

## Saturday Morning Clinics

In response to requests from our patients who work; we hold a clinic on a Saturday morning. Appointments for these clinics are pre-bookable only.

Saturday 1st June	Saturday 15th June
Saturday 29th June	Saturday 13th July
Saturday 27th July	Saturday 10th Aug
Saturday 31st Aug	Saturday 14th Sept
Saturday 28th Sept	

## Patient Participation Group

The Patient Participation Group met recently to discuss issues faced by patients and the practice. The minutes of the meeting are available on the Haddenham Medical Centre webpage. Another meeting is planned for the Summer to be held in the evening to enable a wider audience to participate. We have managed to incorporate some suggestions made at the meeting; there are now two receptionists at the front desk in the morning; plus we now have our new Practice Manager. Our new mobile alert system will assist in communicating with our patients, reminding of booked appointments which should reduce the number of Did not attend appointments. The next meeting is due to be held in June, date to be confirmed. It has been proposed that the Patient Participation Group is chaired by a member of the group; if you are interested in undertaking this role please contact Ellen Solley Practice Manager.

## Training Afternoons

The Medical Centre will be closed on the following afternoons for essential training

19 June  
5 September  
21 November

17 July  
9 October

## DNA's

In the period 1 Feb - 30 Apr 13 we had 81 "Did Not Attends" (DNA's). This equates to approximately 13.5 hours 'free' GP and nurse appointments, which could have been used by other patients.

If you are unable to attend an appointment, can you please inform the surgery in plenty of time or as soon as possible in order that we can cancel the appointment and make it available to someone else.

**Thank you.**

## New Blood

**Our new phlebotomist** Joanne Williams joined us in March. Phlebotomists are specialised health care assistants who collect blood from patients for examination in laboratories, the results of which provide valuable information to diagnosing illness. Joanne has used her skills and experience to extract blood from even the most obstinate veins.

Joanne was a District Nurse and more recently worked at the Chiltern Hospital Surgical Ward. Joanne lives locally and is an ardent supporter of Wycombe Wanderers, spending Saturdays with her father following the team.

### Practice Manager

The new Practice Manager Ellen Solley joins us after serving 21 years in the Royal Air Force; she is responsible for the administration, organisation and management of the Practice. She also has responsibility for the financial management of the practice, as well as ensuring the wellbeing of patients, doctors and staff. Ellen lives locally with her partner and aged cat; her spare time is taken up by trying to cultivate the garden.

# Haddenham Health News



MAY 2013

## MMR UPDATE

In response to the recent outbreaks of Measles a national catch-up programme to increase MMR vaccination uptake in children and teenagers has been launched. The aim is to prevent measles outbreaks by vaccinating as many unvaccinated and partially vaccinated 10-16 year old as possible in time for the next school year. The parents of all children within the Haddenham Medical Centre area will receive a letter advising them if their child has not been fully vaccinated. An MMR only clinic will be run on Wed 29 May with Nurse Jenny Pullen, this date is during half term plus two Saturday clinics on 1st and 15 Jun 13. Appointments on alternate dates are also available. Please book via reception.

## DO YOU HAVE A MOBILE PHONE?

The new medical records system at Haddenham Medical Centre allows us to use newer technologies to communicate with our patients. Within our new system MJog is a fully automated free text messaging service designed to send reminders about patient appointments and other healthcare messages.

The system is designed to help our patients by reducing missed appointments and allowing cancelled appointments to be re-allocated to maximize the use of our appointments.

You do not have to use the system, but if you do we will need an up-to-date mobile phone number from you. If you have not provided us with your mobile phone number already, or your number has changed, please contact the surgery to ensure that we have your current number in your records.

Children 12 years and older may use their own mobile phone number. Parents or guardians can provide their own details on behalf of children 12 years old and under.

When the system is ready, a test message will be sent to all potential users of the system to alert them to this. We realize that not all patients will want to use this system and they will be able to opt out of this system at this time by texting back or contacting the surgery.

This facility will be an addition to the current telephone and online services currently available.

## ONLINE ACCESS

The new site enables you to request repeat prescriptions, book appointments and change your contact details on-line.

Our new online system allows access to your contact details, your appointments and your prescriptions - and in the future may allow access to your test results and possibly even your medical record. In view of this greater access and to protect your data we will ask you to provide photo identification when you collect your log-in details.

### DOCTORS IN THE PRACTICE

Dr Mark Howcutt  
Dr Kaiser Munir  
Dr Nicola Wells  
Dr Karen West  
Dr Kaye Smith  
Dr Mark Olavesen

### PRACTICE MANAGER

Ellen Solley

### RECEPTION MANAGER

Judy Akerman

### MEDICAL CENTRE

#### OPENING HOURS

Mon - Fri 8am - 6 pm  
Closed 12.30 - 1.30pm

### MEDICAL CENTRE

Tel : 01844 293 300  
Fax : 01844 293 301

### HEALTH NEWS

Is a means of communication between the Medical Centre staff and patients. If you have an article to contribute please send to:

### HEALTH NEWS

c/o The Medical Centre,  
Stanbridge Road,  
Haddenham,  
Bucks HP17 8JX

Or hand it in at reception marked "Health News"

## Dr. Sadler's Retirement

Well, I've finally retired. Over the last few years or more I have been part-time and preparing myself for retirement but before that for many years medicine and my family had been my life, probably in that order.

It has been a massive privilege to be your GP for over 37yrs. To those of you who I have let down or failed let me sincerely apologize. To those of you who feel grateful for my help, thank you but I am sure I did no more than any reasonably competent, caring GP would have done.

When I came to Haddenham I joined Dr Handfield-Jones, a very fine GP & a pioneer in General Practice training at a time when General Practice had just being recognized as a specialty in it's own right and the Oxford region was leading the way with it's ideas and innovation. Being involved in GP training gave me huge pleasure and motivation. One of my guiding principles was formed at that time, firstly that if a patient wants to be seen then by definition they need to be seen & that we should strive to provide the service that the patient wants.

Thus when the late John Landon set up the Haddenham Patient Participation Group in 1985 I gave my full support. It was active for 16yrs and was hugely successful, perhaps the best such group in the country. My role was supportive but I am immensely proud to have been associated with it.

Over my 37years there have been massive advances in medical care, joint replacements, cataract surgery, the management of ischemic heart disease, cancer and emergency care to name just a few. The role of the GP has changed, maybe diminished as superbly trained paramedics provide your emergency care, Macmillan nurses your cancer care, and community nurse specialists may be involved in your chronic disease care.

I feel ready to retire as perhaps it is becoming more difficult to keep fully up to date. I have also had to say goodbye to some special colleagues amongst the dedicated admin staff, receptionists and exceptional practice nurses at the Medical centre. I shall hugely miss living & working as a GP in Haddenham.

All the doctors and staff at Haddenham Medical Centre wish Dr. Sadler a long and happy retirement.



## Haddenham Medical Centre Ladies Team ~ Race For Life

On Sunday 19 May a team of Ladies from Haddenham Medical Centre will be taking part in the Race for Life event at Waddesdon Manor with the aim of raising money to fight cancer. The Ladies taking part are Dr Karen West, Practice Nurse Jo Green and her daughter Carolyn, Sarah and Freya Howcutt and Practice Manager Ellen Solley.

There is a fundraising page via the Race for Life website  
<http://raceforlife.cancerresearchuk.org/fundraise/Sponsor-a-friend/index.html>  
the team are under Ellen Solley and will show as Haddenham Med Centre page.

## 'REMEMBER'

## SUN, SNEEZE AND WHEEZE

by Rachel Lester Haddenham Medical Centre Receptionist.



The seeds of summer are blooming lets hope it's not a tease,  
Also the time of year to beware the Sun the Sneeze and the Wheeze!  
Don't turn into a lobster or shades of a strawberry ice cream cone,  
Remember keep safe – put on the sun screen and keep a safe skin tone.

If you are prone to hayfever, runny nose and itchy eyes – don't forget the anti-histamine,  
No need to go out in disguise,  
Your friendly pharmacy can help you out,  
With nasal sprays and drops for the eyes.

Remember hot weather may affect your asthma,  
Risk of thunderstorms and allergens in the air,  
Make sure you have your inhaler,  
Remember to take preventative care!

Most important thing this Summer,  
Enjoy yourself and maintain good health,  
No need to be sneezy, wheezy or sore,  
Remember after all – prevention is better than cure.



### Tips to keep safe in the sun

- Choose a sun protector with a High Factor SPF with UVA protection
- Reapply your sun protection regularly
- Don't get caught out – protect whatever the weather
- Stay in the shade during the hottest part of the day between 11.00 am and 3.00 pm
- Apply sun cream with at least 4 UVA stars to get good protection.

### Which Factor?

The SPF depends on your skin type, most of us can manage with an SPF 15 although it does not make much of a difference if you go for the higher factor numbers. Exceptions are children plus adults who tend to get eczema, in these case an SPF 25 or higher is recommended.

It is a good idea to use a stick applicator with a higher SPF for particularly exposed areas of the body such as the shoulders, nose, lips and ear lobes.