



Happy New Year!

Welcome to our winter newsletter for patients of the Gainsborough Practice.

This newsletter can also be viewed on our practice website at www.gainsborough-practice.co.uk

The newsletter gives references to where there is additional information for patients. Mostly these references are to online material, and patients can read that material by viewing the online version of the newsletter on our practice website, and following the links.

You can also use our website for online services including repeat prescription requests, appointment booking and to view your summary medical record and test results.

MEASLES ALERT

There have been 2 reported cases of measles in the Berkshire area. Public Health England has reiterated that parents should take up the offer of MMR vaccination for their children at 1 year of age and as a pre-school booster at 3 years and 4 months of age. MMR vaccination is also available to all adults and children who are not up to date with their two doses.

More information on measles including symptoms can be found at www.nhs.uk/conditions/measles.

If you suspect you or another person has measles please do not come to the Practice, Brants Bridge or any Accident and Emergency department. Instead please telephone the surgery or call NHS 111 for advice. That way, if you do have measles, you won't pass it on to others.

CQC – ANOTHER GOOD INSPECTION RESULT

In December the practice was re-visited by CQC to review the changes we have made following from our last inspection where we were given suggestions of areas we could have improve upon. This was mostly around how we manage the administrative review of patients with long term health conditions and those experiencing poor mental health. We are delighted to announce that CQC have awarded the practice the status of **“GOOD”** in all domains and are therefore feel very proud of our achievement.

LONG TERM CONDITIONS

Please may we remind all our patients with long term conditions such as high blood pressure, asthma, COPD, diabetes, heart disease, mental health illness or any illness which requires long term treatment, the importance of attending the surgery when your review is due. To try to make this easier appointments are available with our Nurse Practitioner so all of your health reviews can be completed in just 1 appointment which patients are finding

very helpful. We also want to stress that these reviews are needed even if you are being seen by the hospital doctors. Unfortunately there are still many patients who fail to attend for their review which can be detrimental to their health. We encourage all our patients to take responsibility for their own health and wellbeing and make an appointment to be seen. We also try to make this easier by providing a range of evening or weekend appointments, via reception, to be seen at either Brants Bridge or Boundary House. Please be reassured that the health care professional you see will have access to your records and your GP will be informed of your review.

HAVE YOU HAD YOUR FLU JAB YET?

Flu jabs are still available from the practice; if you are in a risk group or you are pregnant please call Reception on 01344 428742 to book an appointment as it's still not too late!

EARLY DIAGNOSIS OF CANCER SAVES

The Gainsborough Practice is committed to the NHS targets for diagnosing cancer. Screening programmes are available free on the NHS for some patient age groups to look for early signs of possible bowel, breast and cervical cancer. If you are offered a screening test or appointment please take advantage of that.

DO YOU HAVE A DISABILITY, IMPAIRMENT OR HEARING LOSS?

If so, and you and require communication or information support needs, please let the surgery know by contacting Reception on 01344 428742 or by email to eastberksccg.gainsboroughpractice@nhs.net

CAN'T ATTEND YOUR APPOINTMENT? – PLEASE LET US KNOW

If for any reason you are unable or no longer wish to attend an appointment that you have booked please let us know as soon as you can – even if that's on the day.

Please call reception on 01344 428742 or go online to cancel the appointment if you booked it online. We can then offer the appointment to someone else.

PRACTICE TRAINING DATES

The Gainsborough Practice will be closed from 12.30pm 15th January, 6th February and 18th March 2020. If urgent help is required during this time please call the Out Of Hours service on 03000240005 or 111 if it's after 6.30pm.

PATIENT GROUP NEWS – ANNUAL SURVEY AND INVITE TO JOIN

We have one of the best Patient Groups in Bracknell -working with the practice for patients over many years. Our annual survey in February finds out what people think about our services for patients - and we follow up the results. .We welcome more people participating in the Patient Group - please ask reception if you are interested in joining us.