

Framlingham Medical Practice Newsletter

Dr Carley & Dr Brooks

We are delighted to welcome back Dr Carley from her maternity leave and we are grateful to Dr Brooks for covering for her over the past year and are pleased he will be returning from time to time to do some more locum cover.

Dr Hopton Cycle India

In November Dr Hopton is embarking on a 500 km cycle from Agra to Jaipur in 5 days. She is raising money for women v cancer (breast, cervical and ovarian cancers). If you would like to support her there are sponsorship forms at Reception or alternatively you can go to <https://www.justgiving.com/fundraising/susan.wright69> The Hearing Care Centre has given the surgery a large tower of chocolates, sweets and biscuits and we will shortly be raffling this off in aid of the charity.

Proposed Extension to Surgery

Having had confirmation of the Community Infrastructure Levy we are tentatively moving forward with plans to extend the surgery. Over the next few weeks builders will be at the surgery preparing quotes for the work and once completed these will be re-submitted to NHS England for further consideration and, hopefully, final confirmation of a grant.

DNA Appointments

It would be very helpful if patients could inform reception if they are unable to attend an appointment. In the last quarter (1st October – 31st December 2017) there were 284 missed appointments which equates to over 47 hours of wasted clinical time.

Patient Survey

Our annual patient survey took place in October/November last year. We are very pleased that 90% of all patient ratings about the practice were good, very good or excellent. A detailed copy of the report is available on our website.

Employee of the Year

Over the past year the GP Partners have been selecting an Employee of the Month and from this list of successful nominations, an Employee of the Year has been chosen. Shelby Jessop who works in both the Administration and Reception Teams is the deserving winner. Shelby started at the Practice 16 months ago as an Apprentice and is now on a full term contract with us.

Travelling abroad with Medication

We all have heard in the news of people being imprisoned for carrying illegal medication into a country and we have the following advice for our patients travelling with medication:

- It is the patient's responsibility to establish the rules for their destination, airline and any country they are travelling through. These may all be different!
- You need to remember prescribed AND over-the-counter medications. *(In some areas, common over-the-counter medications such as nasal decongestant inhalers (VICKS to you and I) and cough linctus are banned.)*

- Even travelling within Europe may require some care if you are using controlled drugs:
 - Government advice is that a patient must be able to prove controlled medication belongs to them to travel into or out of the UK.
 - This requires a letter outlining use and countersigned by 'the person who prescribed the drugs'.
 - If carrying more than 3 months' supply, they will also need a Home Office licence: <https://www.gov.uk/travelling-controlled-drugs>

We advise you to contact the Embassy to ensure your medication is permitted.

In some cases you may require a letter for travel and as this is not a NHS service there will be a charge.