



Nevels Road Surgery

Patients Newsletter

Issue 3 – December 2017

Welcome

Welcome to our third newsletter, produced by volunteers on the Patient Participation Group. We hope you'll find it useful and interesting.

If you have any suggestions for future editions, or you'd like to know more about the PPG, please leave your contact details at reception or email nevroadppg@gmail.com. The next meetings of the PPG are 6.30pm at the surgery on 15 Jan and 9 April.

Meet the Doctor

In this edition we feature Dr Andrew Young who says: I completed my medical degree at St Mary's Hospital Medical School in 1993. I also have a degree in immunology from Imperial College London. I considered accident and emergency medicine for a year or so before eventually doing my GP training on the Lister Hospital scheme, and settling down at Nevel's Road, where I did my GP training attachment.



My main medical interests are rheumatology and musculoskeletal medicine and metabolic medicine. I do evening talks at the surgery every 3-4 weeks about the role of sugar in the diet, which harms a large number of the patients I see day to day. I consider free sugar in the diet to now be a greater health risk than smoking.

My wife and I attend a Baptist church in Biggleswade. We have five wonderful children who we home educate - so I am probably the busiest person I know! I enjoy scuba diving, shooting, fishing, bird watching and playing airsoft with my older boys.

New nurse appointments

We have recently awarded a 4-day-per-week contract to nurse practitioner Katrina Cockx. With 20 years' experience of working in Accident and Emergency, Katrina has a broad knowledge of diagnosing and treating minor injuries and illnesses. She is also qualified to sign prescriptions.

Our other nurse, Lorraine Roberts has increased her hours to all day on Mondays and Wednesdays; and Thursday mornings. Plus some extended hours on a Tuesday.

Lorraine has been a nurse for over 30 years. Her experience includes district nursing and rehabilitation following illness, injury or surgery. Lorraine is especially interested in wound care, cervical screening, and helping people to stop smoking.

Extended hours

Did you know there are nurse appointments available on Tuesdays, 6:30 - 8:20pm and one Saturday per month 8:30 - 10:30am. There are often unused slots. The nurses can provide:

- Checks and support for asthma, blood pressure and diabetes
- Ear syringing
- Flu jabs and other vaccines
- Wound care

Remember, if you need to see a doctor when the surgery is shut, call 111. Or if the situation is life-threatening, call 999.

Flu vaccines – win, win, win

Flu vaccination lowers your risk of having and spreading flu, it is free and Nevels Road Surgery is funded by the NHS for every jab it provides. So we all win!

MOT for patients who may be at risk

The surgery has begun a programme of health checks for people who may be at risk of failing health. Mostly these are carried out by the nurses during a round of home visits. If you are selected the surgery will ring you first to arrange a time to suit you.

Parking



The Patient Participation Group has been trying to improve the parking situation around the surgery, with the help of the local council. We continue to press for improvements but in the meantime, parking is available as follows:

Morrisons: free for up to 3 hours
Nevels Road: 7 nearby spaces - 1 hour max
The Quadrant: free all day except 10-11am and 4-5pm

Stay safe this Christmas – 7 tips

- Supervise small children with new toys, especially if they contain small parts that could lead to choking. Don't let them play with small tree decorations
- Keep decorations and cards away from fires, candles and hot light bulbs
- If you have old Christmas lights, consider buying new ones, which will meet much higher safety standards: don't let children play with lights, and switch them off when going out of the house or going to bed
- Allow plenty of time to thoroughly defrost frozen meat, store it in a fridge or outhouse and then cook thoroughly to avoid food poisoning.

- Keep children away from the kitchen to avoid accidents with hot fat and knives etc
- Falls are the most common accidents so try to keep clutter to a minimum. Make sure stairs are well-lit and free from obstacles, especially if you have guests
- Do not drink and drive, and plan journeys so you won't be driving while tired.

Hospital choose and book system

The NHS has an online "e-referral service", sometimes called 'Choose and Book'. If your GP refers you for an appointment with another healthcare provider you will probably be able to use this system to choose a date, time and location to suit you.

You will get a unique reference number to book online at www.nhs.uk/referrals, or by phone on 0345 608 8888. If you are prepared to travel there may be another hospital or clinic offering more convenient dates than are available locally.

Stay well this winter

The NHS has created a really useful website: www.nhs.uk/staywell giving lots of advice for staying healthy this winter and all the year round. At the moment it is urging people to get a flu vaccination if they have:

- breathing problems
- heart, kidney or liver disease
- diabetes
- lowered immunity
- a neurological condition
- spleen problems
- a BMI of 40+ (seriously overweight)
- caring responsibilities



Surgery opening hours

Monday to Friday: 08.00 - 18.30

Closed for staff training 1-2pm on Tuesdays.

Health visitors: 01462 684731 9am – noon

Antenatal clinic on Wednesdays. Make an appointment via reception.

For community midwife advice at other times call 01438 314333.

Some nurse appointments are available out of hours - on Tuesdays 6:30 - 8:20pm and one Saturday per month 8:30 - 10:30am.

Medical team

Appointments

Dr Tim Ramsbottom	M, T, W, F
Dr Melanie Lacy	M, T, Th, F
Dr Andrew Young	M, T, W, Th
Dr Lisa Abbas	M, T, Th
Dr Ashwini Alva	T(am), W, F
Dr Afshan Khan	M, T, Th(am)
Dr Faaria Beebeejaun (on maternity leave)	