

**Crewkerne Health Centre Patient Forum Newsletter**  
**December 2017**

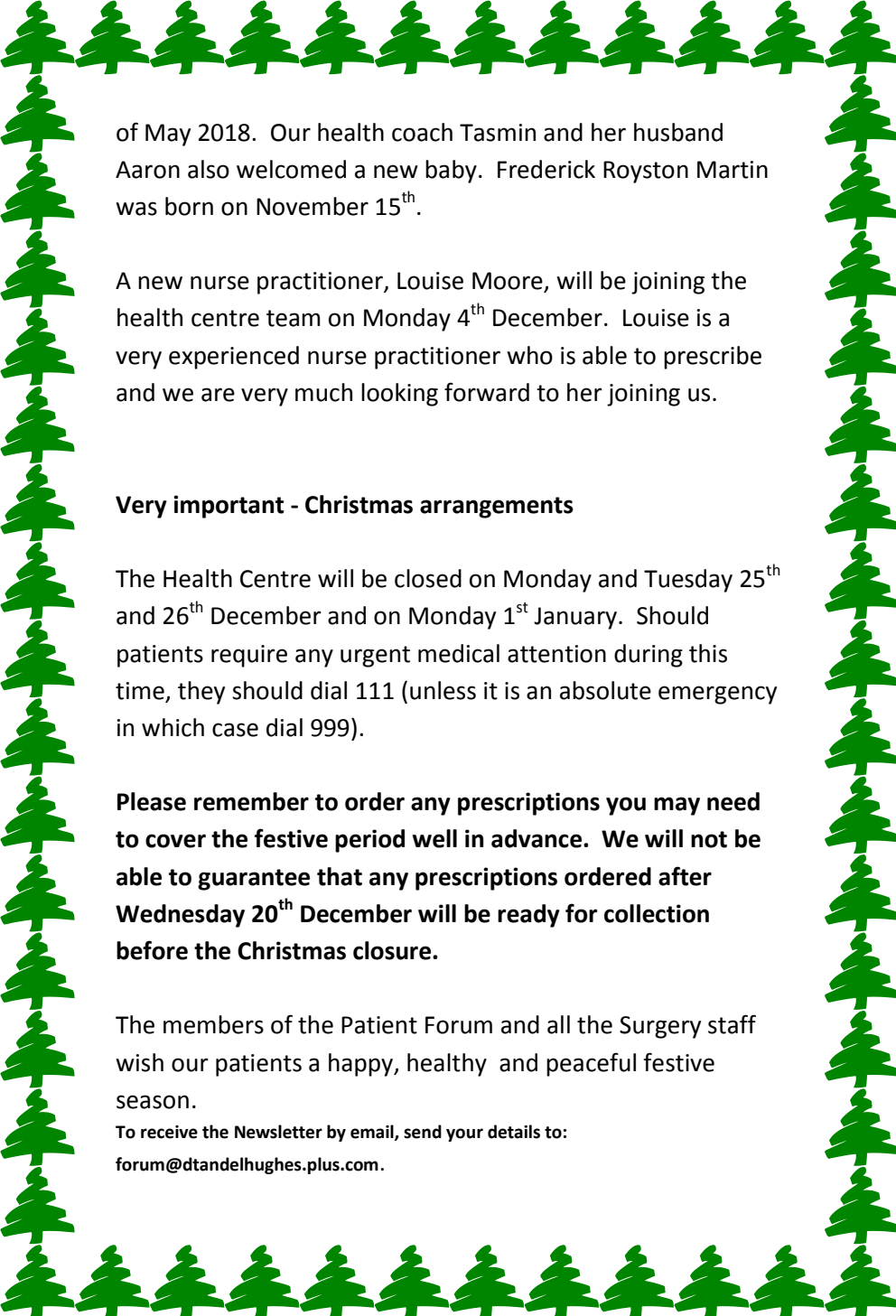
**Flu Fun Day**

Another very successful Fun Day took place at the Henhayes Centre on Saturday 7<sup>th</sup> October where over 1000 patients received their flu vaccinations and around £3000 was raised for Children in Need. (At the time of writing fundraising is still taking place in the surgery for Children in Need and a final total will appear in our next newsletter). Thank you to everyone who donated and helped on the day.



**News from the Health Centre**

Dr Hewson and her husband Alistair welcomed baby Lydia Grace on August 29<sup>th</sup>. Mum and baby are doing well and Lydia has already attended her first meeting at the Health Centre! Dr Hewson plans to return to work at the beginning



of May 2018. Our health coach Tasmin and her husband Aaron also welcomed a new baby. Frederick Royston Martin was born on November 15<sup>th</sup>.

A new nurse practitioner, Louise Moore, will be joining the health centre team on Monday 4<sup>th</sup> December. Louise is a very experienced nurse practitioner who is able to prescribe and we are very much looking forward to her joining us.

### **Very important - Christmas arrangements**

The Health Centre will be closed on Monday and Tuesday 25<sup>th</sup> and 26<sup>th</sup> December and on Monday 1<sup>st</sup> January. Should patients require any urgent medical attention during this time, they should dial 111 (unless it is an absolute emergency in which case dial 999).

**Please remember to order any prescriptions you may need to cover the festive period well in advance. We will not be able to guarantee that any prescriptions ordered after Wednesday 20<sup>th</sup> December will be ready for collection before the Christmas closure.**

The members of the Patient Forum and all the Surgery staff wish our patients a happy, healthy and peaceful festive season.

To receive the Newsletter by email, send your details to:  
[forum@dtandelhughes.plus.com](mailto:forum@dtandelhughes.plus.com).



## **Abdominal Aortic Aneurysm Screening**

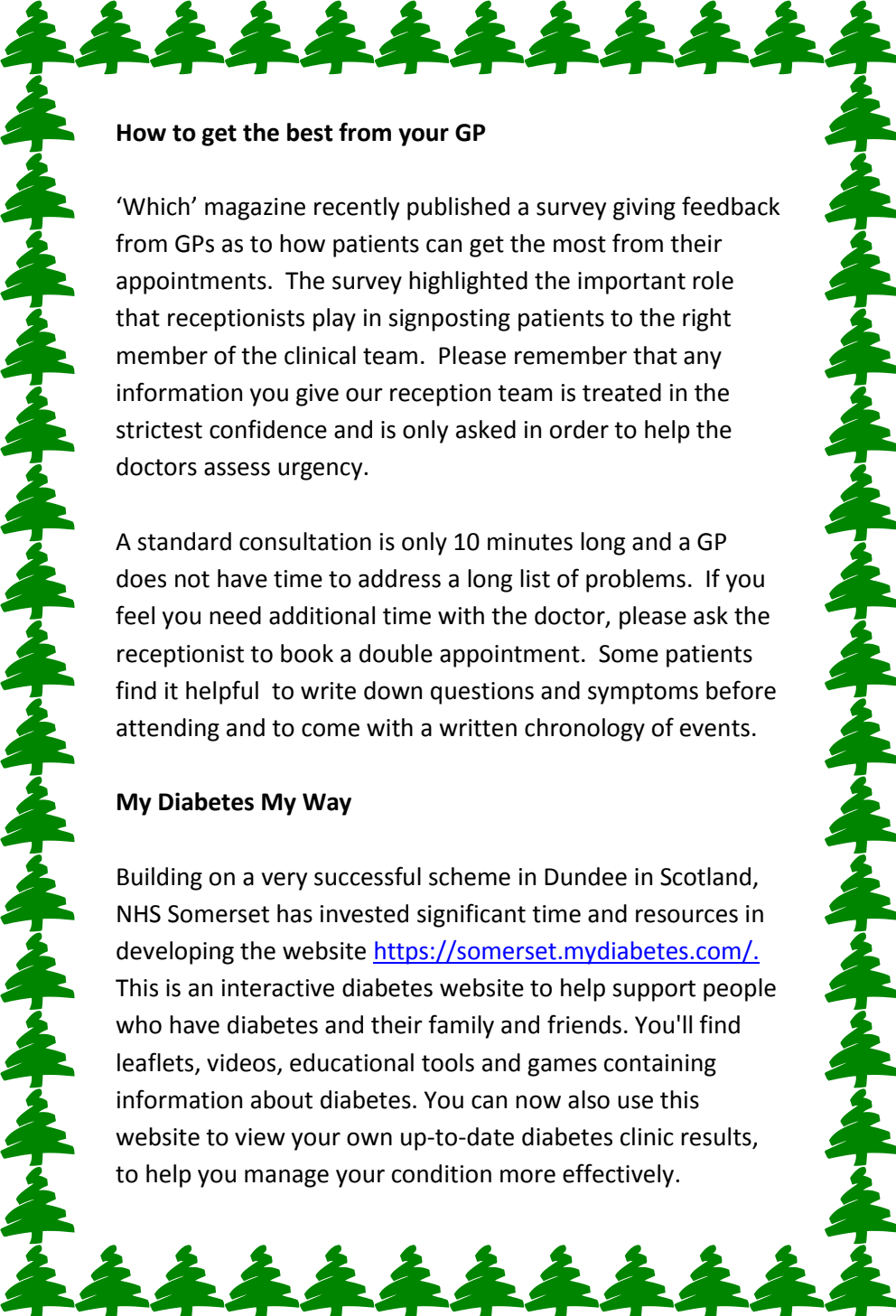
Doctors are reminding men aged 65 and over in Somerset and North Devon to attend an appointment for a free abdominal aortic aneurysm (AAA) check that could save their life.

The AAA service provided at GP practices across the region has screened over 30,000 patients since it started running back in February 2011. The programme has the highest uptake in the whole country. During this time 85 patients have been referred through the service for life saving vascular surgery and over 300 patients are being actively monitored by the programme. An abdominal aortic aneurysm is an enlarged area in the lower part of the aorta, the major blood vessel that supplies blood to the body.

The service covers the whole of Somerset and North Devon and is open to all men over 65. It involves a simple ultrasound that usually takes less than 10 minutes with the results available straight away for the patient and his GP. The team come quarterly to Crewkerne Health Centre.

An AAA can occur if the main blood vessel that supplies blood to the body gets weak and starts to expand. If untreated it can become very serious and even cause internal bleeding. Most people won't feel any pain or symptoms so it is important that they get screened even if they don't feel unwell.

If you are a man over the age of 65 and would like to discuss screening or book an appointment, call 01823 344 567.



## How to get the best from your GP

'Which' magazine recently published a survey giving feedback from GPs as to how patients can get the most from their appointments. The survey highlighted the important role that receptionists play in signposting patients to the right member of the clinical team. Please remember that any information you give our reception team is treated in the strictest confidence and is only asked in order to help the doctors assess urgency.

A standard consultation is only 10 minutes long and a GP does not have time to address a long list of problems. If you feel you need additional time with the doctor, please ask the receptionist to book a double appointment. Some patients find it helpful to write down questions and symptoms before attending and to come with a written chronology of events.

## My Diabetes My Way

Building on a very successful scheme in Dundee in Scotland, NHS Somerset has invested significant time and resources in developing the website <https://somerset.mydiabetes.com/>. This is an interactive diabetes website to help support people who have diabetes and their family and friends. You'll find leaflets, videos, educational tools and games containing information about diabetes. You can now also use this website to view your own up-to-date diabetes clinic results, to help you manage your condition more effectively.