



# The Parks Medical Practice Newsletter

Blisworth – Roade – Hanslope - Grange Park  
[www.theparksmedicalpractice.co.uk](http://www.theparksmedicalpractice.co.uk)

Autumn/Winter 2019

## Welcome to our autumn/winter newsletter

This is always a busy time in general practice, with the annual flu campaign, new GP trainees and a general increase in patients attending for appointments.

As we move from hayfever to cough and cold season please think self care first. Your supermarket or local pharmacy offer a range of treatments for easing the symptoms of coughs, colds and sore throats. For more advice see;

[www.nhs.uk](http://www.nhs.uk)

If your pharmacist advises a check up then our Nurse Prescribers are experts in seasonal illnesses.

Please help us by keeping your details up to date. Let our receptionists know ASAP if you change address or telephone number so that we can update our files and contact you.

We are increasingly using text messaging for appointment reminders, and to replace letters, saving NHS funds.

The Parks Medical Practice PPG join with The Village Network and Northamptonshire Carers to host a Drop in Café on the first Monday of each month in the church hall at St Marys in Roade between 10am-12noon.

**All patients and carers welcome**

## Surgeries:

### **Park Slope Surgery**

32 Stoke Road  
Blisworth  
Northants  
NN7 3BT  
01604 878000

### **Roade Surgery**

16 London Road  
Roade  
Northants  
NN7 2NN  
01604 863100

### **Grange Park Surgery**

Wilks Way  
Grange Park  
Northants  
NN4 5DW  
01604 434747

### **Hanslope Surgery**

1 Western Drive  
Hanslope  
Bucks  
MK19 7LA  
01908 510230

## Practice Team Update

Our team continues to grow to help us manage patient demand and we have welcomed the following new staff recently;

Receptionists – Claire and Lisa

Dispensers – Rachel and Aly

Business Administration Apprentice – Issie

Foundation Doctor – Dr Qijun Wang

GP Registrars – Dr Patience Kuwornoo, Dr Neeraja Reji , Dr Anca Colcer, Dr Sejal Nirban and Dr Mohamed Abdulah

Salaried GPs – Dr Dennis Phang and Dr Dayani Perera

## A BIG THANK YOU

Blisworth surgery would like to express grateful thanks, particularly to Mr Les Carter and all the others involved in organising the recent fundraising raffle through the Blisworth Fishing Club held in May. A grand total of £1,185 was raised and donated to the surgery to help buy an automated Blood Pressure Monitoring machine to be installed at the surgery for access and use by patients. This will allow patients to monitor their own blood pressure and be provided with a printout and guidance about the results. We hope this will allow us to identify more patients with high blood pressure and at the same time reduce the demand for routine BP checks thus freeing up valuable GP and nurse appointment time for our patients. Dr Jonathan Taylor



**Hearing**  
Advisory Service

Free servicing and battery replacement for NHS hearing aids is now available at Blisworth Surgery. Please telephone for an appointment  
01604 878000

We now regularly post information such as site closures, telephone problems etc on our Facebook page, along with helpful NHS and Wellbeing information. Please search for The Parks Medical Practice, like and follow us for regular updates.



**Patient Group – Parks Medical Practice (PPG)** for info + comments see our section on the Practice website

The ambitions of the PPG are to help to do all or most of the following:

Help the Practice to consult and plan with patients whenever possible on the facilities and provision of services

Bring a sense of ownership and partnership between practice staff and patients.

Give practice staff and patients the opportunity to discuss topics of mutual interest.

Allow patients to make positive suggestions about the practice and their own healthcare

Act as a representative group that can be called upon to influence the local provision of health and social care.

Liaise with other Patient Participation Groups in the Northampton and MK areas.

We are always happy to welcome any new members if you would like to contribute

You can contact any of the members of the PPG by emailing [parkspg@gmail.com](mailto:parkspg@gmail.com) and putting your preferred contact in the subject.

Jane (Blisworth)  
Paul (Grange Park)

John (Hanslope)    Rex (Blisworth)  
Viv (Roade)        Inge (Roade)

**Practice Web Site:** [www.theparksmedicalpractice.co.uk](http://www.theparksmedicalpractice.co.uk)

Please take a look at our new look website. It is full of information, including the Extended Hours Surgeries, dates and locations, Health Care advice, Patient group and much more. You can also sign up to receive this newsletter straight to your email address.

Don't forget to sign up for online services next time you are in the surgery – just ask at reception and show photo ID.

**Patient Tip**

**Our phone lines are busiest at 8am. If you are calling with a query or for results, please wait until late morning or the afternoon.**

### **Money Advice Service at Blisworth Surgery**

Did you know that a free Money Advice Service provided by South Northamptonshire Council is available at Blisworth Surgery on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of every month. The advisor can support you with money and benefits advice, debt advice and help with filling in forms.

No appointment needed, just pop along between 2.30 and 5.30pm and tell the receptionist you would like to see the advisor.

For more information contact 01327 322067



### **Flu Clinics**

Our clinics are based around the delivery dates given by the vaccine manufacturers. Each Surgery will have a variety of clinics available and our Saturday clinics are open to any of our patients;

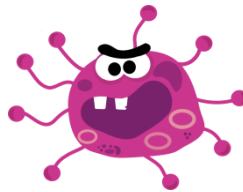
Saturday 5<sup>th</sup> October – ROADE (over 65s only)

Saturday 12<sup>th</sup> October – BLISWORTH

Saturday 19<sup>th</sup> October – GRANGE PARK

Saturday 26<sup>th</sup> October – HANSLOPE

Please contact your usual Surgery to book an appointment. Additional clinics will be added as vaccines are delivered.



### **Flu Facts**

- The main UK flu season is December to February and you can be vaccinated any time from October to December.
  - Antibiotics cannot cure flu
- 3157 patients were admitted to intensive care units with flu in 2018/19
  - 312 patients died of flu in 2018/19

## Flu Vaccine

### Why be vaccinated?

Flu is much worse than a heavy cold.

Flu symptoms come on suddenly and sometimes severely. They include fever, chills, headaches and aching muscles, as well as a cough and sore throat.

You're likely to spend 2 or 3 days in bed and antibiotics cannot cure flu.

If you get complications caused by flu, you could become seriously ill and have to go to hospital.

### Who is eligible?

Your Surgery has a vaccine reserved for you have a history of;

- Asthma (using preventer inhaler)
- Cancer (ongoing treatment)
- Chronic Heart Disease
- Chronic Kidney Disease
- Chronic neurological conditions (MS, MN, Parkinsons etc)
- COPD, bronchitis or Emphysema
- Diabetes (type 1 or 2)
- Treatment with high dose steroids
- Immunosuppression
- Spleen dysfunction
- Sickle Cell Disease
- Stroke

You are also entitled to a free vaccine if you are

- a carer,
- live with an immunosuppressed patient,
- have a BMI over 40



**Contact your Surgery now to make an appointment!**