

Issue  
No 3

# The Esplanade Surgery

## Newsletter

April—June 2012



### Patient Participation Group

Thank you to all the patients who filled in the recent survey on the reception area of the surgery Results will be posted in the waiting room by the end of March 2012 and available on the website. The Patient Participation group met in February and have put together proposals for the surgery to look into improving services to you the patient .

### Health Group Advice

If you are tempted to get out in the garden to do the weeding and prepare the garden for the summer remember to make sure your Tetanus jabs are up to date, if in any doubt when you next attend an appointment ask the GP or Nurse to check for you

**Stop smoking Service here at the Esplanade** if you want to stop we can help you and support you to quit, leave your name and contact details with reception, June or Heather will contact you to make an appointment, within 3-4 wks.

### DNAs — Patients who do not attend their booked appointments

From the 1<sup>st</sup> January to the present time over 200 **patients** have failed to attend appointments that have been booked and did **not phone to cancel them**. It is extremely important to cancel your appointment if you are not able to make it. We cannot release an appointment to someone who needs it unless it is cancelled. Please help us. **Call on 0844 477 0940 in the day** or you can **send a text to 07722219035** text the word **CANCEL**, put your **NAME, DATE** and **TIME** of the appointment you are wishing to cancel. Thank you

### Calling all CARERS. DO YOU LOOK AFTER SOMEONE WHO IS ILL, FRAIL, DISABLED OR MENTALLY ILL?

We are interested in identifying carers, especially those people who may be caring without help or support. We know that carers are often "hidden" looking after a family member or helping a friend or neighbour with day to day tasks and may not see themselves as a carer.

Caring for someone is an important and valuable role in the community, which is often a 24-hour job that can be very demanding and isolating for the carer. Carers should receive appropriate support by way of access to accurate information on a range of topics such as entitlement to benefits and respite care and not least, a listening ear when things get too much. As a Carer, you are also entitled to have your needs assessed by Adult Care Services. A Carer's Assessment is a chance to talk about your needs as a carer and the possible ways help could be given. It also look at the needs of the person you care for.

There is no charge for an assessment.

### Fund Raising

**Dr Spencer Fox is going to run a Half Marathon in aid of the HOSPICE on the 3rd June if you want to make a donation please see reception.**

Please let us have your email address and a mobile number for you.

You can pick a form up at the reception desk

**For urgent, but not life threatening emergencies, and OUT OF HOURS SERVICE.**  
**Tel NHS 111 (Free to call)**

**Surgery Website [www.theesplanadesurgery.co.uk](http://www.theesplanadesurgery.co.uk)**

**REPEAT PRESCRIPTIONS** you can email your prescription request to us now at  
**prescriptions@gp-j84005.nhs.uk**