

01 Aug 2011

RHC

RAMSEY HEALTH CENTRE



Minor Illness/Injury

Many minor illnesses or injuries ie coughs, colds, Infected bites, burns, cuts etc, can be treated by our Practice Nurses.

Please ask Pt Services for advice

NHS HEALTH CHECKS

Are you aged between 40 and 74?

Do you believe in proactively looking after your health?

Would you value a general "MOT" to check that everything is OK?

Here at Ramsey Health Centre, we are currently promoting Health Check appointments to patients in the 40 to 70 age group*. After the age of 40, there is an increased risk of developing some common health problems, such as high blood pressure, heart disease, stroke, kidney disease or diabetes (collectively known as Vascular Disease). Our Health Check appointments are designed as a general medical check-up, to pick up and treat any early signs of illness before they become a major problem.

The Health Check takes about 20 minutes and will be carried out by one of our nursing team. It includes some simple tests and questions about your lifestyle. It provides an opportunity to discuss any concerns or issues you may have, and find out about the many new services available to support you in making any health-related changes you might wish to make (e.g. smoking cessation, weight management, etc.).

If you haven't already been invited to attend a Health Check appointment, please feel free to contact our Patient Services staff to request one. We look forward to giving you a clean bill of health!



Open wide!

** Some patients in this age group will not be eligible for Health Check appointments. If you already have regular check-ups and reviews as a result of an already-diagnosed health condition (e.g. diabetes, high blood pressure, heart disease, etc.) you will not need to also attend for a Health Check.*

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2011 FLU VACCINATIONS

This year's flu vaccination is expected in the Practice mid September.

Thanks to the efforts of our Dispensary Manager, Margaret Edwards, we will be one of the first Practices to receive supplies of this year's vaccine

We will be offering walk in flu clinics for our patients in September and October; the

dates and times will be advertised mid August onwards.

As in previous years our colleagues in the District Nursing team will be vaccinating our housebound and nursing home patients.

If you are housebound and unable to attend the Practice for your vaccination please contact Patient Services on 01487 812611 and we will

add you name to the District Nurse list.





Sadly we say goodbye to Professor David Haslam at the end of August. After 35 years at Ramsey Health Centre, "The Prof" will retire from general practice. However he remains actively involved in healthcare working with NICE, RCGP and Care Quality Commission and of course as President of the BMA. On his retirement, Dr Simon Brown assumes the role of Senior Partner.

We will also say farewell to Dr Luke Twelves at the

Staff News

end of September. Dr Twelves will be leaving us to become a full time student once again.

On the other hand, we welcome back Dr Catherine Salkield, GP Registrar. Catherine will be back with us from 15 Aug to complete her final year of GP training. Catherine will be working at the Practice on Monday, Tuesday, Thursday & Friday.

We also welcome back Dr Becky Schofield who re-

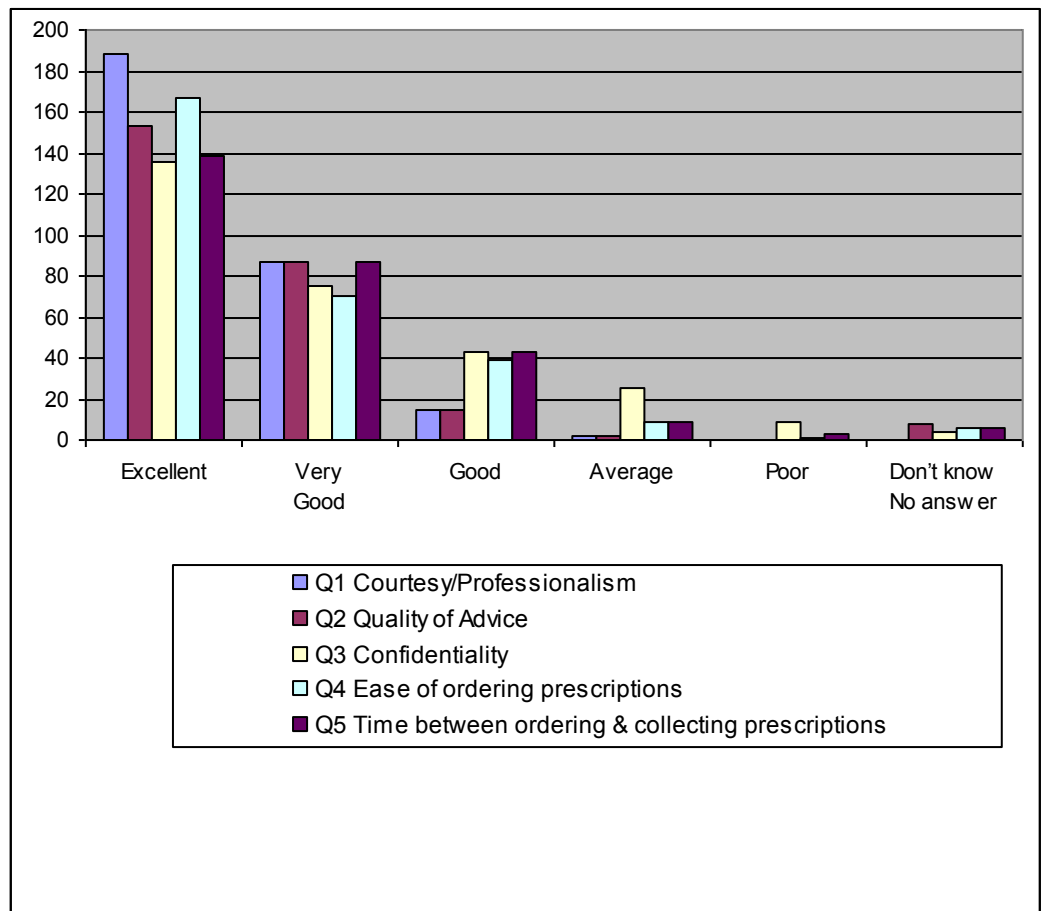
turns from Maternity Leave. She will be working in the Practice on Mondays & Tuesdays.

A warm welcome also to Dr Roger Smith who is with us again until the New Year. Roger is our locum GP who has worked at the Practice on many occasions.

Finally we say cheerio to Katie Knight from the Patient Services team who leaves us to follow a career as a veterinary nurse. Good luck Katie!

Dispensing Patient Survey

We have the results of the recent survey which we wish to share with you. We are very pleased with the positive comments and have acted upon them to improve the service the dispensary staff provide



District Nursing

The Ramsey District Nurse Team comprises:

District Nurse Manager

Darren Butler

Community Nurses

Cheryl Havard

Sophie Gear

Emma Cunningham

District Nurse Assistant

Janet Knight

The team is based at Ramsey Health Centre and is on duty from 8.30am to 5pm Monday to Friday. At week-

ends and public holidays the team works alongside Warboys District Nurses to provide cover.

The team provides a variety of services to the house-bound patient. The include would care, leg ulcer management, venepuncture, catheter care and support to palliative patients and their families. The members of the team have a variety of different skills and experiences that help contribute to a high quality of service for house-bound patients in the Ram-

sey area.

You can contact the District Nurse team via Ramsey Health Centre number 01487 812611 or you may leave them a message on their answer machine 01487 710994



Community Matron

The Community Matron team provide help and support to patients and their families who have more than one long term condition such as diabetes or arthritis. The support they provide is designed to enable people who have complex health care needs to make the most of their health, feel more able to manage their condition, maintain their independence and avoid unnecessary hospital admissions.

The Community Matron can act as the lead professional, co-ordinating care with all those involved in conjunction

with the persons GP and help people to feel more in control of their care. The team work closely with the District Nursing team in Ramsey.

Sarah Lewis

Community Matron St Ives & Ramsey



Sick Notes

Sick notes
can be requested
through
Patient Services.

Insurances, Forms & Medicals

Please hand in any forms that require a Doctor to complete or sign to Reception.

You do not need an appointment with the Doctor.

There will usually be a fee for completing paperwork for holiday cancellations, insurance reports and private letters or health declarations as they are classed as Private

requests as opposed to NHS work.

We have a list of charges in the reception area and you will be informed of the cost when handing your forms in.

We aim to have the paperwork returned to you within 5 working days.

Our Doctors will also see

patients for medicals including HGV, Taxi and Sports. Again there is a fee for this Service.

Unfortunately Doctors are unable to sign passport forms unless they have known you for 2 years.



RAMSEY HEALTH CENTRE

Please cut out the handy contact details and keep them to hand. Cards with this information can be collected from the Reception Desk.

TEL: 01487 812611

We're on the Web!

www.ramseyhealthcentre.co.uk

Ramsey Health Centre

Mews Close, Ramsey, Huntingdon, PE26 1BP

Phone: 01487 812611, Fax: 01487 711801

E-mail address: Ramsey.health-centre@nhs.net

Web site: www.ramseyhealthcentre.co.uk

Opening Times

Monday	8.00am to 6.00pm
Tuesday	8.00am to 8.00pm (dispensary till 6pm)
Wednesday	8.00am to 6.00pm
Thursday	8.00am to 8.00pm (dispensary till 6pm)
Friday	8.00am to 6.00pm

Appointment Cancellation Text Number: 0790 779 4417

PATIENT PARTICIPATION GROUP

The PPG welcomes any comments on your Health Centre. Please send your comments to: Carole Broom, Chair RHC PPG, c/o Ramsey Health Centre and we will pass them on.

We invite patients, young and old, new and longstanding, to join the PPG. It is an ideal forum to influence the direction of your Practice!



DRUGS FOR AFRICA

We are now collecting unused medication to be sent to Africa. If you have any of the following drugs you no longer require please hand them into dispensary.

Thank you very much for supporting this worthy cause

ALL ITEMS, BOTH MEDICINES & NON DRUGS (BANDAGES ETC) MUST HAVE AT LEAST 15 MONTHS TO EXPIRY DATE.—
MEDICINES SHOULD BE IN COMPLETE STRIPS & STILL IN MANUFACTURERS' BOX.

Antibiotics & antibacterials
Antifungals & antivirals
Antiretroviral for HIV (please ask for current requirements)
Sulphonamides
Bronchodilators, including unused inhalers
Vitamin & iron medicines
Analgesics (excluding dihydrocodeine, morphine etc)
Antacids & ulcer healing drugs
Antihypertensive & diuretics
Oral antidiabetics
Antiepileptics & antimalarials
Antihistamines
Steroid tablets & creams
Eye & ear drops & ointments

Antidepressants & antipsychotics
Nitrates & digoxin
Local anaesthetics
Creams & ointments
Bandages/swabs/gauze, dressings, plasters
Needles & syringes

ITEMS WE DO NOT REQUIRE

No controlled 'dangerous' drugs eg Dihydrocodeine, morphine
No Hormonal drugs/IV fluids or TB treatments
No items need refrigeration
No liquid/powder food supplements or baby food
No Cytotoxic agents or Anti-coagulants
No Benzodiazepines