

KINGS ROAD MEDICAL CENTRE

Monthly Newsletter



SEPTEMBER 2015

Follow us on Twitter: @GP_KRMC, @ATMedics and
Our website address: www.westlondonpractice.co.uk

ROLL-UP, ROLL-UP

Protect yourself this winter by getting the new, improved flu jab.
Book an appointment with a Nurse/HCA or come to the Flu Walk in clinics
Mon-Fri 9:30-14:30.

You are eligible to receive flu jab if you:

- are 65 years of age or over
- are pregnant
- All those 6 months or older with the following conditions:
chest problems, chronic heart problems, diabetes, chronic kidney disease or chronic liver disease.
- Are in contact with people who may be at risk of developing serious complications from flu: people living in long stay residential care homes, carers and health professionals.



Surgery's Opening Times

Monday	8am – 9pm
Tuesday	8am – 9pm
Wednesday	8am – 9pm
Thursday	8am – 9pm
Friday	8am – 6:30pm
Saturday	9am – 12pm
Sunday	9am – 12pm

You can call us now on our
local number
0203 006 9217
Alternatively,
0844 815 1870
is still available

New Patients

We are open to new registrations for all patients living in Kensington & Chelsea, Hammersmith & Fulham and Ealing.

Register with us Online.

If you want to register with our practice online please visit our website. Complete the GMS1 registration form, you will be then asked to complete a Patient Questionnaire as part of your registration process. Please allow two working days for the full registration to be processed.

KRMC Patient Participation Group Meeting



Please come and join us on **Monday, 26th October @6 pm** with light refreshment at the GP surgery for Patient Participation Group Meeting. This is your chance to speak to us and suggest us improvement plan for the surgery.

New Website for Kings Road , Barlby and Cassidy

<http://www.westlondonpractice.co.uk/>

Visit our new combined website for **Kings Road Medical Centre, Barlby Surgery** and **Cassidy Medical Centre**.

The website names for each individual practices will remain the same but it will direct you to the new combined website. There are some exciting features which you can take advantage of such as:

- E Consultation
- Sick Note Request
- Travel Risk Assessment
- Self-Referral Section

Need a Sick Note?

Have you been ill for 7 days or less?

❖ As you have been ill for 7 days or less you don't need to see a Doctor. You can complete a Self Certification form yourself. However some employers insist on a Doctor's note regardless.

▪ **Will you require a Doctor's note?**

Yes

- ◆ The Doctor's note is referred to as a Fit Note. Your GP is entitled to charge you for a Fit Note when the illness has been for 7 days or less. Our fee for this service is £25.
- ◆ It is not always necessary to visit your Doctor in order to receive a Fit Note

No

- ◆ Many employers have their own self-certification forms. If your employer doesn't have its own form you can download the **Self Certification Form** from our website
- ◆ You do not need to see a Doctor.

Have you been ill for more than 7 days?

❖ **Is this your first Sick Note for this period of illness?**

Yes

- Please book a telephone consultation using our online services

No

- As you have already had sick note for this illness, you may not need to see your Doctor to receive a subsequent Sick Note (Just fill up the form from our website)

Minor Surgery

We offer Minor Surgery for minor skin conditions (warts, moles, skin tags, verrucae, etc.). If you have any concerns book an appointment with your GP for assessment.

Stop Smoking Clinic



Book your appointment with our Smoking Advisers

NHS Healthchecks

Are you between 40 to 74?

You could be entitled to a free NHS Healthcheck if you have not previously been diagnosed with cardiovascular disease and have not had this test in the last 5 years.

It's more than just a check-up; it's a simple appointment that could save your life.

Appointment Reminders/ Test Results



We can now send you a FREE text message to remind you about your appointment with the doctor or nurse. We also send text messages when we receive your test results. Please ask the receptionist to update your mobile phone

Online Services

You can now access our online services without providing your email address. **Ask a member of staff for your username and**

password.

West London Clinical Commissioning Group

NHS West London Clinical Commissioning Group is the organisation responsible for buying health services from Hospital Trusts, Mental Health Trusts and community organisations.

We're different to previous organisations because we are made up of local GPs and health professionals who are best placed to know the right services for our area.

Using this website you can find out more about us, our governing body and governing body meetings, our policies and publications and latest news.

Stoptober



Launched in 2012, Stoptober is the 28-day stop smoking challenge from Public Health England that encourages and supports smokers across England towards quitting for good. Stoptober is based on the insight that if you can stop smoking for 28-days, you are five times more likely to be able to stay quit for good. The campaign chunks down the quitting process, presents it as a more manageable 28 days and rallies people around a specific date to get started.

Stoptober launches in early September and encourages as many smokers as possible to prepare to quit from 1 October by signing up to the campaign and utilising the range of free resources and support available. Throughout October the campaign looks to continue to recruit smokers to take part, whilst also encouraging and supporting quitters through the 28-day smokefree journey.

The overarching marketing objective is to trigger significant numbers of quit attempts, by increasing motivation to quit and providing products to make this quitting easier.



Pneumo Jab

A pneumococcal infection can affect anyone. However, some people need the pneumococcal vaccination because they are at higher risk of complications. These include:

- all children under the age of two
- adults aged 65 or over
- children and adults with certain long-term health conditions, such as a serious heart or kidney condition

**Book appointment with the Nurse / HCA
for your Pneumo Jab**

Chlamydia

Chlamydia is the most commonly diagnosed sexually transmitted infection in the UK, affecting both men and women. Please book appointment with our Nurse/HCA to check if you have this infection,

<http://www.chlamydia-screening.nhs.uk>

Requesting for Repeat Prescriptions

You can request your prescriptions

- Online via our online services
- By placing a Repeat Prescription Form
- By post (please provide a stamped self-addressed envelope if you would like your prescription to be posted to you).
- By Fax on 0844 815 1880
- By Email at wlccg.krmc@nhs.net

3 in 1 Clinic

We are running a

- FULL Travel Vaccinations Clinic service including:
Yellow Fever, Rabies, Meningitis, Japanese Encephalitis etc.,
- Allergy
- Food Intolerance Clinic every **Thursday, between 9 am to 1 pm**
- ❖ Also available for private patients

Information for carers (unpaid and family carers)

What is a carer?

Carers look after family, partners or friends who are ill, frail, have a disability, or need help because of substance misuse. They don't get paid for the help they provide.

What help can I get as a carer?

- Time off to enable you to have time to yourself to do the things you want to do
- Carer's vouchers to arrange your own time off
- Direct Payments to pay for someone to help you or something to make your life easier
- A carer's emergency card to carry with you: if you had an emergency or you were ill an emergency agreed plan would be put into action right away
- Carers' training such as moving and handling

You can find out more about help available to carers on the People First website.

Tell your GP you're a carer

They will put your carer's status on your medical notes which will help the doctor to understand if your health is affected by your caring role.

Carers' assessment

You may be entitled to an assessment if you care for someone and it has an impact on your wellbeing. Currently, your assessment can be face to face or by telephone.

The assessment will determine the level of support you receive and you will be involved in planning it.

This will give you a chance to talk about the support you need and the impact that being a carer may be having on your life. This may include areas such as your health, social life, ability to work or just having time for yourself.

More information can be found on the People First website. You can also ask your doctor to make a referral.

Young carers

More information about support for young carers in Kensington and Chelsea and Queen's Park and Paddington can be found on the People First website.

For more information about help and support for young carers nationally, visit the NHS Choices website.



Summary Care Records

A Summary Care Record is an electronic record containing key health information, which can be made available to NHS healthcare staff caring for you in an emergency or when your GP practice is closed.

Opt-in/ Out...Have you made your choice?

Please ask us for a leaflet at reception if you are still unsure about the Summary Care Record which provides more information to help you decide. You can also phone the Summary Care Record information line on 0300 123 3020 or visit the website at systems.hscic.gov.uk/scr

Sending A Message To A Dr

You may message a Dr –this is like an email consultation service available on our website which is wlccg.krmc@nhs.net

The Dr usually responds within 24 hours to your query



Telephone Clinic

- Too busy to come to the surgery?
- Just need some advice or results?

Why not book a telephone appointment instead?

We offer telephone appointments 5 days a week.

