

# The Island Surgery

Tel: 01268 686190

Newsletter - Summer 2013

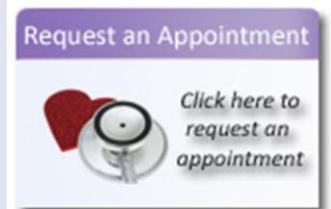
## Welcome to our first newsletter

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 first edition:-

- Surgery News
- Online access
- NHS 111 Service
- MMR catch-up vaccination
- Whooping Cough vaccination
- NHS Health checks
- Shingles Vaccination

Have you registered for online access?



All you need to do is ask one of our reception team for your username and password.

## Surgery News

### Dr Jena retires

After 40 years as a General Practitioner Dr Jena has hung up his stethoscope for the last time. Dr Jena began practising on Canvey Island back in 1973 and in 1996 he started up his own practice The Island Surgery. He will be missed by everyone at the surgery and we all wish him a long and happy retirement. Dr Ana has taken over as the senior partner of the practice and is now the registered GP of all our patients.

### 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 3<sup>rd</sup> September and 1<sup>st</sup> October. [See the **Opening Times** section of our website for a full list of dates.]

### Late Evening Surgery moves to Thursday

Our late evening surgery now takes place every Thursday evening instead of Tuesdays. This is to ensure there is no interruption to this service when the surgery closes for our monthly staff training.

### Telephone Consultations

Dr Ana offers telephone consultations for patients who do not require a face to face consultation. These have proved very popular for patients who do not feel the need to see a GP but would like some medical advice.

## New Practice Nurse

We welcome Wayne Bronze to the Practice Team. Wayne will be taking over as Practice Nurse in July. Wayne has worked with the Community Nursing Team for the last 6 years and is already known to many of our patients from treating them in their home and at local clinics. We have recently been supported by Practice Nurse Hilda who will continue to help with our immunisations and cervical smear tests.

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## **MMR catch-up vaccination**

Following an outbreak of measles in Wales a national catch-up campaign has been launched for all unvaccinated schoolchildren aged from 10 to 16 years.

If your child has not had the MMR vaccination or you are uncertain as to their MMR status please contact us to arrange an appointment with our Practice Nurse.

## **Whooping Cough vaccination in Pregnancy**

Whooping cough (pertussis) is a serious bacterial infection that causes long bouts of coughing and choking, and lasts for around 2-3 months. Babies do not receive their first vaccination until they are two months so vaccinating the mother between 28 – 38 weeks of her pregnancy allows the baby to receive the anti-bodies produced by mother through the placenta.

## **NHS Health Checks**

We are already offering NHS health checks to patients aged 40 – 74 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. We will also be offering a senior health check to eligible patients aged 75 – 84 years. 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.

## **Shingles Vaccination**

A new shingles immunisation programme will be introduced in September for patients 70 years and upwards. It is expected that the initial catch up programme will focus on a specific age group first and we will invite these patients for vaccination along with their influenza vaccination.

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](mailto:theisland.surgery@nhs.net)

## **111 – when its less urgent than 999**

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The 111 telephone number, now introduced in South Essex, replaces NHS Direct as well as being the new contact number for the out-of-hours medical services. The 111 service is available 24 hours a day, 7 days a week to offer general medical advice (as was previously offered by NHS Direct) 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 Walk-in Centre which is open 8am-8pm 365 days a year

### **Walk-in Service**

**St Luke's Health Centre**  
Pantile Avenue, Southend,  
Essex SS2 4BD

**Tel: 01702 611505**

St Luke's Health Centre has a Walk-in service available to both registered and unregistered patients, for the treatment of minor injuries and illnesses. No appointment necessary.