

 ***Leen View Surgery***

 ***Patient Participation Group***

 ***December 2017 Newsletter***

We hope everyone has had their flu jab, if not get in touch with reception and they will arrange for you to have it.

Once again the Macmillan coffee morning was very popular and we really thank all you wonderful people that contributed to that. The amount raised for the coffee morning was £150 the tombola on flu day was amazing, thanks for donating all the prizes, it made £150 we also include the sale of books in the surgery over the past two years £160

All together we raised **£460** Well done every one.

**Repeat Prescriptions have changed.**

As from Nov 1st you will have to submit requests for repeat prescriptions to reception. The chemist will not be able to do this for you after this date.

Requests for repeat prescriptions should be handed into the reception desk and the prescription collected 48 hours later. It can also be sent electronically to the chemist of your choice. So remember to submit the prescription three days or more before you need it. The surgery will **not** take requests for prescriptions over the telephone except in exceptional circumstances. You can also request repeat scripts by sending it in a letter, or going on line if you have the facilities to do this.

Please submit your computer generated repeat prescription form, ticking only the items that you require. If you cannot get to the surgery to collect the prescription, please request it by post and enclose a stamped addressed envelope and it will be posted to you. Please allow for postal delay

**Request Repeat Medication Online**

How to sign up for Patient Access online service

If you wish to sign up for these facilities ask the receptionist for details of how to register and receive your registration details then follow the simple instructions.

**Why are things changing** you ask yourself! Many surgeries are doing this now, it is hoped that it will save the NHS money because it will cut down on the wastage of drugs.

**The Winter vomiting bug is going around!**

Norovirus which causes **diarrhoea and vomiting**, is one of the most common stomach **bugs** in the UK. It's also called the "**winter vomiting bug**" because it's more common in **winter**, although you can catch it at any time of the year. Norovirus can be very unpleasant but it usually clears up by itself in a few days.

It is spread through poor hygiene, for example not washing your hands thoroughly after using the toilet.

It can be passed from direct contact with someone infected, or from doorknobs and toilet handles that they have touched.

In the UK, most cases are spread through families and where people are in close contact, such as schools and work places.

When you have been out doors, shopping, going on buses, touching money please make sure you wash your hands as soon as you go back in doors. Make a habit of washing your hands.

You're likely to have Norovirus if you experience:

* suddenly feeling sick
* projectile vomiting
* watery [diarrhoea](https://www.nhs.uk/conditions/diarrhoea/Pages/Introduction.aspx)

Some people also have a slight fever, [headaches](https://www.nhs.uk/conditions/headache/Pages/Introduction.aspx), painful stomach cramps and aching limbs.

The symptoms appear one to two days after you become infected and typically last for up to 2 or 3 days.

If you experience sudden diarrhoea and vomiting, the best thing to do is to stay at home until you're feeling better. There's no cure for norovirus, so you have to let it run its course.

You don't usually need to get medical advice unless there's a risk of a more serious problem.

**Drink plenty of fluids to avoid** [**dehydration**](https://www.nhs.uk/Conditions/Dehydration/Pages/introduction.aspx)**.** You need to drink more than usual to replace the fluids lost from vomiting and diarrhea – as well as water, adults could also try fruit juice and soup. Avoid giving fizzy drinks or fruit juice to children as it can make their diarrhea worse.

* **Take**[**paracetamol**](https://www.nhs.uk/Conditions/Painkillers-paracetamol/Pages/Introduction.aspx) **for any fever or aches and pains.**
* **Get plenty of rest.**
* **If you feel like eating, eat plain foods** such as soup, rice, pasta and bread. Taking plain Greek yogurt with live bio **in** it will help to replace the bad bacteria in your gut.

**Clinical Research in Primary Care**

At our last meeting we had an interesting talk from a lady called Lisa Williams. Some of you had already signed up for the “mood “ flu jab research. The research was about whether being in a good mood when having your flu jab would make it work better, apparently you were shown funny videos before the jab. (I’m keeping an open mind about this one). So from time to time you may receive a letter from your doctor, or nurse asking if you would be interested in the research. It could be about diabetes, asthma anything. If it’s not for you it’s not a problem.

**Opening times for Christmas at the surgery are**: **Closed on Monday 25th & Tuesday 26th reopen Wednesday 27th at 7am Closed New year’s day.**

 ***The Surgery and Patient Participation Group wish you all a Merry Christmas. Keep well***

Our next meeting will be **on Thursday FEBRUARY 8TH AT 2pm AT THE SURGERY**

**Why not join the Patient Participation Group PPG***Would you like to influence decisions on the services you receive from the practice? If so please join our Patient Participation Group which exists to represent and voice the opinions of our patient population as a means of improving services that patients receive. Membership of the group is open to all.*