

Welcome to the sixth edition of the Patient Newsletter. Each month we hope to include a short item by a member of the Patient Reference Group. This month's article was written by Mrs. Laraine Bingham regarding support for people with multiple sclerosis.

Mrs Bingham writes:

"Perhaps you, a relative or friend, have Multiple Sclerosis. The MS Society's North Norfolk Branch is here to help and support people with this condition, as well as their Carers and families. We can offer information, counselling, welfare advice and grants to help with the costs of specialised equipment.

We also have a weekly day centre, LAMS (Life & Multiple Sclerosis) which is held on Mondays at Southrepps village hall. This is a group for people with MS, led by people with MS, and activities include massage, exercise, physiotherapy advice and beautician services, as well as quizzes,

games, computers and arts and crafts. We have Crossroads Carers to cater for any care needs and transport can often be provided.

Our members include those more recently diagnosed as well as people who have had the condition for some time, and we are a mutually supportive group who share much friendship and enjoyment each week. Mondays also provide an opportunity for Carers to have some time to themselves.



Multiple Sclerosis Society

To find out more, please contact Jeannette on 01263 579453."

Dementia Screening

If you are worried about your memory, please see or talk to a GP about being screened for dementia. Our nursing team are able to carry out a simple screening questionnaire as a first step to diagnosis.

Appleyard Clinic

Did you know that we have 3 additional clinic rooms in the Appleyard clinic which is based behind the main Mundesley Medical Centre building?

This is used primarily by visiting services such as Diabetic Eye Screening, Hearing Assessments, the midwife, private insurance companies and Gill Mayhew, a sports remedial and relaxation massage therapist.

Dr Harris-Hall is Retiring

In March, after 28 years at the practice, Dr Harris-Hall will be retiring. Our salary GP, Dr Maggio will be joining the partnership on Dr Harris-Hall's retirement.

A new male doctor - Dr Kemp will be joining us as locum whilst a decision about replacing Dr Maggio's role is finalised.



Pictured:
Dr Harris-Hall (right)
Dr Maggio (left)



Prescriptions - Do you really need to re-order?

Medicine waste is a growing problem within the NHS costing millions of pounds and large quantities of medicines. Unused prescription medicines cost NHS Norfolk and Waveney an estimated £5.2million every year. If you don't need the medicine, please don't order it; if you need it in the future you can still request it. So, when ordering repeat medication, only order the items you need. Remember your medication is prescribed to you; it is not safe to share with anyone else. Your GP or nurse will base decisions about your care on the assumption that you are taking your medication as prescribed. So, if you have stopped taking any of your medicines, let your GP or pharmacist know.

If you have trouble taking your medicines, or have any issues you would like to discuss, please ask. If your medication is dispensed by the Medical Centre, ask the dispensary staff for a review of the use of your medication (DRUM). Patients whose medication is dispensed by a local pharmacy, should ask the pharmacist.



Did you know?

Mundesley Medical Centre is part of the North Norfolk Clinical Commissioning Group.

For more information go to:
<http://www.northnorfolkccg.nhs.uk/>

Health

If are looking to improve your health and fitness during 2014 then here are a couple of local free schemes that could help you.



Mundesley has its own Healthy Living Walks and Outdoor Gym situated in the centre of Mundesley at Gold Park. There are 3 different coloured walks sign-posted throughout the village. They vary in length and difficulty. A map of the walks is available on the Practice website (www.mundesleymedical.co.uk), at the Practice or at Gold Park. The gym is fun and easy to use, with safe equipment for all ages. If you are struggling to motivate yourself to make lifestyle changes, or don't know where to start, then why not contact our Health Trainer. The Health Trainer will give you your own personal health plan which includes advice on food choices, increasing your activity levels, reducing your alcohol intake or stopping smoking.

Easter & May Opening Times

We will be closed on Friday 18th April and Monday 21st April for the Easter Bank Holiday weekend.

We will also be closed on Monday 5th May & Monday 26th May.

Please make sure you will not run out of medication during the holiday.



For emergency treatment while the surgery is closed, please phone 111.



ORDERING REPEAT PRESCRIPTIONS OVER THE BANK HOLIDAY PERIOD

Medication requested on	Collection date
16th April	22nd April
17th April	23rd April
1st May	6th May
2nd May	7th May
22nd May	28th May
23rd May	29th May

