

## SHINGLES VACCINATION

Older people are most at risk of shingles and a new vaccination programme was started September 2013. The plan will see a routine shingles vaccination programme introduced for all people aged 70 years. A catch up programme for those aged 71-79 will also be introduced over the next few years, which began in October with 79 year olds.

## FLU VACCINATION

Patients aged 65+ should have the Flu Jab each year. You should also consider having a flu jab if you have a long term chronic condition such as Heart problem, Asthma, Kidney Disease, Diabetes or you live in a nursing home, residential home or other long-stay homes.

You are also eligible if you have a weak immune system because of a disease or treatment for instance steroid medication or cancer treatment (does not apply to babies aged 6 months old).

If you think you need a flu jab contact the surgery. If you are not eligible for the Flu jab then you can contact any pharmacy to enquire about having the flu vaccination.

### **ULTRASOUND SERVICE**

If you require an ultrasound, you can now have this performed at Ferrybridge. Yorkshire Health Solutions run this service and attend surgery once a week.

### **WEST YORKSHIRE PALS**

If you need advice, feedback or chasing of hospital appointments you can contact a PALS Officer on FREEPHONE 0800 0525 270. They will listen to any concerns, help sort out problems and provide information to you. All enquires are completely confidential.

### **TRAVEL CLINIC**

The Travel Clinic is held at the Beauforth House Clinic on Thursday afternoons. If you need vaccinations or advice on what is required for the country you are travelling to:

Telephone 01977 631623 to make an appointment with Helen Weller, Travel Nurse

### **TARGET DATES**

The Surgery will be closed on the following Wednesday's for staff training during 2014:

15 January  
12 February  
19 March  
9 April  
21 May  
18 June  
16 July  
17 September  
15 October  
19 November



### **SEXUAL HEALTH**

The Contraception and Sexual Health Service will be recalling approximately 30 patients from across the district, who may have had a near patient HIV test performed incorrectly.

They have provided a dedicated telephone number for patients to call if you have been affected by this recall. 07947154483

## DIABETES

### **Are You Diabetic? Would you like to learn more about Diabetes?**

- Come along to DESMOND (Diabetes Education Self Management Ongoing Of Newly Diagnosed Diabetes)
- Meet Other people with Diabetes and receive more information about how to manage your Diabetes.
- If you are not newly diagnosed you can still attend the Desmond Foundation course. If you are interested, see a member of the Practice Diabetic Team who will refer you.
- Feel free to take a partner or friend with you for support

### **ONLINE BOOKING**

You can book appointments and order prescriptions on line. Call the practice if you wish to register to enable this.

PLEASE NOTE: if you are booking an appointment on line **REMEMBER TO CLICK THE BOOK APPOINTMENT** button at the bottom of the screen to save the booking.

Thank you

### **DID NOT ATTEND**

During the month of October 342 patients did not attend for their appointment with the doctor or nurse.

If you cannot attend **PLEASE** let us know so that we can offer your appointment to someone else because we do get patients complaining at times that we do not have enough appointments.

### **MEDICATION REVIEWS**

If you are on regular medication it is essential this is reviewed at regular intervals to ensure there are no side effects. It may be necessary to have some tests for example blood pressure test or blood tests to allow the GP to determine you are suffering no ill effects.

This reminder will appear on your prescription or you may be contacted by the practice. It is important you undertake this check. The GP may not be able to safely prescribe your medication.

### **TELEPHONE OPTIONS**

When you contact the medical centre please utilise the options below to allow you to get through to the person best able to deal with your call

These options are:

1 for appointments and home visits

2 for repeat prescriptions - please ring between 11.00 and 5.30, outside these times you can leave a message

3 Hospital referrals and Insurance form queries – please ring between 9.30 and 4.30. If we are unable to take your call please leave a message and you will receive a call back

4 Hold for an operator.

**Pulmonary Rehab—Beating Breathlessness**

Do you suffer from COPD ( Chronic Obstructive Pulmonary Disease) ?

Pulmonary Rehab can help improve your symptoms through:

- Light Exercises which can be done at home
- Breathing Exercises
- Advice and Information about COPD and its symptoms
- Dietary Advice
- Inhaler Techniques

Plus more to help you to manager your condition. If you would like to attend this programme please contact the practice for a referral.

**Residents urged to have their say about dental services**

Residents across Wakefield are being urged to have their say and help shape dental services for people without a regular dentist or who need urgent care out of hours.

The NHS locally is asking people to help them in the task of planning a new service for the whole of West Yorkshire by sharing their experiences of unplanned or urgent dental services in their area.

To find out more and have your say follow the link below

<http://www.wakefielddistrict.nhs.uk/news/news/newsArticle/?cid=1462>

**NEW AUDIOLOGY REFERRAL OPTION**

If your GP requires you to have an audiology referral we can now offer a new referral option to Novus Audiology via Choose and Book.

Being referred to the Novus service enables you to be seen locally at either Ashgrove Surgery in Knottingley or Elizabeth Court Surgery in Airedale

PLEASE HELP US TO PREVENT WASTE BY ONLY ORDERING THE ITEMS YOU NEED WHEN REQUESTING YOUR REPEAT PRESCRIPTION.

PLEASE DO NOT STOCKPILE DRUGS



**PRACTICE UPDATE**



**FERRYBRIDGE MEDICAL CENTRE**  
Over 75 years of care

**AUTUMN 2013 ISSUE 56**



You may have already met our registrars Dr Samantha Wong and Dr Sumaiyah Kola who will be with us until February 2014

**SystemOnline App now available for iphones and ipads**

TPP's SystemOnline app has been released onto the iTunes app store following approval by Apple. The app, available currently for the iOS platform, offers patients much of the same functionality as the SystemOnline website, but optimised for smart phones.

The patient can log in, with a username and password provided by their practice. Patients can order repeat prescriptions, book and cancel appointments and send communications back to their GP, all via the app. A unique feature of the app also uses Apple maps to show the patient a map and directions to their registered surgery.

For patients to have access to SystemOnline, your GP surgery needs to have enabled the free service through SystemOne, and switched on the various parts of functionality for each patient. There are currently more than 1,700 SystemOne practices using SystemOnline.

The SystemOnline app can be downloaded for free now. It can be found by searching 'SystemOnline' within the app store on any iOS enabled device.

**DATA SHARING ELECTRONIC RECORDS**

Today electronic records are kept in all the places where you receive healthcare. These places can usually only share information from your records by letter, email, phone or fax. At times this can slow down your treatment and mean information is hard to access. From November 19th our computer system will have the ability to share data with some of the other teams providing your care. You can choose to share your record or you can choose not to, your surgery will ask you to let them know what you want to do when you next see them. More information is available on our website or from the surgery.

**Ferrybridge Medical Centre is now on Facebook!**

Find us at [www.facebook.com/FerrybridgeMedicalCentre](http://www.facebook.com/FerrybridgeMedicalCentre) or just log in and search for us. If you like us you will receive post and updates on your newsfeed. Join us and keep up to date on what is happening in the practice.

Beauforth House Clinic  
Station Lane  
Ferrybridge  
WF11 8NJ

The Medical Centre  
8-10 High Street  
Ferrybridge  
WF11 8NQ

Byram Surgery  
St Edward's Close  
Byram  
WF11 9NT

The Health Centre  
Welbeck Street  
Castleford  
WF10 1DP


Correspondence address  
all sites  
Ferrybridge Medical Centre  
The Medical Centre  
8-10 High Street  
Ferrybridge  
WF11 8NQ

Tel: 01977 631623  
Fax: 01977 635032

Dr C.A. Pinder  
Dr A.D. Mone  
Dr P. Earnshaw  
Dr P. Wynn  
Dr C Phipps-Jones  
Dr C Speers



Awarded for excellence

	<b>Feedback / Suggestions</b>
	If you have any feedback or suggestions about the practice please give details below and
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