



Practice Newsletter!

Congratulations to the ladies in pink!

Our practice nurse Pam (1524), her daughter and friends raised over £320 for Cancer Research in the recent Southampton

“Race for life Event”



HIGH BLOOD PRESSURE?

Check yours using the BP Monitor in the Waiting Room!

A common condition that affects many people as they get older. Often treated very successfully with medication to reduce the risks of heart attacks and strokes. It needs measuring at least twice a year.

For your convenience, measuring it in the waiting room with no appointment needed is a very efficient way to monitor it. If you have high blood pressure, it is important to think about your lifestyle - a healthy low fat diet with a low salt intake.

Exercise is also important - fill in the questionnaire by the blood pressure machine to see your level of activity. When completed, please hand in to a member of the Reception Team and the attached exercise and lifestyle advice sheet is for you to take away.



NEW PATIENT CHECK IN SYSTEM

“for all patients to use please”

- Have an appointment?
- Don't waste time queuing
- Use the New patient Check in
- Very straightforward to use
- Give it a go—Reception Team will be happy to show you how

“AUTUMN RAFFLE”

Prizes including hampers, seasonal plant arrangements etc.
Proceeds to the Friends of Dr Godfrey & Partners.



All Enquiries

02380 865051

Out-of-Hours

Telephone 111

“When your GP surgery is shut and you need medical attention fast, but it is NOT an emergency, call 111”.

This includes
Monday to Friday
6.30 pm - 8:00 am

+

Weekends
Bank Holidays

If it's a
medical emergency
call 999

Surgery
Opening Times

Mon 8.30 am - 8.00 pm
(Mon closed 1 - 2 pm)
Tue 8.30 am - 8.00 pm
Wed 8.30 am - 6.00 pm
Thu 8.30 am - 6.00 pm
Fri 8.30 am - 6.00 pm
Sat 8.00 - 10.30 am
(Saturdays once per month)

Home Visits

Please ensure all
visit requests are
received by 11:00 am.

Flu Clinics

Sat - 5th October
Sat - 19th October
Sat - 2nd November

If you are over 65 or are in any of the high risk groups - e.g. patients with heart disease, diabetes, those who have had strokes, or have chronic respiratory disease, please book in for your jab.

CONTACT NUMBERS

for blood tests

Southampton

General Hospital

WALK IN SERVICE - Adults
No Appointment required

Mon to Fri 8.00 am - 4.45 pm

NB: under 16's
require an appointment

Phone 023 8079 4075

Lymington Hospital

WALK IN SERVICE

No Appointment required

Mon to Fri
7:30 am - 3:00 pm

Romsey Hospital

WALK IN SERVICE

No Appointment required

Tue & Wed 7.30 - 10.15 am
Sat 9.00 - 11:45 am

Limited appointments
especially on a Saturday

THE ROYAL BRITISH LEGION WELFARE SCHEMES

Help for serving
or ex-service personnel

Funds are available in certain circumstances - welfare breaks, daily living allowances, family welfare breaks, Children's welfare scheme, educational grants

Main eligibility criteria is the service or ex-serving requirement and where children are involved, the service record of their parents / guardian.

Most eligibility criteria requires savings of less than £10,000 but home ownership is not necessarily an exclusion. Most are in receipt of all statutory benefit entitlements.

For more in-depth information, please contact the WS Welfare Team on 0203 207 2183
wswelfare@britishlegion.org.uk
or Miss Glenda Sprackland on 01202 549216.

REDUCING A + E ATTENDANCES

Going to A+E costs the NHS £149 for each visit.

Going to the GP surgery costs the NHS £39 for each visit.

When is it appropriate to go to A + E - the clue is in the name - if you have suffered an Accident or it is a Medical Emergency. During GP opening hours, if you are uncertain, please contact the GP surgery for advice by our duty team.

During out of hours, contact 111 for advice.

Saving NHS money so it can be used more effectively and using our NHS resources appropriately, is becoming a real priority.

ONLINE APPOINTMENTS!

We are pleased to announce the launch of our On Line Appointment scheme which will enable you to book and cancel **routine** appointments with the Doctor.

All other types of appointments e.g. nurse and emergency on the day etc., should continue to be booked in the usual way.

If you are aged 16 or over and would like to access "OnLine Appointments" you will need to come into the surgery **personally** to complete a short form. We suggest you avoid first thing in the morning as it's our busiest time!

Please bring with you two forms of ID, one photographic and the other should be a proof of address. You will then be given details of how to log on to the system. Once this has been done, you'll be ready to go!!

Only routine appointments will be available; these can be booked up to 4 weeks ahead. Please bear in mind the same appointments will be available to patients who ring or come in to the surgery wanting to see a doctor, so demand will continue to be high!

As this is a new service, we expect there to be some teething problems - please bear with us, as we are getting used to operating it ourselves!

HEALTHY WALKS

Totton Health Centre teams up with Community First New Forest to provide free healthy walks.

If you would like to get out a bit more for some gentle exercise and good company, but aren't sure where to start - or if you haven't walked much lately, this could be just "what the doctor ordered"!

Walking helps with diabetes, heart conditions, high blood pressure and is all-round good exercise. Vanessa, Volunteer Walk Leader says, "The walks are for no more than an hour and at your pace - we certainly won't be taking you on a hike"!



We have had some very pleasant walks recently, mostly in the shade due to the hot weather, but the walks make the most of the local area; the walks being easily accessed from the centre of Totton. Come along and join us for a gentle walk on the third Wednesday in the month at 10.30 a.m. meeting at the Cenotaph in the centre of Totton.

Autumn Walks are scheduled for
18th September ♦ 16th October ♦ 20th November.

Healthy Walks can be contacted on 01425 482773 or 07788 558864 and more information is available at www.cfnf.org.uk/walks/default.html

SUMMARY CARE RECORDS (SCRs)

Are you aware

NHS England is introducing a new electronic record called the Summary Care Record (SCR). The SCR is an electronic record which will give healthcare staff faster, easier access to essential information about you. This should help provide safe treatment when you need care in an emergency or when your GP Practice is closed.

Keep an eye on your mail as you will be receiving an explanatory letter shortly telling you about the SCR and what you need to do if you want to opt out.