

Error!

# Bermuda Practice Newsletter

## **The Bermuda Practice Patient Group**

The Patient Group (PPG) has been meeting for over two years but we still need more members. If you would like to join the PPG please pass your name to the receptionist and we will be in touch with you ASAP. You would be very welcome and as the membership grows the scope of the group will expand. The group will now also include virtual members for those patients who are unable to attend meetings but want to be involved – just let us know your e-mail address.

The group meets on a monthly basis with the aim to improve patient services and to support the practice by working with the team by offering ideas and suggestions which to date have been incredibly helpful for example by helping to develop a counselling service and this newsletter.

Changes within the NHS mean patients will have a far bigger input in helping to shape patient services in the future. A representative from our group attends the North Hampshire Alliance Patient Group meeting. This group was formed by Basingstoke doctors who have formed the North Hampshire Alliance, each practice sends a representative (usually a patient) and the patient group is seen as a valued and respected group by the doctors and managers.

For more information about how local medical services will be provided in the near future, please log on to the Calleva website for more information

[WWW.callevamedical.co.uk](http://WWW.callevamedical.co.uk).

**PLEASE LET THE RECEPTIONIST KNOW YOUR E-MAIL ADDRESS AND MOBILE NUMBER – WE CAN TEXT OR E-MAIL YOU REMINDERS.**

*We are very pleased to welcome our new practice Nurse Alison Gorman who recently joined the practice. Alison has considerable experience and has worked locally for a number of years.*

**FLU VACCINATIONS** If you are 65 or have a heart problem, asthma, COPD, kidney or liver disease, diabetes, previous stroke, MS or other neurological condition or if you have low immunity or are pregnant - you need a flu jab!

**BOOK NOW FOR YOUR FLU VACCINATION.** YOU CAN BOOK AN APPOINTMENT FOR A SATURDAY MORNING OR WITH THE NURSE DURING THE WEEK.

## **MENINGITIS C AND MMR VACCINATIONS FOR 16-24 YEAR OLDS**

If you missed your vaccinations you may have recently received a letter from the doctors inviting you to have these important vaccinations. Please do make an appointment with the nurse – its free and you will be protected from possible very unpleasant and potentially life threatening illnesses. We have recently been informed of two cases of Measles in Newbury; sadly both cases did not have the MMR vaccine. So don't take the risk – book your vaccination now

## **TRAVEL**

If you are planning to go away on holiday to get some Winter sun, don't forget to check that you are up to date with your vaccinations – The practice nurse can help you. Whilst some vaccinations are free, some will be chargeable as they are not available on the NHS. Prices are available from reception or visit our travel website:

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

# Bermuda Practice Newsletter

Service to use	Presenting Problem
<b>Emergency Department A&amp;E</b> Basingstoke & North Hampshire Hospital, Aldermaston Road, Basingstoke.	<b>Choking, Chest Pain, Blacking Out, Blood Loss</b> For serious illness and major accidents choose the Emergency Department or 999. Emergency services should only be used in very serious or life threatening situations.
<b>The Hampshire Health Care Centre.</b> (Next to Basingstoke Hospital, Aldermaston Road).	<b>Vomiting, Ear Pain, Sore Tummy or any non life threatening problem.</b> No need to be registered - open access to all. Open 8.00am - 8.00pm.
<b>Bermuda Practice</b> <a href="http://www.bermudapractice.co.uk">www.bermudapractice.co.uk</a> <a href="http://www.mytravelclinic.co.uk">www.mytravelclinic.co.uk</a>	<b>For any non life threatening medical problem, review or advice.</b> Repeat prescription requests, medicals, travel advice, well person and child immunisation.
<b>Your local Pharmacy</b>	<b>Diarrhoea, runny nose, painful cough, headache or any common illness.</b> Your local pharmacist can give advice and the medicine you need to treat common illnesses.
<b>NHS Direct</b> Tel: 0845 4647 <a href="http://www.nhsdirect.nhs.uk">www.nhsdirect.nhs.uk</a>	<b>Unwell, Unsure, Confused and need help?</b> Contact NHS Direct if you are ill and have any questions about your health. NHS Direct can also help you find health services in your local area.
<b>Self Care</b> Visit <a href="http://www.nhs.uk/selfcare">www.nhs.uk/selfcare</a>	<b>Hangover, grazed knee, sore throat, cough.</b> A lot of illnesses can be treated in the home by using medicine and getting plenty of rest. Keep a well stocked first-aid kit in your home and ask the pharmacist for advice.

## DON'T WAIT FOR US HELP YOURSELF!

If you have diabetes, heart problems, high blood pressure or a chronic lung problem don't forget you need to see your doctor at least annually to ensure you are on the correct medication and your condition is well controlled.

We do have a recall system which is based on your birth date, but ideally you will arrange for a follow up date yourself to ensure you see the doctor or nurse at a time convenient to you.

If you know you have a medical condition that requires a blood test (for example diabetes), arrange to have the blood test taken and then book an appointment with your usual doctor or nurse in a weeks time.

If you have high blood pressure your doctor may suggest you borrow one of our blood pressure machines to monitor your blood pressure at home.

Winter is coming – make sure your asthma is well controlled. If you feel your inhaler is not working so well, book an appointment with the asthma nurse or doctor.

If you are busy working why not use one of our late evening slots?

Monday	6.30 pm – 7.30 pm
Tuesday	6.30 pm – 7.30 pm