

Flu

We have now finished our open access flu clinics but will be running mid-week flu clinics until the end of January 2017.

Although we have seen an increased uptake for flu vaccination this year, we still have a supply of flu vaccine available to patients at risk or aged over 65 years. At risk groups include the elderly, pregnant women and patients who are suffering from asthma, diabetes and coronary heart disease. Children aged between 2 and 4 years old are also eligible for flu vaccination (normally given by nasal spray). If you or your child require a flu vaccination, please contact reception and ask to make an appointment in a flu clinic with our Practice Nurse. If you require vaccination but are unable to get into the surgery, please inform the Receptionist who will arrange for our nurse to visit you at home. Should you have any queries about influenza vaccination, our Practice Nurse will be pleased to discuss your concerns. May we remind patients those who are not at risk are not eligible for vaccination on the NHS but may obtain vaccination privately at local pharmacies.



Staffing changes

Dr Nishant Kumar will be joining us for the next stage of his training on 7th December 2016. Dr Choudhry is currently on maternity leave, having given birth to a baby boy at the end of September. Janet Bradshaw has now retired from her secretarial position after more than 20 years' service. We wish Janet a long and happy retirement. Yvonne Tranter and Michelle Mottram have also left our surgery team. Both members of staff will be missed by patients and colleagues and we wish them well for the future. We have been joined by Yvonne Kirkland who is now working in reception.

Wolvey Surgery

Wolvey Surgery has again been successful in winning First Prize in the Shops and Offices category in the Rugby in Bloom 2016 competition for the third year running. The surgery was judged on the floral displays at the front and rear of the surgery and Wendy Shaw, Practice Manager, attended the award ceremony in Rugby on behalf of the surgery to receive a shield and a certificate that is on display at Wolvey Surgery.

Appointment System

May we remind patients that all requests for routine same day appointments should be made by telephone before 10.30 a.m. and will be dealt with initially by either a nurse practitioner or one of our GPs. If after speaking to you, it is necessary for you to be seen by a GP, we will make arrangements for you to be seen at a mutually convenient time. An emergency service is available after 10.30 am each weekday. Patients may continue to book ahead depending on availability. Our telephones are extremely busy between 8.00 am and 10.30 am, particularly on Mondays and first days back after Bank Holidays, so may we ask patients to be patient whilst waiting for your call to be answered. It is also helpful if patients ringing for test results and queries could call after 11.00 am.

Comments and Suggestions

While we constantly strive to provide a good friendly and efficient service, we realise that occasionally things do not go as smoothly as we would like. If you think this has happened to you, please ask to speak with the practice manager, Wendy Shaw, who will try to sort out the problem

Stay Well this Winter Campaign – Information from NHS England

Health officials are concerned that the icy spells ahead could overload hospitals which are already battling record levels of bed-blocking, with warnings that a crisis in social care has reached “tipping point”. Prof Keith Willett, NHS England medical director for acute care, asked the public to do all they could to reduce “avoidable” visits to Accident & Emergency departments. Warning that the NHS was now under “enormous pressure,” he urged the public to take more responsibility for their own health. Prof Willett said: “The NHS is here to help but there are important things we can all do to take care of ourselves during the winter months,” he said. “It is vital that the most vulnerable people take preventative steps to keep healthy and stay well. We have a high number of A&E attendances over this time that are due to issues which could have been avoided had people sought advice at the first sign of illness.” The doctor advised keeping homes warm, with regular hot drinks and meals, and urged people to see their pharmacist at the first sign of health problems. Every degree drop below 5C sees a 10 per cent rise in pensioners seeing GPs for breathing difficulties, along with almost a 1 per cent rise in emergency hospital admissions and a 3.4 per cent increase in deaths. “We are urging people to take practical steps such as to wrap up warm before the temperature dial hits freezing,” Prof Willett said.

Research has also shown that people with conditions such as heart disease, lung problems including asthma, and dementia are much more likely to die in winter. Cold indoor or outdoor temperatures increase blood pressure, which heightens the risk of heart failure, kidney disease and stroke.

It also makes the blood more likely to clot, raising the risk of heart attack and stroke, and reduces the lung's ability to fight off infection.

The Stay Well This Winter campaign also urges those who are eligible for their flu vaccination to get one now.

Christmas/New Year Closure

The surgery will be closed on the following dates for the Christmas/New Year Holiday

Monday 26th December 2016

Tuesday 27th December 2016

Monday 2nd January 2017

There will be no branch surgery at Wolvey, Sharnford or Sapcote on Tuesday 27th December 2016 and Tuesday 3rd January 2017



We would like to take this opportunity to wish all of our patients a Very Merry Christmas and a Happy New Year.