

# Newsletter

## Spring Term 2018

### STAFF UPDATE

Dr Emily Terrell has now joined us as a part time Salaried GP.

Next term, Mental Health Nurse Helen Underwood, will be joining the team to support the Doctors in helping to monitor and manage patients' mental health condition.

### EMIS WEB TO SYSTM ONE

We will be changing our computer system from EMIS to SystmOne on the 27th March 2018 however the training process will start from the beginning of term.

Please bear with the team as we get used to the new computer system!

### PLANNING TO TRAVEL THIS YEAR?

Please ensure you book at least 8 weeks before you plan to travel to ensure you receive your full course of treatment.

We can not guarantee availability for any last minute travel appointments.

Please note, only fully registered patients will be able to have travel vaccinations at The Medical Centre and we will need your vaccination history if we have not already received these from your previous GP surgery.

### MISSED APPOINTMENTS

**October 2017—241**

**November 2017—236**

**December 2017 —150**

Please make sure you cancel appointments if no longer required.

These can then be made available to another patient and prevent wasted clinical time.

### VACCINATIONS

#### Flu / Meningitis ACWY

If you are eligible for a flu or meningitis ACWY vaccination, please arrange an appointment.

NB. The flu campaign will finish on 31st March 2018.

#### Measles Outbreak in England

As advised by NHS England, If you have not received two doses of the MMR vaccines, please arrange an appointment as soon as possible with one of our nurses. For more info, click [HERE](#).

## FACEBOOK

For latest updates on our services and advice on general health information, please follow our Facebook page. You can also use the direct messaging service for general queries that do not require an immediate and/or medical response.

## EXAM PERIODS

If you are unable to attend your exam or have to leave during an exam due to a medical condition, please telephone the Medical Centre for advice on whether an appointment with a clinician is required.

## MITIGATING CIRCUMSTANCES

For more information about the areas the Medical Centre can support you with your mitigating circumstances claim, please visit the Medical Centre or University website.

If you do require supporting evidence from the Medical Centre, please complete a support claim form available at the Medical Centre or on our website.

Your claim will be reviewed and where appropriate, your supporting evidence will usually be made available to you after 2 working days.

## MEDICALS

To process a medical form, please contact us on Tues, Weds or Fri morning and arrange to speak to Marian.

NB. This is a private service and only available to fully registered patients.

## SUFFERING FROM STRESS, ANXIETY OR DEPRESSION?

Being away from home, studying for exams, making new friends, etc. can all become quite overwhelming.

If you think you may be suffering from a mental health condition, please don't be afraid to ask for help. There are a number of resources available to help you self manage your condition...

[NHS.uk and Mental Health](https://www.nhs.uk/mental-health)

Or, if you feel your condition is worsening, please call us as soon as possible to book an appointment with your GP who can provide you with further guidance and support.

## CLOSURE DATES

The Medical Centre will be closed on the following dates due to training but please note these may be subject to change:

Wednesday 10th January @ 12.00pm-1.30pm

Monday 15th January @ 12.30pm-1.30pm

Thursday 18th January @ 1pm-6.30pm

Wednesday 7th March @ 12.30pm-2pm

**Medical support will still be available during these periods.**

Call 01509 222061 and listen to the whole answerphone message for information on who to contact for your query.