

The Chesser Surgery's Newsletter

Welcome!

Hello and welcome to the first edition of our practice newsletter, We have created this newsletter to help keep our patients informed of what is going on within the practice, such as any changes to our staffing, new services to tell you about etc. We hope that you will get involved and let us know if there is anything you would like to see regularly in this newsletter and we will do what we can to facilitate this.

For this first edition, we thought it would be a good idea to introduce our staff to you, but first we would like to introduce you something we are trying to increase our numbers on, our PATIENT PARTICIPATION GROUP. Please read on....

Do you want to help shape future services, comment on existing ones and be a friend of the practice? Then you may be interested in joining a patient participation group.

For further details please talk to one of our receptionists or send an email to sutccg.chesserppg@nhs.net

OUR STAFF

GPs:

Dr Anthony Ditri
Dr Jonathan Cockbain
Dr Irene Healy
Dr Amila Jahic

Practice Nurse:

Khristyne Crowe-Haylett

Health Care Assistant:

Jacqui Staines

Practice Manager:

Julie Pomeroy

Reception /Admin Manager:

Marion O'Calloghan

Reception & Admin:

Sharon Cockbain
Leah Davidson
Shirley Wells
Leah Dennis
Elly Mead
Patricia Kerrigan

Improved Online Access

Register for online services!

This allows you to book and cancel appointments, order repeat medication, view your test results and view your coded records and medical summary.

Reducing the amount of Waste Medication

It is becoming more apparent that some patients are requesting medication unnecessarily. This has an impact on the quality of services offered by the NHS (for example longer waiting times). Please be considerate when ordering medication! We know that it is tempting to ask for an extra supply of medicines –just in case! but please would you make an extra conscious effort to look through your repeat medication order sheet and not order any items where you have enough.

Extra GP and Nurse appointments ONLY available at either:

1. Wrythe Green Surgery, Wrythe Lane Carshalton, SM5 2RE.
2. The Old Court House Surgery, 42 Throwley Way, Sutton SM1 4AF

These appointments have to be prebooked via our receptionists Monday to Friday and can be booked by yourself Saturdays and Sundays..

THIS IS NOT A WALK-IN SERVICE.

Hub Appointments available Monday to Friday 18:30 - 20:00
Saturdays and Sundays 08:00 - 20:00

To book an appointment at the weekend or cancel an appointment at anytime at either of the Sutton Hubs please call 07578 813 838

You Asked...

No baby change facilities

We Listened...

Baby changing unit currently being installed

Please remember!!

Please remember to cancel your appointment if you no longer need it, these appointments could be offered to someone else who might need it.

Please help us to help you!

THE CERVICAL SCREENING PROGRAMME

The aim of the NHS Cervical Screening Programme is to reduce the number of women who develop cervical cancer and the number of women who die from the condition. Since the screening programme was introduced in the 1980s, the number of cervical cancer cases has decreased by about 7% each year. All women who are registered with a GP are invited for cervical screening:

Aged 25 to 49 - every 3 years

Aged 50 -64 - every 5 years

Over 65 - only women who haven't been screened since age 50 or those who have recently had abnormal tests

Being screened regularly means any abnormal changes in the cells of the cervix can be identified at the early stage and, if necessary, treated to stop cancer developing. But cervical screening isn't 100% accurate and doesn't prevent all cases of cervical cancer. Screening is personal choice and you have the right to choose not to attend.

SELF CARE & MEDICATIONS

Your pharmacist is a health care professional who can provide advice and treatment for many common conditions.

- Hay fever and Headaches
- Period pain and Thrush
- Cold Sores, Warts, Verruca's and Mouth Ulcers
- Nappy rash and Teething
- Head Lice
- Constipation and Diarrhoea
- Skin Conditions such as Eczema and Allergies
- Sore Throats and Runny Noses

Self-care is the best choice to treat very minor illnesses and injuries. Make sure you keep a well stocked medicine cabinet.

- Paracetamol
- A thermometer
- Antihistamines
- Aspirin (not for under 16 years)
- Rehydration Mixture
- Anti-Diarrhoea medicine
- Plasters
- Indigestion Remedy

CARERS WEEK 10th–16th June

Are you a Carer?

Do you care for a loved one? If so, please make sure that the practice is aware of this.

All Carers are entitled to a Carer's Assessment by the Local Authority. It is also important that your doctor knows that you are a Carer as it may impact on your health too.

Many Carers do not realise they are undertaking an important role and don't accept that they need to have

'Me Time'.

We thank you for taking the time to read this first edition of our Practice Newsletter.

We welcome any feedback or if you have anything you would like to contribute to our next edition we would love to hear from you.