

FMG NEWS - Autumn 2013

We are **closed** for TARGET from 12 noon on the following dates:

Thursday 26th September, Thursday 17th October, Thursday 21st November.

Please remember that we are **closed every Wednesday** between 12.30pm & 1.30pm.

MMR Vaccine

Measles, mumps and rubella are highly infectious, common conditions that can have serious, potentially fatal, complications, including meningitis, swelling of the brain (encephalitis) and deafness. They can also lead to complications in pregnancy that affect the unborn baby and can lead to miscarriage.

Since the MMR vaccine was introduced in 1988, it's rare for children in the UK to develop these serious conditions. However, outbreaks happen and cases of measles in particular have been rising in recent years, so it's important to make sure your children are up-to-date with their MMR vaccination.

MMR vaccination catch-up campaign

In April this year the government commenced with a national catch-up campaign which aimed to prevent further measles outbreaks, following the ones in Wales.

It recommended that all schoolchildren aged 10-16 who were unvaccinated should have the MMR jab to protect them.

For further information visit the NHS Choices website or speak to a member of our clinical team.

Winter Viruses

Our general advice for patients who may have the symptoms of a winter virus would be to take paracetamol tablets, rest, drink lots of fluid and if you feel concerned to speak to a doctor or nurse.

Please remember – antibiotics are of no benefit for treating viral infections.



Flu vaccination - have you had yours?

Don't let flu make your life miserable! We will be offering flu vaccinations for our patients as follows:

Everyone over 65

Patients Under 65 who have a chronic disease

All 2 to 3 year old children

We will display more information in our waiting area and invitations to eligible patients will be posted out in September.

For information on flu protection visit:

www.flu-protect.co.uk

Talk PANTS - help keep your child safe from abuse

The Underwear Rule is a simple way that parents can help keep children safe from abuse.

We know talking with your child about private parts can seem difficult, but you can have simple conversations about [keeping safe](#) without using scary words or mentioning sex.

The NSPCC has developed "PANTS" as an easy way to teach children that their body belongs to them and to talk to a trusted adult if they ever feel scared or upset.

Privates are private; **A**lways remember your body belongs to you; **N**o means no; **T**alk about secrets that upset you; **S**peak up, someone can help.

They have also created a child-friendly guide and other useful advice that can make talking to your child easier.

Visit www.NSPCC.org.uk for further information

Patient Reference Group

Patients, Carers and Staff working together to develop and improve the practice

The last PRG meeting was held at the practice on 20th May. The next meeting is taking place on 9th September. Meeting minutes and information regarding our PRG are displayed in the waiting area and on our website.

Staff News

Congratulations to Jayne Dalziel who has recently qualified as a Nurse Practitioner

Jayne has been a member of our nursing team for over 10 years. During that time she has undergone training to develop her skills and knowledge at an advanced level. Her role now involves an extended nursing service which incorporates some aspects of care previously provided by doctors. These include physical examination, and treating a full range of health problems and diseases.

Jayne can diagnose most common illnesses and give advice on treatments. She can issue prescriptions, perform physical examinations, refer for specialist treatment to hospital or community care, provide on going treatment and support for current illness including chronic diseases. Promoting health and education are part of her role in general practice including healthy living and prevention of illness. Her other interests are in CHD, diabetes and minor illness.



We say goodbye to Dr Gareth O'Hare who left us in July and to Dr Jenny Calvert who will be leaving at the end of September. We are presently looking to recruit a new GP to join our team.

Congratulations to our GP Partner Dr Karen Logan who got married on 11th July.

New Computer System

We upgraded the practice computer system on the 3rd July which will allow us to improve the services we are able to provide to patients in the future.

It will take 3 to 4 months for our staff to be fully up to speed with the operation of the new system.

Watch out for our Winter edition in December 2013!