

# WATLING VALE MEDICAL CENTRE

## NEWSLETTER

[www.watlingvalemedicalcentre.co.uk](http://www.watlingvalemedicalcentre.co.uk)

### SURGERY APPOINTMENTS

For Doctors appointments:

Pre-bookable appointments can be booked up to six weeks in advance, by telephoning the surgery, visiting the surgery and also booking online. The practice also offers on the day routine appointments, emergency appointments and telephone appointments. All routine book on the day appointments are released at 8am and can be booked at the surgery, by telephone or online.

**Also did you know you can access General Practice appointments on weekday evenings and weekends at several locations in Milton Keynes. Speak to our receptionists about getting the right appointment for you.**

For Nurses and HCA's appointments:

All appointments are released six weeks in advance and can be booked by telephoning the surgery or visiting the surgery.

Home visits:

To request a home visit please ring before 10am. Home visits will be granted based on the following definition 'Any patient who solely, as a result of their illness, is physically unable to be transported to the Surgery, or where it would be medically unsafe to do so.'

Access to On-Line appointments

To be able to book online appointments you will need to register for this service. You can download an application form from our website [www.watlingvalemedicalcentre.co.uk](http://www.watlingvalemedicalcentre.co.uk), once you have completed the form you will need to bring the form with proof of identity to the surgery and then you will then be issued with a username and password.

**During March 2017 the doctors and nurses saw 5875 appointments but 252 patients failed to attend their appointments. This is equal to 42 hours of wasted appointments during March 2017. So please if your appointment becomes unnecessary, telephone the surgery to cancel.**

### Clinical Team members at Watling Vale Medical Centre

- Dr Max Edwardson - Senior Partner—Full Time
- Dr John Slippe-Quartey—Partner—Full Time
- Dr Nina Bursell—Partner—Part Time
- Dr Susan Corbishley—Partner—Part Time
- Dr Ram Mailapalli—Salaried GP—Full Time
- Dr Deepali Madhotra—Salaried GP—Part Time
- Dr Zak Mulk—Salaried GP—Part Time
- Pharmacist Emma Hooton—Part Time
- Practice Nurse Nikki Farrell—Part Time
- Practice Nurse Jacqui Johnson—Part Time
- Practice Nurse Carol Pittam—Part Time
- Practice Nurse Wendy Gunes—Part Time
- Health Care Assistant—Moir Grace—Part Time
- Health Care Assistant—Fam Darweish—Part Time

As many of you will realise Dr. Corbishley is on long-term sick leave - We all wish her a speedy recovery.

### ACCESS

Tel: 01908 501177

Fax: 01908 504916

### Repeat Prescriptions

You can Fax your prescription to 01908 504916, post them to the surgery or order them online using systmonline. You will need to register to be able to use the online service.

We do not accept any requests over the phone.

### Protected Time

The surgery closes from 12noon until 5pm on the dates below: 2017

Wednesday 26th April

Thursday 25th May

Wednesday 21st June

This is in accordance with a Government initiative called 'Protected Learning Time'.

Notices of closure of the Surgery are posted around the Surgery.

### PPG

Meeting dates: 2017

Tuesday 20th June

Tuesday 12th September

Tuesday 12th December

6.30pm to 7.30pm

All are welcome

### Phone Numbers :

Please tell us if you change your phone number .

Patients with mobile phone numbers on the system will be sent a text message when an appointment is booked at the surgery - if we do not have your correct mobile phone number, we cannot do this.



### Practice Area Geography

The Practice catchment area covers the following locations in Milton Keynes, Shenley Church End, Loughton, Shenley Brook End, Crownhill and Shenley Lodge. We are currently still accepting new registrations, but only if you are living in our catchment area. If you move address to outside our catchment area, you will be given notice to re-register at another surgery in your new area.



### Travel Forms

Please collect a form from reception or download one from our website [www.watlingvalemedicalcentre.co.uk](http://www.watlingvalemedicalcentre.co.uk) and complete this at least four weeks before you travel. Our travel nurse will look at the forms and then advise you if you need any vaccinations and travel advice.



### Sick Certification

A sick certificate from the doctor only becomes necessary if an illness lasts more than 6 days. Shorter illnesses are covered by your employer's self-certification. If you have recently consulted your Doctor a sick certificate can be requested without the need for a further appointment.



### Manage your hay fever this spring

Hay fever is caused by an allergy to pollen. The symptoms of hay fever are caused when a person has an allergic reaction to pollen. Common hay fever symptoms are:

- Runny nose, itchy and/or blocked nose
- Sneezing
- Itchy eyes

Pollen is a fine powder released by plants as part of their reproductive cycle. Pollen contains proteins that can cause the nose, eyes, throat and sinuses to become swollen, irritated and inflamed.

How to treat hay fever—Many hay fever symptoms can be controlled with over-the-counter medication at your local pharmacy.

- Steroid nasal sprays—help to prevent or reduce inflammation in the lining of the nose and some can help to relieve watery eyes
- Antihistamines—help to relieve a runny nose, sneezing, itching and watery eyes. Some types of antihistamines make you drowsy and are best taken before bed. Newer antihistamines are less likely to make you drowsy and are a common choice for children and people with milder or occasional symptoms of hay fever.
- Decongestant nasal sprays and tablets—used to unblock the nose. They should never be taken for more than a few days
- Eye drops—used to treat itchy or watery eyes.

All available from your local pharmacy