

Portishead

Medical Group



NEWSLETTER SEPT 2009

Introduction

As always the sun has decided to return just as the schools have returned and I have come inside to write the newsletter! It may be too soon to declare an Indian Summer but I think we all deserve a few days of sunshine.

Since I last wrote the first phase of Swine Flu seems to have faded away. Unfortunately, we are expecting a further wave to return this autumn and winter. Thankfully, it does not appear to be as dangerous as first thought and for the majority is no more unpleasant than normal seasonal flu. Pregnant women and younger people with chronic diseases do appear to be at slightly higher risk and it will be these that are targeted first in any vaccination campaign. As I write there is as yet no indication as to when a Swine Flu vaccination campaign is likely to start or indeed who will administer it. It seems likely, however, that it will be GP Practices who will be asked to do it but unfortunately there will be only short notice that a campaign is about to start. We will endeavour to keep you informed but we also ask you to keep an eye on the national and local press for further information.

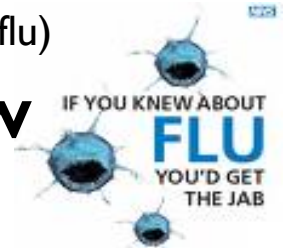
Importantly, the over 65's, who currently have the Annual Seasonal Flu Jab, will not be the first in line for any Swine Flu Jab. This is because the elderly appear to have a natural immunity to it, probably having been exposed to a similar flu in the 1960s.

Talking of the Annual Seasonal Flu Jab, it is important that those eligible have it as usual this year. The campaign is about to start. Please sign up at reception now. See right for more information.

Annual Seasonal Flu Jab

(not swine flu)

SIGN UP NOW



Those eligible include

- All those aged over 65
- People with Chronic Heart Disease
- People with Chronic Lung Disease (including asthmatics who have used a preventing inhaler in the last year and children who have ever been admitted to hospital with a chest infection)
- People with Diabetes
- People with Chronic Kidney Disease
- People with Chronic Liver Disease
- People with Chronic Neurological Disease (includes Stroke, TIAs and MS)
- People with a Compromised Immune System

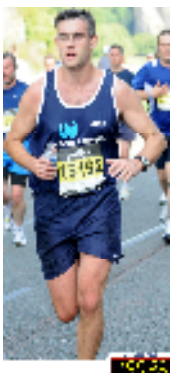
All Day Clinics to be held at the Portishead Folk House on

Wednesday 7th October

Tuesday 27th October

Wednesday 4th November

You must sign up at reception to attend



He made it!

Dr Robin Pullen would like to say a huge thank you to all those who kindly sponsored him and Team Jen Kerslake for the Bristol Half Marathon. On a lovely day he completed the course in just over 1hr50, a full minute before Dr Richard Reed! So far we have raised over £3000 but with the news that the Knowle Hospice is to close due to a financial shortfall we are still welcoming further donations. The website for donations is www.justgiving.com/teamjenkerslake Thanks everyone.

BRISTOL
Half Marathon

ST PETER'S
HOSPICE
BRISTOL

Visit our Website www.PMG.org.uk

Book appointments online, request repeat prescriptions and so much more.

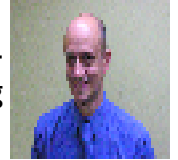


We are missing him already!

An adieu to Dr Jonathan Williams who leaves us for a year on the 21st September to take up a place at Queen Mary's College, University of London, to do an MSc in Sport & Exercise Medicine. We will miss him tremendously but I am sure he will return invigorated and with a whole new set of skills to teach us. The course will be quite a challenge so we wish him all the best. Jonathan's experi-

ence in Sports Medicine was recently recognised when he was appointed the lead Doctor to cover Fencing at the UK Schools Games held in Cardiff last week. Not a sport he was initially well acquainted with but he is a quick learner and he is happy to report there were no significant mishaps!

Dr Richard Reed will be covering Dr Williams for the next 12 months. Richard will be recognised by many of you as he was one of our excellent Registrars last year. He will be working the same sessions as Jonathon currently covers (ie not Wednesdays)



New Doctors to Replace Dr Bird



We have successfully created a Job Share post to replace Dr Sarah Bird. Dr Alex Wilson, another Registrar from last year, will be one half of the Job Share. She will be working all day on Wednesdays and Fridays. Dr Roshina Gnanadurai will cover Mondays and Tuesdays. Dr Roshina will be joining us in November and till then Dr Wilson will be covering her days as well. The post will provide an extra 3 sessions a week which will help ease demand. We are

very excited about this joint appointment as between them they bring a wealth of experience, especially in women's health, to the Practice. In the near future those of you temporarily registered with Dr Ridd will be transferred to either Dr Wilson or Dr Roshina .

Doctors in Training

Dr Jay Ahmed has extended his Registrar year and will be spending 3 months with us. He is in training so please do not be alarmed if one of us is to be found sat in a corner of his room during your consultation. It is him we are considering not you! The same applies for Dr Emily Cotton who is a Foundation Year 2 Doctor in Training. She is married to a local teacher and is keen on becoming a GP in the future. She will be replaced by another F2 doctor in 4 months and this will continue throughout the year.

Please have confidence to consult with them as they are fully qualified Doctors, bang up to date, and at all times have access to another member of the Practice for support and advice.

All Change

Very sadly we have said goodbye to some of our longstanding administration staff who have decided to go in search of pastures new. We wish Anne, Danielle and Madi all the best for the future and appreciate all their efforts for the Practice over many years. Although rarely said we are very grateful for the administrative team we have that allow the smooth running day to day of the Practice. True unsung heroes.

To their replacements, Catherine on computers, Mandi on reception and Ronnie as Assistant Practice Manager we extend a big welcome. Please say hello to any new faces and make them feel at home.

Building Works

Thanks to a successful grant application, we have been busy this summer renovating parts of the health centre to allow us to increase our training capacity. We have created a new staff room and educational meeting room out of the old Health Visitor room at the rear of the building. Consequently, the old staff and podiatry rooms are now in the process of conversion into new consulting rooms. These will have mixed usage but will predominantly used by the Practice Nurses.



Looking to the future we recognise that parts of the building are looking tired. We plan to introduce a rolling process of refurbishment to keep facilities to the standard you would expect. Unfortunately, litter has become an increasing problem around the building, particularly as a result of youngsters congregating in the evenings. Local residents have also complained about the nuisance. Local police have agreed to increase patrols and we would encourage you to report problems directly to them.

STOP PRESS. The government have announced that 0844 numbers are to remain so long as call charges are not more than BT local rates (our number complies with this). It is now up to call providers such as BT, Virgin , Talk Talk etc to include these numbers in their packaged bundles.