



Monkfield Medical Practice



Monkfield Medical Practice is pleased to release the first edition of our seasonal newsletter, which aims to engage with our patients, invite feedback, and keep you up to date with Practice news, events, procedures and health campaigns; all supporting you to access our services and maintain good health.

Newly Appointed Staff

Health Care Assistant Lisa Poole, Phlebotomist
Nurse Helen Baker, Minor Illness Nurse
Dr Anita Koruth, GP

Staff Leaving

Due to changes to our contract and the financial implications of this the Practice has taken the difficult decision to function without the role of Clinical Pharmacist going forward. It is with sadness that the Practice says goodbye to Sandra Prater on 1st December. Sandra has been with the Practice since 2003, helping the Practice to develop and has supported many of you during this time. She has always been professional and has a significant amount of knowledge and we are sad to say goodbye and take this opportunity to wish her well in the future.

Patient Participation Group (PPG)

The next Patient Participation Group meeting will take place on **Wednesday 17th January 2017**. This is a great opportunity to engage with how the practice develops and provide feedback to the team.

If you would like to be part of the PPG please email Hannah Crisford at the Practice admin.mmp@nhs.net.

Electronic Prescribing (EPS)

The Practice has now introduced electronic prescribing and your prescription can be sent directly to a pharmacy of your choice. Please request this by going into the chosen Pharmacy and let them know, they will then put this into place.

Appointment availability

If you need to be seen urgently on the day, we are now releasing on line appointments each day at 7am.



CAMQUIT - is your local Cambridgeshire stop smoking service. They focus on providing advice, information and support to local people who are thinking of stopping smoking. Whether you're a young person who's started smoking relatively recently or an adult who's been smoking since childhood, their friendly team can help you start out on the road to quitting – for good.

Experienced advisors understand the difficulties you face in giving up smoking and the temptations that exist when you're trying to kick the habit. They can also point you in the right direction for the quit path – group sessions or one-to-ones, for example – that will suit you best.

Statistics show that you're four times more likely to quit for good with support, so why **not call on 0800 018 4304** or complete a referral form on line at <http://www.camquit.nhs.uk>

Focus on Dr Sam Cowee



Dr Sam Plagaro Cowee, GP at MMP.

I qualified in Spain in 1994, I am bilingual as I have an English mother. I have worked in several places in the UK since moving here, specialising initially in A&E and moving into General Practice in in 2002.

I have a specialist interest in musculoskeletal medicine and sport and exercise medicine (member of the BASEM).

I am motivated by assessing sport injuries and aim to get everyone moving (you don't have to run, just a few minutes less of sitting count for a lot)!

I live with my husband and have two children ages 6 and 9 and when I am not working, as well as being a mum and taxi service (which I really do enjoy!), as a family we like walking in the countryside, and I personally try to keep myself fit (or injure myself) with running, going to the gym and also playing tennis. I escape and relax through reading a good book.



1. GET YOUR VACCINE

Having your flu jab protects you, your family, colleagues, patients and service users. It's a serious illness that can result in death. The vaccine provides the best protection against an unpredictable virus, so be a flu fighter and have the jab.

2. WASH YOUR HANDS

As well as getting your flu jab, you can help reduce the spread of flu by regularly washing your hands, particularly after sneezing or coughing. You can pass flu on without having any symptoms.

3. STAY AWAY

If you have the flu, stay away from work until you are better. The virus is highly infectious and outbreaks can happen quickly



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Keep warm this winter



Cold homes have a significant impact on people's health. One of the best ways of keeping yourself well during winter is to stay warm. Keeping warm over the winter months can help prevent colds, flu or more serious health conditions such as heart attacks, strokes, pneumonia and depression.

The chances of these problems are higher if you're vulnerable to cold-related illnesses because of one or more of the following:

- you're over 65
- you're on a low income (so can't afford heating)
- you have a long-term health condition, such as heart, lung or kidney disease
- you are disabled

Top Tips

1. **Fight Flu** - Find out if you can get the flu jab for free on the NHS
2. **Keep your home warm** - If you have reduced mobility, are 65 or over, or have a health condition such as heart or lung disease, you should heat your home to at least 18C. It's a good idea to keep your bedroom at this temperature all night if you can. Make sure you wear enough clothes to stay warm.
3. **Eat well in winter** - Food is a vital source of energy, which helps keep your body warm. Try to make sure that you have hot meals and drinks regularly throughout the day and keep active in the home if you can.
4. **Stay active** - We all know that exercise is good for your overall health - and it can keep you warm in winter. If you can stay active, even moderate exercise can bring health benefits. If possible, try not to sit still for more than an hour or so.
5. **Wear warm clothes** - Wrap up warm, inside and out. Wear lots of thin layers - clothes made from cotton, wool or fleecy fibres are particularly good and help to maintain body heat. Wear shoes with a good grip to prevent slips and falls when walking outside. If possible, stay inside during a cold period if you have heart or respiratory problems.
6. **Help your neighbours** - Check on older neighbours or relatives to make sure they're safe and well. Make sure they're warm enough, especially at night, and have stocks of food and medicines so they don't need to go out during very cold weather. Age UK helpline 0800 00 99 66.

Christmas Opening Times

Please note we are closed on 26th, 27th December & 2nd January. We are open as normal on 28th, 29th & 30th December. Normal Opening hours resume on 3rd January



Have you requested an online log in yet?

Have more control over your appointments, manage your repeat prescriptions requests and have access to your summary care records. To register for this you will need to come **in person** to complete an 'online services' registration form. You will need to **provide 2 forms of ID**, one being a photo ID and one showing your address e.g. passport and driving license or recent utility bill. The registration will be passed to GP for approval, the application will then be processed and a unique username and password will be created – you can then collect these in person from reception (with ID), or we can post them to you if you provide a pre-paid self-addressed envelope. **Please note this process may take up to two weeks.**

Note: Parents/carers may request access to their children's records up to the age of 14 and access by the parent will automatically cease on the child's 14th birthday, from which date the child will need to request access themselves.

Missed appointments

On average there are **232** patients a month who do not attend their appointments. It costs the practice an estimated **£2172** per month; however it also has a significant impact to the availability of appointments for other patients.

In an attempt to help reduce this, we are promoting the ability to have you appointments sent as texts to your mobile phone. To sign up to this, please speak with our reception team.

Prescriptions

The practice has a 48 hour turnaround time for prescription requests. It is very important that you monitor your medication levels, in order not to run out.

Repeat Prescriptions - If your doctor has authorised repeat prescriptions you may order them using the tear off portion of your last prescription. Simply tick the item(s) required and forward to the surgery. You can also request your repeat medications online via the link; **however, to access this service you must have a user name and password which are available as per the above information on registering online.**

Prescription requests will not be dealt with outside of the processes outlined above.

TIP OF THE MONTH -

Walking is the perfect way to start being more active. A mile a day at a reasonable speed is enough. Walking is good for the brain too as it increases the oxygen supply.



For more information on walks local to you, to find out how long a walk you do regularly is, or to find a walking buddy, visit www.walk4life.info