Welcome to our latest Newsletter and Information Bulletin, we are pleased to update you about the practice and give you some useful information.

At Shanklin Medical Centre the doctors and nurses take pride in offering the highest standard of patient-centred healthcare. We run many clinics for chronic disease care and offer a wide variety of other medical services such as antenatal and postnatal care, minor surgery, childhood vaccinations and well-person check-ups.

Shanklin Medical Centre has easy access for disabled patients with automatic doors, a non-slip entrance, lift and lavatory facilities. Please have a look around and do send us some feedback if you like.

Patient Representative Group (PRG)
The PRG was formed in August 2011. The final participants came out of an open meeting held at the surgery that was attended by over 40 patients.

The current members are:
Ian Davidson, Patricia Dearling, Angela Fareham, Paul Fareham, John Gilland, Rosemary Gilland, Anna Hardy, John Hilsun, Mary Malin, Michael O’Malley, Robert Pollock, Hilary Wright

The group is chaired by Jason McLean (Practice Manager) with attendance from other members of the Shanklin Medical Centre team as required.

To date there have been three meetings, with the aim of achieving the following objectives:

- Agree with the PRG which issues are a priority and include these in a local practice survey.
- Provide PRG with opportunity to comment and discuss findings of local practice survey. Reach agreement with PRG on changes in provision and manner of delivery of services.
- Publish survey report on the practice website.
- Agree with the PRG an action plan setting out the priorities and proposals arising out of the local practice survey.
- Seek PRG agreement to implement changes and where necessary inform the PCT

We are pleased to announce that the above objectives have been met and the PRG are delighted to share the results of our survey with you in this newsletter.

If you have any comments or suggestions you would like the PRG to review, please inform the Practice Manager, who will then circulate them to the members.

We will be installing a suggestions box on the main lobby in due course, or you can email them to secretary@gp-j84010.nhs.uk

Make use of our free Healthcare Monitor - your height, weight, BMI & blood pressure readings at the push of a button.
Ask at reception for details.

Shanklin Medical Centre
Carter Road, Shanklin
Isle of Wight, PO37 7HR
Appointments: 862000
Enquiries: 862245
Fax: 861607

Doctors:
Dr John Rivers
MB B London 1982 BSc DCH DRCOG FRCGP
Dr Rajiv Ghurye
MB BS India 1975 MD MRCP
Dr Simon Giles
MB BS London 1994 MRCPGP DRCOG DFFP
Dr Hein Ferreira
MB Ch.B South Africa 1970 DFFP Loc IUT
Dr Suma Sreeshyla
MB BS 1989, MRCPGP DRCOG DFFP, Dip Med Ed
Dr Cabrini Salter
MB BS 1994 (London), JCTGP, MRCPGP DRCOG.

Online Services (www.shanklinmedicalcentre.nhs.uk)
- Order your repeat prescription securely online
- Patient survey
- Cancel your appointment
- Request a phone consultation with a nurse or doctor
- Change your name, address or telephone number
- Help us keep your clinical records up to date
- Book a non urgent appointment

01983 862245 - Home Visits, General Enquires & Results
01983 862000 - Appointments and Results

Newsletter
ISSUE One
June 2012
PRACTICE CLINICS & SERVICES
We try to offer a range of services, which are of most value to the majority of our clients. If there are services that you would like to see introduced or have any suggestions as to how you think we might improve upon existing services then tell your doctor or the Manager.

NEW PATIENT CLINICS
When registering with the Practice all patients will be offered a routine health check. This is a valuable opportunity to discuss health needs and for your past medical history to be reviewed. We are required to record ethnic origin.

HEALTH SCREENING
Health screening is available by appointment with the practice nurses in our screening clinics. The practice nursing team will check your blood pressure, cholesterol and urine and give diet, exercise and smoking advice.

NON NHS EXAMINATIONS & CERTIFICATES
The Doctors are able to complete private medical insurance claim forms and private certificates and to carry out medical examinations for insurance, driving, employment and sport. These do not form part of their NHS work and therefore a fee is payable. Please ask at Reception for details.

WOMEN’S HEALTH CLINICS
These are run by specially trained and qualified Nurses and a full range of services is available for contraception advice, cervical smears and other routine health checks. We feel it is important for all women between the ages of 25 and 64 to have regular cervical smears. Those who require urgent advice about emergency contraception should contact either the Practice Nurse or the Doctor. Separate Clinics are run for HRT and continuity advice.

ROUTINE IMMUNISATION
These are done by appointment with the Practice Nurse.

MINOR SURGERY AND CRYOSURGERY
The Doctor can carry out certain minor operations and this will often avoid the need for a hospital attendance. Please make an appointment to see your Doctor in the first instance.

Test Results:
- Available 7 to 10 working days after test
- Telephone 862245 or 862000 after 11.30
- Email secretary@gp-j84010.nhs.uk
- Results will only be given to the patient

Did you know:
- You can book telephone consultations with a GP
- You can order medication via our website
- You can pre-book GP/Nurse appointments
- 6 months in advance
- You can telephone / email for test results

Useful Contacts

Arthur Webster Clinic
862589
District Nurse
409220
Health Visitor
868062
NHS Direct
0845 4647

Out of Hours Service (IDOC)
111
Emergency Dental Care
( Island Health Line)
0845 6021 007
Police
528000
Samaritans
521234
Social Services
( and for Orange badges)
408448
St Mary’s Hospital
524081
Cruse Bereavement Care
0870 167 1677
IOW Cruse Bereavement
Care
523030
IOW Refuge
825981
Women’s Aid Domestic
Violence Helpline 0345 023 468
Refuse 24 hour Crisis Line
0990 995 443
Men’s Advice Line
0181 644 9914
Victim Support
0845 303 0900

01983 862245 - Home Visits, General Enquires & Results ~ 01983 862000 - Appointments and Results
**Do Something Amazing...**

96% of us rely on the other 4% to give blood. Please don’t leave it to someone else.

If you’re generally healthy and aged between 17 or over, do something amazing... Give blood

Visit www.blood.co.uk and check your local centre for dates and times or Tel: 0300 123 2323

Local Centres: Lake Lions Day Centre, Ventnor Reew Valley Sports Centre, Ventnor Cricket Club, & Sandown Rugby Club.

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**Organ Donation**

Almost anyone from birth and beyond can be an organ donor, and most medical conditions don’t rule you out to become a donor. A medical evaluation at the time of death will determine what organs and/or tissues can be donated.

Ten thousand people of all ages in the UK need an organ transplant but unfortunately, only 3000 people a year receive one. Sadly, one thousand (three a day) die waiting. Most organs are donated after death. If you are on the NHS Organ Donor Register, it makes it easier for medical staff to find out your wishes and discuss them with your relatives.

Registering to become a donor is a personal decision. You can join at any age, but until you are 18 (16 in Scotland), your parents would need to agree to your wishes being carried out in the event of your death, so it’s really important to discuss it with them.

It is also possible to donate a kidney during life. Donors are often close relatives of the patient and their blood group and tissue type (known as the Human Leukocyte Antigen or HLA) has to be compatible.

Please be reassured that your commitment to donation will not interfere with your medical care. Donation is only an option after all life-saving efforts have been made and death has been declared.

There is no financial cost to the donor or donor’s family for donation.

You can join the NHS Organ Donor Register by:

- Filling in a form online – www.organdonation.nhs.uk
- Calling the NHS Donor Line on 0300 123 23 23 (Lines are open 24 hours a day all year round. Calls are charged at your contracted rate for local calls)
- By texting SAVE to 84118
- Filling in a form online – www.organdonation.nhs.uk

For any illness lasting seven days or less. Your employer may however require you to complete a self-certification form (SC2) which is available from your employer or at our reception or on the HMRC website.

For any illness lasting longer than seven days you will need to see the doctor for him/her to issue a sickness certificate (FitNote) and for any subsequent renewal of the certificate. If your employer insists on a sickness certificate for 7 days or less a charge will be levied.

**Travel Vaccinations**

If you require any vaccinations relating to foreign travel you need to make an appointment with the practice nurse to discuss your travel arrangements. This will include which countries and areas within countries that you are visiting to determine what vaccinations are required. (Information about countries and vaccinations required can be found on our Website with links.) It is important to make the initial appointment as early as possible - at least 6 weeks before you travel - as a second appointment will be required with the practice nurse to actually receive the vaccinations. These vaccines have to be ordered as they are not a stock vaccine. Your second appointment needs to be at least 2 weeks before you travel to allow the vaccines to work.

**Sickness Certificates**

You do not require a doctor’s sickness certificate for any illness lasting seven days or less. Your employer may however require you to complete a self-certification form (SC2) which is available from your employer or at our reception or on the HMRC website.

For any illness lasting longer than seven days you will need to see the doctor for him/her to issue a sickness certificate (FITnote) and for any subsequent renewal of the certificate. If your employer insists on a sickness certificate for 7 days or less a charge will be levied.

**Telephone Appointments**

Your Doctor may be able to give you advice over the telephone. Phone 862000 and the Receptionist will take a note of your contact number and your Doctor will call you back.

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**Repeat Prescriptions**

Please tick the items required on the computer tear off slip and return it to the Surgery for a prescription to be issued.

You can also order your repeat prescriptions via our website.

Please ensure you make requests for prescriptions a few days before your medication runs out.

Any requests for additional items, which are not on repeat, have to be authorised by the doctor.

These prescriptions may take two working days to be issued or may not be available without an appointment.

In order to eliminate mistakes prescriptions may not be requested over the telephone but can be made via fax or email.

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**S.M.C. Life Tips:**

**BLOOD IN YOUR POO** - If you've had blood in your poo or loose poo for 3 weeks, your doctor wants to know. Chances are it's something to worry about, but these symptoms could be signs of bowel cancer, so tell your doctor. Finding bowel cancer early makes it more treatable and could save your life.

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**Email:** shanklinmedicalcentre@gp-j84010.nhs.uk ~ **Web Site:** www.shanklinmedicalcentre.nhs.uk

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**Number Plate:**

01983 862245 - Home Visits, General Enquiries & Results ~ 01983 862000 - Appointments and Results
Patient Survey 2011/12
The 2011/12 Patient Survey was devised by the Shanklin Medical Centre PRG. Historic national MORI and local GPAC surveys were reviewed to ensure consistency in questioning, whilst also ensuring the survey was compact enough to ensure maximum response levels.

### Statistics:

#### About you:

<table>
<thead>
<tr>
<th>Who is your registered GP?</th>
<th>ALL GPs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Your age:</td>
<td>18-24</td>
</tr>
<tr>
<td>Under 18</td>
<td>20</td>
</tr>
<tr>
<td>19%</td>
<td>6%</td>
</tr>
<tr>
<td>Current demographics</td>
<td>13%</td>
</tr>
</tbody>
</table>

#### Access

**How satisfied are you with:**

<table>
<thead>
<tr>
<th>Making contact with the surgery by phone:</th>
<th>Very Satisfied</th>
<th>Satisfied</th>
<th>Dissatisfied</th>
<th>Very Dissatisfied</th>
<th>No Experience</th>
</tr>
</thead>
<tbody>
<tr>
<td>255</td>
<td>274</td>
<td>16</td>
<td>4</td>
<td>14</td>
<td></td>
</tr>
<tr>
<td>46%</td>
<td>50%</td>
<td>35%</td>
<td>1%</td>
<td>0%</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Helpfulness of the Receptionists:</th>
<th>372</th>
<th>187</th>
<th>2</th>
<th>2</th>
<th>0</th>
</tr>
</thead>
<tbody>
<tr>
<td>66%</td>
<td>33%</td>
<td>1%</td>
<td>1%</td>
<td>0%</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Ease of access to and around the building:</th>
<th>349</th>
<th>208</th>
<th>4</th>
<th>1</th>
<th>1</th>
</tr>
</thead>
<tbody>
<tr>
<td>62%</td>
<td>37%</td>
<td>1%</td>
<td>0%</td>
<td>0%</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Layout of reception area:</th>
<th>276</th>
<th>269</th>
<th>17</th>
<th>1</th>
<th>0</th>
</tr>
</thead>
<tbody>
<tr>
<td>49%</td>
<td>48%</td>
<td>3%</td>
<td>0%</td>
<td>0%</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Surgery opening hours:</th>
<th>271</th>
<th>274</th>
<th>17</th>
<th>1</th>
<th>0</th>
</tr>
</thead>
<tbody>
<tr>
<td>48%</td>
<td>49%</td>
<td>3%</td>
<td>0%</td>
<td>0%</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Booking routine appointments</th>
<th>250</th>
<th>274</th>
<th>24</th>
<th>3</th>
<th>12</th>
</tr>
</thead>
<tbody>
<tr>
<td>45%</td>
<td>50%</td>
<td>4%</td>
<td>1%</td>
<td>0%</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Booking urgent/emergency appointments</th>
<th>231</th>
<th>237</th>
<th>24</th>
<th>2</th>
<th>69</th>
</tr>
</thead>
<tbody>
<tr>
<td>47%</td>
<td>48%</td>
<td>5%</td>
<td>0%</td>
<td>0%</td>
<td></td>
</tr>
</tbody>
</table>

#### Making appointments

**Do you prefer to see or speak to your own registered GP?**

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
<th>No Preference</th>
</tr>
</thead>
<tbody>
<tr>
<td>332</td>
<td>33</td>
<td>198</td>
</tr>
<tr>
<td>59%</td>
<td>6%</td>
<td>35%</td>
</tr>
</tbody>
</table>

**How often do you see or speak to your registered GP?**

<table>
<thead>
<tr>
<th>Always/Almost always</th>
<th>Most times</th>
<th>Sometimes</th>
<th>Never/hardly</th>
</tr>
</thead>
<tbody>
<tr>
<td>241</td>
<td>164</td>
<td>101</td>
<td>57</td>
</tr>
<tr>
<td>43%</td>
<td>29%</td>
<td>18%</td>
<td>10%</td>
</tr>
</tbody>
</table>

**When making GP appointment how quickly are you offered an available appointment**

<table>
<thead>
<tr>
<th>Same Day</th>
<th>Next Working Day</th>
<th>Within 2 Working Days</th>
<th>Within 3 Working Days</th>
<th>Within 4 Working Days</th>
<th>5+ Working Days</th>
<th>Does Not Apply</th>
</tr>
</thead>
<tbody>
<tr>
<td>Routine with your registered GP</td>
<td>99</td>
<td>133</td>
<td>147</td>
<td>72</td>
<td>37</td>
<td>36</td>
</tr>
<tr>
<td>Routine with any other GP</td>
<td>132</td>
<td>161</td>
<td>83</td>
<td>33</td>
<td>17</td>
<td>6</td>
</tr>
<tr>
<td>Urgent / Emergency with your registered GP</td>
<td>214</td>
<td>92</td>
<td>50</td>
<td>12</td>
<td>4</td>
<td>17</td>
</tr>
<tr>
<td>Urgent / Emergency with any other GP</td>
<td>304</td>
<td>75</td>
<td>7</td>
<td>4</td>
<td>1</td>
<td>0</td>
</tr>
</tbody>
</table>

01983 862245 - Home Visits, General Enquires & Results ~ 01983 862000 - Appointments and Results
### GP Consultations

**How satisfied are you that the:**

<table>
<thead>
<tr>
<th>How satisfied</th>
<th>Very Satisfied</th>
<th>Satisfied</th>
<th>Dissatisfied</th>
<th>Very Dissatisfied</th>
<th>No Experience</th>
</tr>
</thead>
<tbody>
<tr>
<td>GP gave you enough time</td>
<td>319</td>
<td>217</td>
<td>13</td>
<td>3</td>
<td>11</td>
</tr>
<tr>
<td>GP listened to you</td>
<td>335</td>
<td>198</td>
<td>19</td>
<td>2</td>
<td>9</td>
</tr>
<tr>
<td>GP explained tests &amp; treatments</td>
<td>310</td>
<td>213</td>
<td>17</td>
<td>2</td>
<td>21</td>
</tr>
<tr>
<td>GP involved you in decisions about your care</td>
<td>303</td>
<td>197</td>
<td>18</td>
<td>3</td>
<td>42</td>
</tr>
<tr>
<td>GP treated you with understanding</td>
<td>329</td>
<td>201</td>
<td>15</td>
<td>3</td>
<td>15</td>
</tr>
</tbody>
</table>

### Nurse Consultations

**How satisfied are you that the:**

<table>
<thead>
<tr>
<th>How satisfied</th>
<th>Very Satisfied</th>
<th>Satisfied</th>
<th>Dissatisfied</th>
<th>Very Dissatisfied</th>
<th>No Experience</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nurse gave you enough time</td>
<td>244</td>
<td>192</td>
<td>1</td>
<td>1</td>
<td>125</td>
</tr>
<tr>
<td>Nurse listened to you</td>
<td>258</td>
<td>171</td>
<td>3</td>
<td>1</td>
<td>30</td>
</tr>
<tr>
<td>Nurse explained tests &amp; treatments</td>
<td>248</td>
<td>18</td>
<td>1</td>
<td>0</td>
<td>133</td>
</tr>
<tr>
<td>Nurse involved you in decisions about your care</td>
<td>266</td>
<td>155</td>
<td>3</td>
<td>1</td>
<td>138</td>
</tr>
<tr>
<td>Nurse treated you with understanding</td>
<td>281</td>
<td>148</td>
<td>2</td>
<td>1</td>
<td>131</td>
</tr>
</tbody>
</table>

### Overall Experience of Shanklin Medical Centre

**Overall, how satisfied are you with Shanklin Medical Centre:**

<table>
<thead>
<tr>
<th>How satisfied</th>
<th>Very Satisfied</th>
<th>Satisfied</th>
<th>Dissatisfied</th>
<th>Very Dissatisfied</th>
</tr>
</thead>
<tbody>
<tr>
<td>Overall</td>
<td>366</td>
<td>94</td>
<td>3</td>
<td>0</td>
</tr>
<tr>
<td>Overall satisfaction</td>
<td>65%</td>
<td>34%</td>
<td>1%</td>
<td>0%</td>
</tr>
</tbody>
</table>

### Findings:

The PRG were delighted with the return rate from in surgery attending patients.

The PRG were disappointed by the lack of response from the postal survey.

The PRG felt there was little merit in future postal surveys based on the level of response received from this first survey.

### Access:

Excellent results across all access questions, ranging from 95 – 99 % satisfaction.

Average overall access questions 97.5%.

### GP Appointments:

The previous requirement for access to a Healthcare Professional within 2 working days is not longer the case after the last review undertaken by the current Government.

Under the old targets, the survey highlighted an 87% positive response to patients seeing any GP within 2 working days.

For urgent/ emergency appointments a 97% positive response was received/ (78% seen on same day, 19% the next working day)

### GP Consultation Satisfaction:

Excellent results across all questions, ranging from 96 – 97 % satisfaction

Overall satisfaction over all areas 96.5%

### Nurse Consultations:

Excellent results across all questions, ranging from 99 – 100 % satisfaction

Overall satisfaction over all areas 99.5%

### Overall Satisfaction with Shanklin Medical Centre:

99% satisfaction.

We would like to thank everyone who took part in the survey.
Get the Right Treatment
Every year, millions of us visit our GP with minor health problems can be easily resolved without a doctor’s appointment.

It is estimated that every year, 50 million visits to the GP are made for minor ailments such as coughs and colds, mild eczema, and athlete’s foot. But by visiting your pharmacy instead, you could save yourself time and trouble.

Self-care
Keeping a well stocked medicine cabinet at home can help you treat many minor ailments. Colds, coughs, indigestion and many other minor complaints can all be treated with medicines that are available over the counter.
Your pharmacist can advise on what you might find useful to keep in your medicine cabinet. Always follow the instructions on the medicine label and consult your doctor if the illness continues or becomes more severe.

Your Local Pharmacist
Pharmacists offer professional free health advice at any time - you don’t need an appointment. From coughs and colds to aches and pains, they can give you expert help on everyday illnesses. They can answer questions about prescribed and over-the-counter medicines.
Pharmacists can also advise on health eating, obesity and giving up smoking. Some pharmacists have private areas where you can talk in confidence. They may suggest you visit your GP for more serious symptoms. It is possible to purchase many medicines from the chemist without a prescription.

NHS Walk-In Centres
NHS Walk-In Centres offer convenient access to a range of NHS services. You can receive treatment for many ailments including:

- infection and rashes,
- fractures and lacerations,
- emergency contraception and advice,
- stomach upsets,
- cuts and bruises, or
- burns and strains.

NHS Walk-In Centres treat around 3m patients a year and have proved to be a successful complementary service to traditional GP and A&E services. Some centres offer access to doctors as well as nurses. However, they are not designed for treating long-term conditions or immediately life-threatening problems.

Accident & Emergency (A&E)
Major A&E departments assess and treat patients who have serious injuries or illnesses. Generally, you should visit A&E or call 999 for emergencies, such as:

- loss of consciousness,
- pain that is not relieved by simple analgesia,
- acute confused state,
- persistent, severe chest pain, or
- breathing difficulties.

If you’re injured or seriously ill, you should go, or be taken, to A&E. If an ambulance is needed you can call 999, the emergency phone number in England. You can also dial 112, which is the equivalent for the European Union.
Major A&E departments offer access 365 days a year and usually open 24 hours a day. Be aware that not all hospitals have an A&E department.

S.M.C. Life Tips:

SMOKING HEALTH TIPS
We all do realise the harmful effects that smoking has on our health. But how many of us have given up smoking to become healthier once and forever? In this article we would like to offer you several smoking health tips that are aimed at stressing on the seriousness of health risks from which all smokers are destined to suffer.

1. Smoking Health Tip: An Increased Risk of Dying. A recent study about dying between smokers and non-smokers shows that the increased risk of dying from any cause that smokers have is 281% higher than the risk in non-smokers. Basically, this is equally true for men and for women.

2. Smoking Health Tip: The Risk of Dying from Cancers. There exist different kinds of cancer that are related to smoking: lung cancer, cancers of oesophagus, kidney, bladder, tongue, mouth, throat, etc. The risk of these diseases in smokers is 725% compared to that of non-smokers. Smoking is reported to be bad for any cancer.

3. Smoking Health Tip: Mortality Rate. Women who smoke from an early age have a higher mortality rate and higher respiratory disease death rate.

4. Smoking Health Tip: Giving Up Smoking, talk to the practice smoking advisor, your local pharmacist or Island smoking services.
Asthma is a common condition that causes coughing, wheezing, tightness of the chest and breathlessness. Most people with asthma who take the appropriate treatment can live normal lives, but left untreated, asthma can cause permanent damage to the airways.

**Symptoms of asthma**

The usual symptoms of asthma are:
- coughing
- wheezing
- shortness of breath
- tightness in the chest.

Not everyone will get all of these symptoms. Some people experience them from time to time; a few people may experience these symptoms all the time.

**Treatment of asthma**

There isn’t a cure for asthma. However, treatments are available to help manage your symptoms. Your treatment plan will be individual to you, combining medicines and asthma management in a way that works best for you.

**Living with asthma**

Medicines are only part of your treatment for asthma. You will also need to deal with the things that make it worse. Keep a diary to record anything that triggers your asthma - this can help you to discover a pattern. Using a peak flow meter to monitor your lung function can also help. If you have repeatedly low readings in a certain situation (for example, at the end of a working day, after exercise or after contact with an animal) this may indicate the trigger.

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**S.M.C. Life Tips**

**Fast Food Health Risks**

One cannot imagine modern life without fast food. People try to use every minute of their life with some purpose, as a result, wasting time for preparing and eating healthy food is not always welcome. Eating habits are not always carefully considered by us, we often fail to understand how dependent our health is on what we eat. Let us have a look at fast food health risks that we constantly face if we neglect eating healthy meals. Maybe, the following tips will help you stop and think what you are eating before another hotdog enters your mouth.

It is not a secret to everybody that obesity and diabetes are among the most common fast food health risks. Recent researches have showed that those who prefer eating at fast food outlets are more likely to put on weight and to develop Type 2 diabetes. In fact, 30% of Americans and about 23% UK citizens are classed as clinically obese. On average, people who eat fast food meals more than twice a week gain an extra 4.5 kg in body weight, compared to those who eat at fast food outlets less than once a week. Also, a two-fold greater increase in insulin resistance is observed with people who do not care about their health.

There are two main factors that lead to these fast food health risks, these are great amounts of highly refined starchy foods and added sugar that fast food meals contain and the large portion sizes that the meals are served in. It would be nice if everyone remembered about the drastic fast food health risks when ordering another portion of deep-fried potatoes.
A new way to get your medicines and appliances
The Electronic Prescription Service (EPS) is an NHS service. It gives you the chance to change how your GP sends your prescription to the place you choose to get your medicines or appliances from.

What does this mean for you?
• If you collect your repeat prescriptions from your GP you will not have to visit your GP practice to pick up your paper prescription. Instead, your GP will send it electronically to the place you choose, saving you time.
• You will have more choice about where to get your medicines from because they can be collected from a pharmacy near to where you live, work or shop.
• You may not have to wait as long at the pharmacy as there will be time for your repeat prescriptions to be ready before you arrive.

Is this service right for you?
Yes, if you have a stable condition and you:
• don’t want to go to your GP practice every time to collect your repeat prescription.
• collect your medicines from the same place most of the time.
• use a prescription collection service now.

No, if you:
• don’t get prescriptions very often.
• pick up your medications from different places.
• travel or work away from home a lot.

How can you use EPS?
You can choose a place for your GP prescription to electronically sent to your prescription s.c. This is called nomination. You can choose:
• a pharmacy
• a dispensing appliance contractor (if you use one).
• your dispensing GP practice (if you are eligible).

Ask any pharmacy or dispensing appliance contractor that offers EPS or your GP practice to add your nomination for you. You don’t need a computer to do this.

Can I change my nomination or cancel it and get a paper prescription?
Yes you can. If you don’t want your prescription to be sent electronically tell your GP . If you want to change or cancel your nomination speak to any pharmacist or dispensing appliance contractor that offers EPS or your GP practice. Tell them before your next prescription is due or your prescription may be sent to the wrong place.

EPS is reliable, secure and confidential.
Yes. Your electronic prescription will be seen by the same people in GP practices, pharmacies and NHS prescription payment and fraud agencies that see your paper prescription now. Sometimes dispensers may see that you have nominated another dispenser. For example, if you forget you have nominated and ask them to check or, if you have nominated more than one dispenser.

For more information about EPS visit www.cfh.nhs.uk/eps, your pharmacy, GP practice or dispensing appliance contractor.

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Vaccinations

Children’s Immunisation Schedule

Here’s a checklist of the vaccines that are routinely offered to everyone in the UK for free on the NHS, and the age at which you should ideally have them.

2 months:
• Diphtheria, tetanus, pertussis (whooping cough), polio and Haemophilus influenzae type b (Hib, a bacterial infection that can cause severe pneumonia or meningitis in young children) given as a 5-in-1 single jab known as DTaP/PR/HiB.
• Pneumococcal infection – 3 months:
• 5-in-1, second dose (DTaP/PR/HiB/ Hib)
• Meningitis C - 4 months:
• 5-in-1, third dose (DTaP/PR/HiB/ Hib)