



**Budleigh Salterton Medical Centre**

# **Patient Group**

## **NEWSLETTER: WINTER 2015/16 – ISSUE 44**

**OPENING HOURS:** Monday to Friday, 8.30am to 6.00pm, Tel: 01395 441212

**OUT OF HOURS:** Dial **999** for life-threatening problems and Dial **111** for non-urgent advice

**WEBSITE:** [www.budleighsaltertonmedicalcentre.co.uk](http://www.budleighsaltertonmedicalcentre.co.uk)

**IN THIS ISSUE: Chairman's News - Have You Had Your Flu Vaccination? – Be Prepared! Winter is Coming! – Are You Eligible to Have the Flu Vaccination? - SystmOnline – Medicine Wastage in Devon – Staff News – Budleigh Salterton Memory Café – Christmas and New Year Diary Dates**

### **CHAIRMAN'S NEWS**

By 2025, around 30 per cent of the Devon population will be aged 65 and over. However, although we are living longer, these years are not always spent in good health. It is estimated that men will face around 8 years of ill health, and a further 7 years with a disability, towards the end of their lives. On average women will have 9 years both of ill health and living with a disability. It is commonly thought that physical decline is an inevitable part of growing older, but this is not necessarily the case.

Changes in the way we live in mid-life can bring real benefits, delaying or even preventing dementia, disability and frailty in later life. Evidence suggests that many people can prevent these outcomes by making simple changes in life -- stopping smoking, cutting alcohol, being more active and losing weight. Even small but regular changes - such as climbing the stairs instead of using an escalator - can have significant effects.

So, it's important for individuals to take control of changing some of these behaviours, but it's also important that local and national government and health services do their bit to make it as easy as possible for people to make these choices.

Wishing everyone a Happy and Healthy Christmas.

Mark McGlade  
Chairman, Budleigh Salterton PPG

### **Patient Group Committee:**

Mark McGlade  
(Chair)  
Lesley Roden  
(Vice Chair)

James Birtwistle  
Peter Freaan  
Robert Harland  
Chris Kitson  
Ivor Meredith  
Michael Rice  
Maureen Tregurtha  
Richard Waller  
Veronica White

Trudy Carter  
Richard Mejzner

Deborah Mitchell  
(Secretary)

### **Contact us:**

- By post to the Medical Centre  
1, The Lawn, B.S.  
EX9 6LS
- Patient Group post-box in the Medical Centre

### **HAVE YOU HAD YOUR FLU VACCINATION?**

Flu vaccinations are available free on the NHS to everyone aged 65 and over. If you are under 65 and in a clinical risk group (ie asthma, CHD, diabetes) you are also eligible for a free flu vaccination.

If you have missed the Annual Flu Clinics then please phone the surgery on 01395 441212 after 10.00 am to make an appointment.



## BE PREPARED! WINTER IS COMING!

As Autumn draws to a close there are some basic things people can do to ease their lives in the event of period of severe Winter weather making it difficult or even impossible to venture out:

- Buy in some extra tinned or dried food which can be heated up if you are unable to leave the house for a few days
- If you have a freezer, stock it up a bit more than usual
- Make sure you are have a torch (and batteries) in a handy place
- If you use solid fuel, make sure you have enough to last through a period of severe weather when deliveries cannot be made
- If you take regular medicine check you have a sufficient supply to tide you over in case you are unable to get to the doctor or a chemist due to the weather
- Buy one or two bags of table salt – these are cheap and a sprinkling of salt on the front step or path will get rid of any snow or ice
- Ensure any spare blankets are aired and ready for use
- If you are **over 65** book an appointment at the surgery to have your annual **free flu vaccination**



## ARE YOU ELIGIBLE TO HAVE THE SHINGLES VACCINATION?

NHS England have advised that from September 1<sup>st</sup> 2015, the shingles vaccine will be offered routinely to people aged **70** who were born between **02.09.1944** and **01.09.1945** and additionally to those aged **78** who were born between **02.09.1936** and **01.09.1937**.

If you are eligible for a shingles vaccination you will have received an invitation from the surgery.



**systemonline**  
BOOK REQUEST REGISTER

### Manage your healthcare provision on line and sign up to SystemOnline today!

SystemOnline provides interaction with our practice using the internet at your convenience, even when we are closed. This facility will enable you to book and cancel appointments, order repeat prescriptions, and view your Summary Care Record (SCR) using a computer, tablet or smartphone rather than having to phone or visit the practice.

If you are interested in this service please visit the practice and see the receptionist on duty who will be happy to print off the information required in order to create your username and password. Please note, as this enables you to view your medical records, you will need to provide proof of ID for the receptionist prior to receiving this information.

## MEDICINE WASTAGE IN DEVON

A report by the Department of Health estimates that unused medicines cost the NHS around £300 million every year, with an estimated £110 million worth of medicine returned to pharmacies, £90 million worth of unused prescriptions stored in homes and £50 million worth of medicines disposed of by Care Homes.

**In Devon each year as much as £5.5 million is wasted on unused medicines! This same amount could pay for:**

- 730 heart bypass operations
- 1000 hip replacements
- 2235 knee replacements
- 1070 cataract operations



**YOU** can help use this NHS money in Devon more wisely

**CHECK** your supplies - only order the items you need – if you don't need it then don't order – you can still request it in the future

**DISCUSS** your medications with your GP or pharmacist on a regular basis

**LISTEN** to the advice of your doctor, nurse or pharmacist and take the medicines as instructed on the label

**TELL** your doctor, nurse or pharmacist if your medicines are not agreeing with you or that you have stopped taking them

**TICK** only the medicines you need and remember 'tick in haste-medicines waste'

**OPEN** your bag of medicines at the pharmacy and if there are items you have not requested or surplus please return these before leaving – once the medicines have left the pharmacy they cannot be recycled and must be destroyed

**DON'T** stockpile medication as it is a safety risk for children and others who may take them

**REMEMBER** your medications are prescribed for you – it is not safe to share them with anyone else

## MEDICINE WASTAGE IN BUDLEIGH SALTERTON

One of our local pharmacies receives so many returned medications that it has a room to store them in until they can be destroyed! Below are some of the returned medications this month.



## PLEASE WELCOME DR BRIAN TAYLOR

“Firstly, thank you for welcoming me into the practice at Budleigh.

I have had a chance to meet a fair number of patients through the course of the last year as part of my registrar training prior to joining the practice in October and so I feel quite at home already. I have received some lovely comments already and have enjoyed taking up my post, sharing the week with Dr Meznar.

I am local to East Devon having grown up in Ottery St Mary and then spent 8 years in the midlands completing my training in human physiology and pharmacology before going on to study postgraduate medicine at Warwick Medical school where I graduated in 2010. Since then I have trained in both Torbay and Wonford hospitals having attachments in most specialties both surgical and medical including cardiology, respiratory and stroke medicine as well as 6 months in Accident and Emergency training. I have also worked in paediatrics and psychiatry..

I am married with 3 young children and when not at work I get stuck into house renovations as well as training for an endurance bike event in London next year when I will be cycling 100 miles for charity. Perhaps you will see me in the hills doing my training!

Best wishes, Dr Brian Taylor”

## BUDLEIGH SALTERTON MEDICAL CENTRE'S MEMORY CAFÉ

**Are you worried about your memory? Do you care for someone with memory problems?**  
Come and meet new people and play games and quizzes in a relaxed and friendly atmosphere.

**Time:** 10.30am – 12.30pm (every other Friday) - **Venue:** Budleigh Salterton Football Club  
**Budleigh Salterton Football Club, Greenway Lane, Budleigh Salterton** (Free Parking)

**Fridays: Party by Invite 11<sup>th</sup> Dec 2015; 8<sup>th</sup> & 22<sup>nd</sup> Jan 2016; 12<sup>th</sup> and 26<sup>th</sup> Feb 2016;**

For all enquiries please phone Sophie or Diane on 01395 441212

## CHRISTMAS 2015 AND NEW YEAR 2016

We would like to invite all our patients to an open evening on Friday 4<sup>th</sup> December 2015  
6.00pm – 8.00pm at the practice for warm mulled wine and delicious mince pies and nibbles

Budleigh Salterton Medical Centre will be closed on:  
Christmas Day Friday 25<sup>th</sup> December 2015 and Post Boxing Day Monday 28<sup>th</sup> December 2015  
New Year's Day Friday 1<sup>st</sup> January 2016

On all other days our opening hours of 8.30am to 6.00pm, Monday to Friday, will remain the same  
We take this opportunity to wish all our patients a very Merry Christmas and a Healthy New Year

