

OKEHAMPTON MEDICAL

CENTRE

Winter 2011



Inside this Winter edition of the Okehampton Medical Centre newsletter, we have the latest news from the surgery...

Practice Info

To date, the practice has 12,345 registered patients.

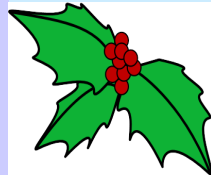
Most patients ring us if they need to cancel an appointment and this is really helpful.

If you are unable to make an appointment, please contact us to cancel it, as this then frees up appointments for other patients.

Unfortunately 125 appointments were unattended in October.

Devon Doctors

Urgent out of hours GP service
08456710270



Christmas and New Year Opening Hours

The Medical Centre will close at 18.30 on Friday 23rd December and will reopen at 08.30 on Wednesday 28th December.

The Medical Centre will close for New Year at 18.30 on Friday 30th December and will reopen Tuesday 3rd January.

Christmas Word Search Level 3



R	N	A	M	W	O	N	S	Y	Q	I	D
E	C	Y	J	N	E	F	L	U	N	E	S
E	H	B	E	T	H	L	E	H	E	M	T
D	R	A	S	Z	O	K	V	O	M	G	O
N	I	L	U	H	R	C	G	E	E	I	C
I	S	Y	S	E	V	A	T	Y	S	F	K
E	T	E	G	H	A	N	B	R	I	T	I
R	M	N	B	T	T	D	A	K	W	S	N
M	A	H	O	M	N	Y	S	C	L	T	G
M	S	Y	W	C	A	R	O	L	S	A	O
A	S	O	S	U	S	X	E	E	E	R	T
H	G	I	E	L	S	B	I	J	W	P	O



1. Bells
2. Bethlehem
3. Bows
4. Candy
5. Carols
6. Christmas
7. Elves
8. Gifts
9. Holly
10. Jesus
11. Manger
12. Reindeer
13. Santa
14. Sleigh
15. Snowman
16. Star
17. Stocking
18. Toys
19. Tree
20. Wisemen

You, your health, and well-being...

Alopecia and other related conditions

Alopecia is a generic medical term for all forms of hair loss, from patchy baldness to diffuse thinning or total loss. Although alopecia is not life threatening and is rarely accompanied by physical pain, the attached emotional and psychological suffering is often very high, affecting careers, marriages and self-esteem.

Treatment and support for alopecia is available through the NHS. A number of private clinics and practitioners also offer treatments

Information is widely available on the Internet and you may wish to contact an organisation such as Alopecia UK for details of experts in this area (www alopeciaonline.org.uk)



Complementary therapies

The terms 'complementary therapies' or 'complementary medicine' cover a very wide range of methods of treating people with ailments of one kind or another. Conventional medical circles now recognise certain complementary therapies and, in recent years, there has been a significant positive shift in attitude towards such treatments in general.

ACUPUNCTURE is an ancient therapy of Chinese origin in which needles are inserted into the body at certain key points. Two somewhat different forms are available today, one firmly rooted in the ancient Chinese tradition and one based in Western medical thinking.

The latter is practised by some GP's and hospital doctors to complement the more conventional treatments that are generally available.

They may use it for pain relief or to treat a range of conditions, including some allergies. Followers of the Chinese method, however, say that the treatments they give can be used to deal with a wider range of ailments.

Dispensary Information

Automatic ordering-

For patients on regular monthly medication, the dispensary can now order your medication automatically every 4 weeks.

Please let the dispensary know if this is something you would be interested in and all you will need to do is to collect your prescription when it is ready.

Dose trays- Some patients may benefit from having their medication issued in monitored dose trays. These enable people to take their medication regularly and on time as directed by your doctor. To have these trays, you will need to be assessed by your GP.

☺ Did you know?

Bananas contain a natural chemical called serotonin which can make a person happy! ☺

Stopping Registration Fraud

Patients who are new to the practice and who would like to register with a GP need to provide the Medical Centre with photographic ID and proof of address (utility bill). This is for patients who are 16 and above.

Summary Record Opt Out Form

Newly registered patients will be asked if they want to opt out from having their summary care record uploaded onto the National Spine. The only new information that is being uploaded are details of prescriptions and allergies.

For new patients, if you wish to opt out, you **MUST** complete the summary care record form that is in your registration pack. This includes completing the details at the top, and ticking and signing the opt out area at the bottom of the form.

UNLESS this is done your records will automatically be uploaded.

For patients already registered, if you have a query about this please contact the Practice Manager, Alison Shelton.



Please be sure to give us your new contact details if you move house or have changed your name or telephone number so we can update our records.

Staff Changes

We would like to welcome two new dispensing staff to the Medical Centre, Tracy Shean and Lynne Payne. They will be providing us with maternity cover for the Dispensary Supervisor Zena Balsdon. Zena will be going on maternity leave at the end of November.

Justine Davies, our new receptionist, is currently undergoing training as a doctor's secretary. She will be covering all the doctor's desks at times.

New 'No Parking' Sign

There is a sign on the front facing wall of the Okehampton District Hospital requesting that vehicles are not parked in this area. This is due to congestion during busy periods and difficulties for emergency vehicles to access the Medical Centre. There is also a risk of damage to patients' cars which we cannot be liable for.



We would like to congratulate Dr. Sarah Bentley on the birth of her first baby, daughter Hannah. We would also like to congratulate Dr. Charlie Hamilton whose wife has given birth to their 2nd child, a baby girl called Lisa.

PortaKabin™

Whilst we appreciate PortaKabins are not ideal accomodation they do offer us extra space for clinics. We would appreciate any feedback that you may have about your experience of using them. Please contact Jane Barratt at the Medical Centre.

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Tel: (01837) 52233

Opening Hours

8:15 am - 6:30 pm Monday to Friday

Phone lines open from 8:30 - 6:00 pm

www.okehamptonmedicalcentre.co.uk