



**Yaxley Group Practice
Yaxley Health Centre Patients' Association**

NEWSLETTER

**December 2016/January
2017**

Splenectomy/Low Functioning Spleens

We are currently carrying out a search into patients who have had a Splenectomy (removal of the spleen) or have low functioning spleens.

If you are living without a spleen it is important that you:

1. Receive information and advice about infection risk
2. Receive up to date vaccinations as there has been new guidance on this from public health
3. Take low-dose antibiotics for the rest of your life to prevent bacterial infections.

We are asking that all patients who do not have a spleen or if they have one which does not work correctly then to get in touch with Angela, Practice Nurse so as we can make sure that you have had the appropriate treatment

Dr. Madhuri Gupta



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SMS text messages/email reminders

From the 1st of September 2016 Yaxley Group Practice started routinely sending SMS text messages and email reminders about upcoming appointments, clinics dates and other health related information, to all patients who have supplied mobile number and/or email address. It is a quick efficient and environmentally friendly way for us to contact patients regarding important reminders/messages.

Therefore, it is very important that we have your up to date contact information. You can update your contact details via "update your records" from our website, in person or by telephone on 01733240478 option 2 (we would appreciate if could call from 10.00am onwards to avoid a prolonged wait).

Please be assured that we will not share you contact details or personal information with any third parties.

If you do not wish to be contacted by SMS/email please let us know and we will update your record accordingly. This again can be done online, by telephone or in person.

Remember you can change your mind regarding this any time and as many times as you like.

Thank you

During both open Flu Clinics on Saturday's 1st and 15th October members of the Patients Association were selling raffle tickets to raise valuable funds for the surgery.

All prizes were generously donated by local residents and businesses. We would like to say a huge 'thank you' to all of them for their support and generosity it is greatly appreciated.



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The draw was made on the 20th October and the lucky winners were notified. A list of the lucky winners is on our Patients Association notice board

We want to thank everyone who so generously bought raffle tickets and helped us to raise a superb! **£813.95**

Taking some time out...

I remember when I was 10 years old. A teacher at my school said that when we were older we would find time would feel as though it was going quickly as opposed to how it would appear to almost stand still at our age.

Those words of wisdom certainly seem to be true as I am fast approaching the age of 60. Luckily in my practice we have a system of sabbaticals and I will shortly be stepping out of the busy world of general practice for 3 months and enjoying a slower pace of life for a while. I will be returning to work mid-February with the batteries recharged and despite rumours circulating I have no intention of retiring any time soon!

Dr Richard Withers

New Website - Keep Your Head

A new website is launched to help children and young people across Cambridgeshire and Peterborough tackle mental health issues

www.keep-your-head.com

Keep Your Head - Cambridgeshire & Peterborough Mental Health Support

This website is a central point for information on children and young people's mental health and wellbeing in Cambridgeshire and Peterborough. This site signposts you to important online information and local services on mental health and wellbeing for young people. It's



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for children, young people, parents, carers, teachers and other professionals.

Christmas Closures



We will be closed on

Sunday 25th December 2016
Monday 26th December 2016
Tuesday 27th December 2016
Monday 2nd January 2017

Please make sure you have sufficient medication to cover the festive period

The Doctors and Staff wish you all a very Happy and Healthy Festive Season.

Carer Support Group Meetings

The next meetings of the Carer Support Group will be on Wednesday's 7th December 2016 and 4th January 2017 between 2pm-4pm in the Health Education Room.

If you care for a family member or friend then you would be welcome to join our small but friendly group for coffee, biscuits and a chat.

For more information please speak to Linda in the Patients Library

All Carers will be made very welcome.