



Birchwood Medical Practice
The Health Centre, Kings Road
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PATIENTS NEWSLETTER ISSUE 2 DECEMBER 2011

WELCOME TO THE BIRCHWOOD SUPPORT GROUP

It does not seem possible that we are now preparing our second newsletter for Birchwood Medical Practice. During a series of regular meetings, The Patients Support Group has begun to bond well as a unit. At our last meeting we decided to elect two officers Chair and a vice Chair. Jack Costelloe was elected to Chair and Liz James to Vice-Chair. Both Jack and Liz feel their roles are those of facilitators to enable the group to function in a manner that achieves optimum results..

We have worked together with the practice and recommended some changes which we feel are more patient friendly. You may have already seen or experienced some of the changes at the practice. For instance more appointments can be booked in advance, and even better extra slots are available on the day you ring. Much is going on in the background and hopefully we will be able to provide more news on these projects in the near future.

We are very fortunate that we have a practice that is open to change for the better and holds the patient's best interest as its core value. Please use the "suggestion box" for ideas that we can take on board, we have already found the suggestions very helpful. You can also contact us by email on birchwoodpatientgroup@gpmail.com

BIRCHWOOD STAFF NEWS

As Dr. Campbell and Dr. Mearns commence their maternity leave, we welcome Dr. Mohan Gaddipati and Dr. Doton Ajibade to cover their leave from the practice. We also welcome Dr. Pavan Uppal who is on GP training with the Birchwood practice. .

IMPORTANT MESSAGE

Please remember your repeat medication over the Christmas period.

The practice will be **closed** on the following dates over the Christmas:

Saturday 24th – Tuesday 27th December
Saturday 31st Dec – Monday 2nd January.

The practice will be **open** as normal:

Wednesday 28th – Friday 30th December
and from Tuesday 3rd January.

MENS HEALTH CLINIC

Birchwood's next education event will be held on 23 January 2012 at 6pm. This talk will focus on Men's Health (given by Dr. Robert Baur). This talk will concentrate on prostate problems for men. As numbers are restricted to 40 we would appreciate it if you could let us know if you would be interested in attending. You can do this by either emailing us at birchwoodpatientgroup@gmail.com or by signing the attendance sheet at Reception.

SPOTLIGHT ON HEALTH - SMOKING CESSATION

As 2012 approaches we would like to remind all current smokers that we are still running our Smoking Cessation clinic on Wednesday mornings from 8.30am to 1.00pm. The clinic is run by Wendy Brooks from the Primary Care Trust. If you wish to book an appointment with Wendy please either ring us to book an appointment directly or discuss this at your next appointment with the doctor.

'FLU UPDATE

At the time of print, we have now vaccinated approximately 2100 patients. If any patient who qualifies and has not had their 'flu immunisation and would like to have one please let us know.

BIRCHWOOD STAFF 'DRESS DOWN' DAY

During the last 3 months 'dress down' donations have been given to: Genes for Genes, Wear it Pink Day and Child Line.

SURREY CARER SUPPORT



CARER SUPPORT

"Carers look after family, partners or friends in need of help because they are ill, frail or have a disability. The care they provide is unpaid", - Carers (UK) definition.

There are a number of services which are located in Surrey to support and help the estimated 100,000 Carers who live and care in Surrey. These services range from help and support provided by Surrey County Council to support and advocacy services that our partners in health and the voluntary sector provide.

If you are a carer and are interested in learning more about the support that could be provided to you, please visit www.surreycc.gov.uk and click on the Social Care and Health tab in the left hand menu, or call Carers Direct on 0808 802 0202.

USEFUL TELEPHONE NUMBERS

MEDICAL		LOCAL CHEMISTS	
East Surrey Hospital	01737 768511	Boots	01293 782497
Crawley Hospital	01293 600300	Lloyds Victoria Road	01293 773665
Family Planning	01293 772053	Lloyds Kings Rd	01293 782052
Midwives	01293 768511 ext 6179	Park Parade	01293 783315
NHS Direct	0845 4647	Smallfield	01342 844424
		Horley 24hr chemist	01293 776616
		Mediwise	01737 887771
		Tesco	01293 727449