

# WRAFTON HOUSE NEWSLETTER

## Summer 2019

### SEASONAL FLU CLINICS

Our annual Flu Clinic appointments will soon be available to book.

If you are one of the high risk categories (see below) please ask at Reception for clinic times and make an appointment or come to a “**Walk In Clinic**” see below.

It is recommended for the following high risk groups of people:

**EVERONE OVER THE AGE OF 65**

**Patients with the following**

**Chronic respiratory Disease    Chronic heart Disease    Chronic Liver Disease**  
**Diabetes    Immunosuppressed (e.g. those on prolonged courses of oral steroids)**  
**Those without a spleen    HIV Infection    Pregnant women**  
**Residential or Nursing Home patients    Carers and Health Care Workers**  
**Children 2,3, and 4 years old and ALL children over 6 months of age in high risk groups.**

We are holding “WALK IN FLU VACCINATION CLINICS”

**For UNDER 65 “AT RISK” patients**

**on**

**Saturday 21st September 8.30am—10.30am**

**And**

**Monday 23rd September 6.00pm—8.00pm**



### WRAFTON HOUSE CAR PARK

All the local roads have now been marked as resident parking, which has put untold pressure on our few parking spaces. You can park in the town centre car park for free for three hours. If you are able walk with no difficulty, please park in the town so that our less mobile and disabled patients will be able to park in the car park.

### URGENT APPOINTMENTS

There are a number of urgent appointments available each day for problems which cannot wait until a routine appointments is available. When you request an urgent same day appointment the receptionist will ask you what the problem is. All of our receptionists are trained to ask this. It is solely to ensure that you are seen by the appropriate person and to determine how quickly you will need to be seen. A patient with chest pain or a child may need to be triaged urgently and if necessary sent to Accident & Emergency

If you do not wish to let the receptionist know the problem, then they will record it as personal.

## NEW SERVICES

### PHYSIOTHERAPIST

### PHARMACIST

### SOCIAL PRESCRIBER

We now have a **Physiotherapist** working in the Surgery on a Monday afternoon. They can see the following injuries:

- Muscle/joint pain in any part of the body: Back, Neck, Shoulder, Elbow, Hand, Fingers, Trunk, Hips, Knees, Hips, Ankles, Feet and Toes.
- Any Injuries—Sprains/Strains
- Arthritis or suspected Age related changes.
- Neck/Back pain including Sciatica, Leg pain, Pins & Needles, Numbness
- Anyone who had previously failed Physiotherapy

We also have a **Pharmacist** working here fortnightly on a Wednesday morning.

She will be able to do Medication Reviews.

### Social Prescriber

The **Social Prescriber** at the moment comes in on the last Thursday in the month but this should increase in the not too distant future. She is able to see patients who may need help with claiming benefits or if they are lonely. She will have lots of information and can sign post patients in the right direction for additional services.

## MEDICINE WASTAGE

It is estimated £300 million of NHS Prescribed medicines are wasted each year. This sum represents approximately £1 in every £25 and is 0.3% of the total NHS outlays. It includes an estimated 90 million worth of unused prescription medicines that are retained in individuals homes at any one time. £110 million returned to Pharmacies over the course of a year and £50 million worth of NHS medicines that are disposed of unused in Care Homes.

This is a huge amount and everyone can do their bit to save money. Please do not order any medication which you do not need. Ask the Receptionist or Pharmacist to take off your repeat prescription any medicines you do not use.



## OVER THE COUNTER MEDICINES

NHS England and the CCGs have taken the decision to remove several Over The Counter Medicines (OTC) from repeat prescriptions.

Many everyday items can be purchased over the counter very cheaply and often it is cheaper than the cost of prescription which is now £9.00 per item.

Items such as Hayfever remedies, eye drops and emollients.