



Worden Medical Practice Newsletter

Dear Patient

Welcome to the Worden Medical Centre Winter/Spring 2015 newsletter. Thank you for taking the time to read this and we would welcome any feedback you may wish to give.

As we approach the even busier winter months, from early October until the end of March, we are doing some surgeries on Saturdays and Sundays, and some Tuesday/Wednesday evening to ease winter pressures. These include appointments which are bookable in advance.

Since our last newsletter we have a new member of staff join our team Jayne Swarbrick who is our Nurse Manager. We welcome Jayne and trust she enjoys working with us at Worden.



We are now coming to the end of our FLU Campaign and have done over 3,000 influenza vaccinations. If you have not yet had your flu vaccination and are over 65 years or have a Chronic Disease and have had one previously please contact Reception for an appointment.

Our reception team are very dedicated and hardworking and have a lot of work to cover during their working day. Any tasks carried out by them are filtered down from our Doctor's so please remember when speaking to them that they are only carrying out the Doctors instructions. Without our hardworking team of Receptionists we could not manage to provide the services we offer.

At the time of writing, we are now doing electronic prescribing, which means that, for appropriate prescriptions, there will be a paperless system, where you can nominate a pharmacy to receive your prescriptions electronically from the Surgery. If you would like to sign up for this service you can do so either at Reception or at your nominated chemist

At the Doctor's request we are no longer doing 4.30pm same day prescriptions other than in very extreme circumstances. Please remember when ordering your prescription they take 2 working days and always remember to check your medication and order in good time. Our Prescription line is now open 9-12pm Monday to Friday for all patients who are wanting to order their prescription over the phone or have a prescription query, you can also order via the Chemist or put your prescription request in the box provided in Reception.

Don't forget if you were aged 70, 78 or 79 on the 1st September 2014 you would be entitled to a Shingles vaccination. Please ask at Reception for an appointment or further information about this.



Our telephone system has now changed and when ringing the Menu Option has also changed. To ensure you are put through to the right department please listen carefully to the option choices when calling.

The Patient Opinion Survey is now being carried out. This is completely confidential and anonymous. We are interested in your views and will look more closely into any specific issues that arise from the questionnaire. If you are interested in completing a form please ask at Reception or complete online via our website. The survey finishes on the 27th February 2015

For further information or any updates why not visit our website at www.wordenmc.net

Dementia Awareness

We are running a Dementia Awareness Campaign at present and there is a notice board in reception for your perusal with lots of helpful information. Including the risk factors, evidence shows that taking action to adopt a healthier lifestyle can help to reduce your risk of developing dementia, as well as other vascular conditions.

Some of the risk factors include:-

1. Not having enough physical Activity
2. Drinking too much alcohol
3. Poor Diet
4. Smoking
5. Obesity

We are offering free NHS Health Checks helping to prevent heart disease, stroke, diabetes, kidney disease and dementia. If you have any concerns with regards to any of the above please make an appointment with your GP to discuss the matters further.