leave at the end of June. She gave birth to Oscar Johnson on the 7th July weighing 7lbs 7 ozs. We send our congratulations to Rebecca and her partner Shane on the safe arrival of Oscar.

We welcomed Kit, as Rebecca's replacement, but due to her university commitments she leaves us at the end of August. We are pleased to announce that Joanne Berry will be joining us as her replacement from 1st September to cover the remainder of Rebecca's maternity leave. Welcome to Joanne and our goodbyes to Kit.



Look after someone? Who looks after you?



If you look after a loved one, a friend or neighbour on a regular basis you'll know all about the ups and downs of caring. Guilt, resentment, stress and loneliness are just some of the common feelings that can come with caring.

How do I know if I am a carer?

You are a carer if you give regular and substantial care and support to a relative or friend that enables them to continue to live in their own home. The person you care for can be of any age. You may or may not share a home with them.

Informing Your GP

It is important that you inform us, as a Practice. This will give your GP a greater understanding of your situation and understanding of your needs. Also as a Carer you can receive the Annual Flu Vaccination.

We can also advise you on sorting out benefits and getting respite care from the local authority, issues which you needn't be afraid to ask about.

What to do next?

If you wish to be registered on our Carers Register please complete a form, available from Reception.

Useful Contact Details:

Northamptonshire Carers Centre 01933 677907

carers@northamptonshire-carers.org

Carers UK 0808 808 7777

The Princess Royal Trust for Young Carers
0844 800 4361

Alzheimers Society, Northamptonshire 0800 389 2077

Carers Direct 0808 802 0202

Headway 0808 800 2244

helpline@headway.org.uk

Parkinsons Society 0800 800 0303

