

The Island Surgery

Tel: 01268 686190

Newsletter - Spring 2015

Welcome to our Spring newsletter

The purpose of this newsletter is to keep you informed of what is happening at The Island Surgery and to bring you key information about your surgery, your general health and the services available to you.

In this edition:-

- Surgery News
- Online access
- Travel Vaccinations-
- Shingles Vaccination
- NHS Health checks
- Phlebotomy
- Cervical Screening
- NHS 111 Service

Have you registered for online access?

Repeat Prescriptions



Click to order your repeat prescription securely online

Request an Appointment



Click here to request an appointment

Cancel Appointment



Click here to cancel your appointment

All you need to do is ask one of our reception team for your username and password. For security purposes we will need to see your ID.

Surgery News

Dr Ana begins maternity leave

From 1st March 2015 Dr Ana will be on maternity leave for at least 6 months. Dr Ana will be missed by everyone at the surgery and we all wish her and her baby well.

We have 3 GPs available during Dr Ana's maternity leave providing care to all of our patients. We have 2 female GPs, Dr Ola Olaigbe and Dr R Ramoutar who both joined the practice last year. We also welcome Dr Fernando Arostegui-Novales (Dr Fernando) to the practice.

Closed for Training

This surgery and most others in South East Essex close at 1pm for one Tuesday afternoon each month (except August & January) to allow all practice staff to attend training and educational events to develop and update their skills. Patients who require medical assistance when the surgery is closed should call 111. We will next be closed from 1pm on 3rd March and 14th April. [See our [opening times](#) section of our website for a full list of dates.]

Late Evening Surgery

Our late evening surgery continues to take place every Thursday evening and will be provided by Dr Fernando during Dr Ana's absence. The surgery is open until 8pm every Thursday.

Friends and Family Test

We would like to receive your feedback on the service you receive at our practice. This is a very quick survey with just two questions and we would be grateful if you would take the time to complete it either by visiting our [friends and family link](#) on our website or by completing one of our Friends and Family cards available in our reception.

We welcome all patient feedback so if you have any suggestions for future newsletters, comments about this newsletter or any of the services provided by the practice please leave your comments in our suggestion box (on our reception desk) or you can email:- theisland.surgery@nhs.net

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Travel vaccinations

If you are planning to travel outside the UK you may need to be vaccinated to protect you from some of the serious diseases found in other parts of the world. All vaccinations given at this practice are free on the NHS. There are some vaccinations which are only available privately at local Travel clinics. If you require travel vaccinations please arrange an appointment with our Practice Nurse. It is important to make this appointment as early as possible preferably at least 6 weeks before you travel in case vaccines need to be ordered.

Shingles Vaccination

The shingles immunisation programme was introduced in 2013 for patients aged 70 - 79 years. Eligible patients are those who were aged 70, 78 or 79 on 1st September 2014. If you haven't already been vaccinated and are within this specific age group please contact the practice to arrange your free vaccination.

NHS Health Checks

We are currently offering NHS health checks to patients aged 40 – 84 years. These checks are available to eligible patients every five years to assess the risks that contribute towards cardiovascular disease and offer support to reduce any increased risk. If you are interested in having one of these health checks with our Practice Nurse please contact the surgery to find out if you are eligible.

Phlebotomy Service

The practice provides a phlebotomy service for both fasting and non-fasting blood tests.

Appointments are available Mon-Fri 8.30am-3pm.

Cervical Screening

Appointments are available Mon-Fri with our Practice Nurse Wayne and we also have additional clinics run by Practice Nurse Elizabeth which are usually held on Wednesday afternoons. Patients not able to attend the practice for their smear test can also attend the drop in cervical smear clinic at Kingsley Ward Centre, Warrior House on Saturdays 9am – 11am. For more information call 01702 456860.

Spirometry

Routine spirometry and diagnostic lung function tests are performed within the surgery. Patients with chronic obstructive pulmonary disorder (COPD) will be invited annually for routine testing.

24 hour BP monitoring

Your GP may refer you to our Practice Nurse for 24 hour monitoring to assess the adequacy of your blood pressure control. This requires a monitor to be worn whilst you carry on with your normal activities.

111 when its less urgent than 999

The 111 service is available 24/7 to offer general medical advice and is free to call from both landlines and mobile phones.

Outside of our surgery opening hours patient should either call 111 for advice and assistance or alternatively attend St Luke's Health Centre which is a GP surgery open 8am-8pm 365 days a year

Walk-in Service

St Luke's Health Centre

Pantile Avenue, Southend, SS2 4BD

Tel: 01702 611505