



Preston Surgery Newsletter November 2019

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★ FLU VACCINATION - Have you had yours?

If you have received an invitation but have not yet had your flu vaccination, please contact the surgery....

It's not too late for FLU!!

Dorset & Wiltshire Fire and Rescue Service - Passionate about Changing & Saving Lives

Would you know what to do if there was a fire in your home? Have you concerns about a relative or neighbour who may benefit from advice about their safety and wellbeing?

Did you know:-

- Smoking is the biggest cause of fatal fires
- 60% of house fires start in the kitchen
- Those most at risk are elderly, living alone with health/mobility problems

Emollients used for skin care can carry a huge risk as some contain high concentrations of paraffin or petroleum. Prolonged use of emollients causes the product to soak into fabrics such as dressings, clothing and bedding and is not always completely removed during laundering. Dressing used with an emollient should be changed daily and laundry washed regularly at the highest temperature allowed by the fabric. When exposed to a heat source the soaked in residue can promote rapid spread of fire.

Anyone who needs care support is particularly vulnerable to the dangers of fire, for a variety of reasons.

They may not be able to respond to a fire as quickly.

They may not be able to escape a fire.

They may be more at risk due to lifestyle factors.

They may use healthcare equipment which carries a fire risk, such as oxygen or emollient creams.

The Dorset & Wiltshire Fire and Rescue Service provide **FREE Safe and Well visits** to your own home. They can give valuable lifesaving advice regarding any fire risks in your home, and fit free smoke, heat and CO detectors if required.

Contact 0800 038 2323 to request a visit, or visit www.dwfire.org.uk and follow the link for safe and well.

Stay Safe & Well

DID YOU KNOW— You can be fined up to £1000 if you do not inform the DVLA of certain medical conditions including:

- Diabetes
- Epilepsy
- Dementia
- Stroke
- Heart Conditions
- Mental Health Conditions
- Vertigo
- Sleep Apnoea
- Glaucoma
- Spinal Injuries

For further information and advice please visit www.gov.uk/driving-medical-conditions

REPEAT PRESCRIPTIONS

If you get regular prescriptions the Electronic Prescription Service (EPS) can save you time by avoiding unnecessary trips to your GP. **You do not need a computer to use this service!**

Just inform reception of your chosen pharmacy and we will send your prescription electronically to the pharmacy who will make up your medicines ready for you to collect, or even deliver to your door or work address!

This system is faster and more efficient for you and for the surgery and we request patients to use this service where possible.

PLEASE INFORM US OF YOUR DESIGNATED PHARMACY TODAY!

Have you included 3 points of Identification?

When you contact the surgery via post or email, please ensure you include three points of patient identification ie:-

- **Your Name**
- **Your Date of Birth**
- **Your Address**

We will not be able to process your request or issue a prescription without these details.

Please ensure any correspondence is signed by the correct given name the surgery holds for you and not by a name you may go by. This will help us to process your requests swiftly and keep your information safe. Thank you

DIARY DATES

SURGERY CLOSED FOR STAFF TRAINING

TUESDAY 12TH NOV FROM 3.30PM

THURSDAY 21ST NOV 1PM-3PM

IF YOU REQUIRE URGENT MEDICAL ASSISTANCE DURING THIS TIME CALL 111

FOR MEDICAL EMERGENCIES CALL 999

PATIENT PARTICIPATION GROUP MEETING

TUESDAY 26TH NOVEMBER 6.30-8PM.

At PRESTON SURGERY

PLEASE INFORM THE SURGERY IF YOU ARE PLANNING TO ATTEND

We have an active **Patient Participation Group** - any patient can join and all are welcome.

For further details and minutes of previous meetings please see the surgery website.