

Flu Vaccinations

Appointments now being taken.

Please book **YOUR APPOINTMENT** for our **OCTOBER FLU CLINICS . . . NOW!**



As the flu season is fast approaching, we have a number of dedicated flu clinics. They are as follows:
Tuesday 11th October, Tuesday 25th October, Saturday 29th October, Saturday 5th November and Saturday 12th November.
There are also appointments available during normal clinics with our Health Care Support workers for those who have previously had flu immunisation.

Hypertension



We are aware that recording blood pressure at home is more accurate than one-off readings in the Surgery. If you have been asked to undertake some blood pressure readings at home, you can find a link to blood pressure recording sheets on the practice website www.regentgardens.co.uk. It is possible to get a good overview of blood pressure with one week of home recordings.



Update Your Details Please return to Reception

Name:

Address:.....
.....

Telephone: Mobile:

Email:



Regent Gardens
MEDICAL CENTRE

Autumn 2016
Newsletter

Retirement of Dr Catherine MacKinnon

Dr. MacKinnon is retiring from Practice at the end of October, 2016 after working at Regent Gardens for almost 16 years. Dr. MacKinnon will be replaced by Dr. Alistair McRobert who commences in post at the start of November.

Dr. McRobert will take over Dr. MacKinnon's clinical work including her work within our local Nursing Homes. We are pleased to celebrate with Dr. MacKinnon her retirement and wish her all the best for her future.



Nursing

There are 5 Practice Nurses within the Surgery who look after your nursing needs. Appointments are available every day, but please try and book these in advance particularly if you have specific requirements such as a wound dressing. If you have been advised that you will require a number of appointments over several weeks, it is best to book these up well in advance. This will help to ensure you receive the best of care.



Administration

Please allow 5 working days for the completion of any forms that you require completed by Medical staff. For example cancellation of holiday / travel. A number of these forms and letters do not fall under the NHS terms and conditions and a charge is levied to cover the administrative and medical time. A full list of these charges is available from our Reception Staff on request.

Repeat Prescriptions



Repeat Prescriptions will usually be ready within 2 working days of request. We offer collection at the front desk or at any of our local Pharmacies. Sometimes medication is not suitable to be on repeat prescription and so you might notice that a medication you are prescribed

is not appearing on your repeat list. Some medications are intended for short term use and in this case are not added to the repeat prescribing list. Sometimes medications require more close monitoring and require review of your medical record for each request. In these circumstances these medications will not be added to the repeat list. Certain medications require routine monitoring, particularly Methotrexate and Azathioprine. The monitoring required is usually 12 weekly and it is important to attend for blood tests within these time scales, otherwise your repeat prescription may be delayed.

Physiotherapy

Please visit the Practice Website www.regentgardens.co.uk for the recently uploaded Physiotherapy videos. There are a number of videos that were made by our Physiotherapist and these include exercises for the heel, ankle, elbow, hip, knee, neck, shoulder and wrist.

Online Service

The Practice has an informative website and the address is www.regentgardens.co.uk It is possible to order "repeat prescriptions" and book appointments online. This will save you time in trying to get through on the busy phone line. If you don't have a log in for patient access, please ask at reception and our Reception Staff will be pleased to assist you.



www.regentgardens.co.uk