



The Allan Practice Newsletter

Autumn 2018

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"As you may be aware, Dr. Ranj is currently on a 3-month sabbatical during which time he has been undertaking charitable work in Greece. The intention had been for Dr. Ranj to resume his normal duties with us from September 2018, but I am sorry to report that he has now decided he will no longer be returning to Calcot. He will instead be carrying out further charitable work whilst he further explores his career options, and we wish him all the best with this." To read Dr. Dhesi's full letter, please visit our website.

In August 2018, 72 patients failed to arrive for their appointments. That is roughly 12 hours of clinical time lost. If you do not think you will be able to make your appointment, please remember to cancel or rearrange through your doctor's secretary or via our online services.

Winter is Coming!

Now it might seem strange to be talking about winter when we've barely even entered September, but at The Allan Practice we're thinking about winter all year round, namely flu jabs! With flu vaccinations arriving this month, it's time to think about booking in with one of our nurses to have yours done. Clinics this year start on the 28th September, with our Saturday Clinics running on the 6th and the 20th October. All flu appointments are available to book online or through your doctor's secretary, so make sure if you're eligible, you're booked in!

However, flu jabs aren't the only topic that dominates in September. Back to school is almost like having 'New Year' all over again! So why not set yourself a target this new school year? Stoptober is an excellent opportunity to give up smoking with additional support around you from everyone else trying to quit! See overleaf for more information.

As you know, The Allan Practice is a training practice, and proud to support the next generation of GPs. As of August 1st our new registrar, Dr Basra, has joined us for six months and appointments are available to book with him online.

Thank you for all of the support that we have received for the newsletter so far, and hopefully you all like the new colour scheme as much as we do! If there is anything that you'd like to see featured in a future newsletter, drop us an email at: contact.theallanpractice@nhs.net and let us know!

Pregnancy and The Flu

It's that time of year again when we're all thinking about bobble hats, log fires and flu jabs. We all know the usual reasons that entitle you to an NHS flu jab, such as age, chronic conditions and being a carer. However, did you know that you are also entitled to a free flu jab if you're pregnant?

All pregnant women are entitled to, and should have, the flu vaccine to help protect themselves and their babies. Benefits of pregnant women receiving the vaccination include, helping to protect their baby, who will carry immunity of flu into the first few months of their lives as well as reducing the risk passing infection onto their new baby. Having the flu jab also helps reduce the risk of complications of the flu, as well as reducing the risk of miscarriage because of it.

Cont. overleaf



One afternoon a month the practice closes for protected staff training. On these dates we close from 13:00 and open as usual the following morning. **This quarter's PLT dates are: 17th October and 13th November.**

You may have noticed some of our staff wearing new name badges. The #HelloMyNameIs movement is a nationwide movement to help improve compassionate care & help promote a better patient experience. As these principles meet with our core values as a practice we have adopted the name badges as well.

We are looking for patients who would like to become a part of the surgery. As a communication channel between patients and the practice. The aim of the PPG is to improve the quality of service provided by the surgery, keeping the best interests of the patients at its heart. If you are interested, please speak to Reception or email: calcot.ppg@nhs.net

If you are unable to call, prescription requests and routine enquires can be sent to our email: contact.theallanpractice@nhs.net Appointments are available to book through online services.

Not pregnant but want a flu jab?

Patients aged over 65, those with a chronic condition such as asthma, diabetes or heart conditions, children aged two and three and carers are all entitled to a free flu vaccination at the surgery along with pregnant women. If you believe you are entitled to a jab, contact your doctor's secretary to book in for an appointment. You are also able to book your flu jab online.

It's not just flu that rears its head in winter

Shingles and pneumonia are other illnesses that like to pop up during the colder months. Depending on your age, you may be eligible for vaccinations to help protect you from them. If you are aged: 70 to 75, 78 or 79, or you are 76 and your birthday is after 1st September 1942, you are eligible for a shingles vaccination. This one off injection helps protect you against shingles for life. Even if you have already had the shingles virus, it is important to get vaccinated as you can have it again. If you are aged 65 or over, you are also eligible for the pneumonia vaccination. Like with the shingles jab, it is important that you have the pneumonia jab even if you have had pneumonia before, and again it is just the one off vaccination that you need.

If you are eligible for any of the above vaccinations, it's important that you get them done. Contact your doctor's secretary if you have any questions about eligibility and to book yourself an appointment in one of our clinics.

Seeing The Same Doctor, Helps You Live Longer



You may have noticed headlines in the past few months reporting the benefits consistently seeing the same doctor can have on your health. A recent data review of previous studies prompted the story after it found reductions in mortality with increased continuity of care.

With strains on NHS services and resources wearing thin, we at The Allan Practice are proud that we uphold the traditions of a 'Family GP Service' and offer personal lists for our doctors. It is rare for surgeries nowadays to run a personal list service, however we have always believed that this is what is best for our

patients, and now we are pleased to say that the science agrees with us too.

Stoptober 2018

There are tons of reasons to stop smoking, it improves your overall health, reduces your risk of heart attack, it saves you money and it makes the air your family breathe cleaner. This October, why not think about joining Stoptober? If you stop smoking for 28 days, you are five times more likely to quit for good! To help you with this end, the NHS have provided a wealth of resources to keep you motivated, from a text support service to face-to-face support and guidance on stop smoking medications and aids, there's sure to be something to help you quit, just visit: www.nhs.uk/oneyou/stoptober. Our local smoking cessation service is run from Chalfont and Gerrards Cross Hospital. To self-refer to their service call: 0845 2707 222.