



All Enquiries

02380 865051

Out-of-Hours

0300 300 2012

FLU CLINICS

Sat 6th OctoberSat 27th October

We will also be offering some Flu Clinic appointments on Monday & Tuesday evenings during extended hours.

Flu Clinics
for under 16's

will be run during the week.

For all Flu appointments please phone the surgery after 10am.

Surgery

Opening Times

Mon	08.30 - 20.00
Mon	closed 1 - 2 pm
Tue	08.30 - 20.00
Wed	08.30 - 18.00
Thu	08.30 - 18.00
Fri	08.30 - 18.00
Sat	08.00 - 10.30

(Saturdays once per month)

Home Visits

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

Out of Hours

If you need to see an emergency Doctor between these times:

Mon - Fri
18.30 - 08.00

+

Weekends
Bank Holidays

Phone 0300 300 2012

Practice Newsletter!



Local Infant Schools provide Artistic Pleasure for Patients at Dr Godfrey & Partners!

During the spring and summer months the "The Friends" Group at Dr Godfrey & Partners organised another painting competition for the Local Infant Schools. The theme for this year's Art Competition was the "Queens Diamond Jubilee". Pictures from each of the individual school finalists were displayed in the surgery and patients and visitors were invited to vote for their favourite piece of artwork. Once again the competition was a great success appreciated and enjoyed by All! Votes were counted and an individual winner from each of the schools was selected and awarded a gift voucher with a certificate. The overall winner with the most votes was Haylee Starns from Marchwood Infant School. All entrants received a certificate. Haylee received her prize and certificate from Mr Calvert, Headmaster of Marchwood School.

SUNSHINE - or lack of it!

Vitamin D or the Sunshine Vitamin is formed when the skin is exposed to UVB rays. Only 10% comes from our diet. Therefore many people in the UK are Vitamin D deficient! The following groups are at highest risk of deficiency and are advised to take Vitamin D supplements.

CHILDREN FROM 6 MONTHS TO 5 YEARS
PREGNANT AND BREASTFEEDING WOMEN

PEOPLE AGED 65 AND OVER

PEOPLE NOT EXPOSED TO SUNLIGHT eg HOUSEBOUND.

Vitamin D supplements can be purchased from the Chemist.

DON'T FORGET

If you are pregnant, we also recommend Folic Acid supplements and the flu vaccine.

Please book in to our Flu Clinics for this ASAP.



PRIORITISING CARE

I'm sure you're all aware that, on occasions, the waiting room is full to bursting; the receptionists are busy trying to deal with appointment requests, repeat scripts and the telephone ringing and everyone in the surgery seems frantic with activity!

Despite this, when someone needs urgent attention, this is prioritised above all the routine work. Some of you may have been in the waiting room recently when a patient collapsed. When this happens, all other work is put to one side whilst nurses and doctors deal with the emergency; as a direct result, their normal surgeries run late.

On occasions, a patient needs to be admitted to hospital urgently; this requires the GP to discuss the case with the hospital doctors, write a letter to explain the circumstances and previous medical history of the patient and make decisions about how quickly and how the patient needs to get to hospital.

When a patient needs attention, we try to provide adequate time for this to happen. Consequently all other work may seem 'late'; often doctors run behind, but it's usually because they are having to attend to things that require either more than the 10 minutes of a routine appointment or something else intervenes to take up their time – this could be a call from a hospital consultant about a patient, an urgent script which needs clarifying or even a discussion with a bereaved relative which cannot be rushed.

The things people say

"Can I have a constipation please with the doctor"

VIRTUAL PATIENT

REFERENCE GROUP

In the Spring newsletter we mentioned our newly set up Virtual Patient Reference Group. Membership has steadily grown and we are always very happy to receive new applications. We have recently sent the Group a three monthly update; hopefully everyone found this to be informative. We aimed to respond to not only the two agreed, specific projects for this year – Appointments On Line and Telephone Access, but all the queries raised by group members in the last survey. If you would like to view this report or become a member of the PRG, please click on the link on our website at

www.tottonhealthcentre.co.uk

Alternatively, you can view the report or collect the application form from the surgery.

CONTACT NUMBERS

for blood tests

General Hospital

Walk In Service - Adults
no appointment required
Mon to Fri 08.00 - 16.45

*NB: under 16's
require an appointment*

Phone 023 8079 4075

Lymington Hospital

Pre Bookable Appointments

Mon to Fri
7:30 - 10:00 am
Walk in Service
10:00 am to 3:00pm

Phone 0845 0511 620

Romsey Hospital

Walk In Service
Tue & Wed 07.30 - 10.30
Saturday 09.00 - 12.00



Our Man at the Olympics!!

Pictured is one of our doctors, David Booth, who volunteered at the Olympic Games – he was one of the doctors assigned to the Aquatics Centre which housed the swimming, diving and water polo. Although he assures us it was “work”, he did get to meet several of the athletes and celebrities and does admit to enjoying the whole experience!

NEWS.....NEWS.....NEWS.....

Another of our GP Partners, Simon Gaunt, is using his autumn holiday to participate in a “Wings of Mercy” volunteer mission. Simon will be working in a slum area in Nairobi, Kenya, using his medical skills to help local people. Keep an eye in the waiting room – he’s going to do a Story Board to let us know how it went!

Good luck Simon!

FRIENDS GROUP ACTIVITY AND PURCHASES

The “Friends” have again been active in the surgery in recent months; you may have seen them explaining to patients about the new Patient Reference Group, helping anyone who has found the Patient Check In Machine confusing to use and also selling tickets for our Easter Raffle! You may also have seen them somewhere in Totton distributing this newsletter! Since our last newsletter, we have been fortunate enough to receive several patient donations; these, together with the proceeds of the Friends Easter Raffle and a very large donation from staff at G4S Maritime Security, have enabled us to purchase a further (much wanted and fought over by the doctors) electrically operated examination couch! Our sincere thanks go to everyone who has supported us in this way, particularly to G4S who raised the money at a fund raising evening earlier in the year. Our next fund raising event will be the Autumn Raffle. Tickets for this will be on sale at our Flu Clinics and in the surgery. Our thanks go to local artist, Derek Huntley, who has very kindly donated a further two of his pictures as prizes; there will also be a donated Christmas Hamper and other prizes. All proceeds of the raffle will go towards another electrically operated examination couch. Keep an eye out in the waiting room, we plan to graphically show how our fund raising is going through the year!

Does this Apply to You?

We are inviting all patients who smoke, or who have smoked in the past AND have had a significant chest infection within the last five years, to be screened for Chronic Obstructive Pulmonary Disease (COPD). This is a smoking related lung disorder that causes recurrent cough, chest infections and/or breathlessness, for which there is treatment available in the form of inhaled medication and smoking cessation help.

It is important to diagnose and treat early to try and avoid significant disability, which can occur if left untreated.

If you are interested in having screening then please book a non-urgent, routine appointment here at Totton Health Centre with **Jan Taplin**, our Health Care Assistant, for a simple and painless test called Spirometry. You can pick up a leaflet about spirometry from the surgery which tells you about all the do’s and don’ts before the test.

After the Spirometry test please book a routine telephone consultation with your own GP to discuss the result.



The Dr. Godfrey & Partners

“ALTERNATIVE DECATHLON TEAM”

We thought you may like to see a picture of some members of our practice team who participated recently in a New Forest Inter Practice Quiz Competition. If you look closely, each of the hats depicted a different discipline!! Our team won a Silver Medal; they are now back to strict training for next year’s event – they have their eye on Gold!!!