

The Swineshead Medical Group

**Surgery News Summer 2018**

**Fairfax House Patient Forum**

Would you like a say in how we run the GP practice? Swineshead Medical Group has a patient forum which meets on a Wednesday every six weeks. The meeting dates are listed below.

The aim of the group is to provide useful feedback from a patient perspective so the GP’s can deliver services that meets the needs of the local patient population. It is sometimes the simple, easy to achieve things that make all the difference.

If you would like more information please contact the practice and ask to speak to David Harding, Practice Manager.

Meeting dates:

27th June 2018

8th August 2018

19th September 2018

31st October 2018

12th December 2018

23rd January 2019

6th March 2019

**A Plea for Help**

During the bad weather the practices experienced difficulties delivering patient medication and on occasion’s key members of staff were unable to get to work. It was suggested that we ask local volunteer’s with 4x4 cars to help us. If you have a 4X4 and would be willing to help in an emergency could you please contact the practice and ask to speak to David Harding, Practice Manager.

**Dental Problems**

Please note GPs are not trained to be Dentists! GPs cannot prescribe for dental problems nor offer advice. A refusal often offends, so please do not ask! If you are not registered with a local dentist you should ring 111 for advice.

**HGV and Driving Medicals**

These are no longer carried out by the GPs at the practice.

These are now undertaken by Lincolnshire Fit4Work who offer occupational medicals and advice. The service is affordable and tailored to your specific needs. LF4W provide medicals for professional drivers of HGV, LGV, PCV and forklift trucks at Fairfax House twice a month as well as at other sites across Lincolnshire. You can book online or by telephone.

Telephone: 07949 057083 Email: [info@LF4W.co.uk](mailto:info@LF4W.co.uk) www.LF4W.co.uk

**Summer Sun**

Hopefully we will have some lovely hot weather this year. Please remember that in the warmer weather you need take care to protect yourself and your children from the harmful effects of the sun. Use lightweight, light coloured clothing and a sun hat, stay away from the strong midday sun and remember to use sunscreen with a protection factor (SPF) of at least 15.

Babies under 1 year of age should stay out of the sun.

Also please make sure that you and your family are drinking plenty of water during hot spells.

**Hay Fever**

It’s that time of year again when you can be affected by hay fever. This is caused by an allergy to pollen that causes runny, itchy or blocked nose, sneezing and itchy eyes. People who suffer with asthma often find their symptoms are worse during the hay fever season. Symptoms can be helped by reducing exposure to pollen, especially when the pollen count is high. Wear sunglasses if you go out, avoid cutting the grass, shower and wash your hair when you have been outside, keep the car windows closed and bring in the washing before the evening when pollen falls as the air cools.

Effective antihistamine tablets or nasal sprays are available to buy from any pharmacy.

**Training Practice**

Swineshead Medical Group is an accredited training practice. We host qualified doctors who are undertaking their GP training. Dr Whitfield and Dr Alam are the current GP Trainers.

Dr Asmath Shaikh will start with us this July and will remain with the practice until August 2019 in order to complete his third year of GP training.

We also continue to host Foundation Year 2 doctors under Dr Kelly’s supervision. These doctors change every 4 months.

Please welcome these doctors to the practice as they are the future of the NHS and hopefully we can show them what a wonderful place Lincolnshire is to live and work. Please be nice to them and help us to give them a good experience so they want to stay!

**Staff Training**

The practice has essential staff training usually on the 3rd Thursday of each month in the afternoon. The dates of the next training sessions are:

24th May 2018

21st June 2018

19th July 2018

16th August 2018

20th September 2018

18th October 2018

15th November 2018

On occasions all staff must attend mandatory training, at these times there will be reduced routine services. However, during training afternoons, a GP and practice staff will always be on duty to deal with urgent telephone enquiries or emergencies.

**Friends and Family Test**

Please fill in a response form at reception or go online at www.iwantgreatcare.org to give us your feedback. You don’t have to give any personal details.

We have to submit a monthly report to NHS England so your contributions are much appreciated.