

**ALBION STREET GROUP PRACTICE
NEWSLETTER AUTUMN 2019**

www.albionstreetgrouppractice.co.uk

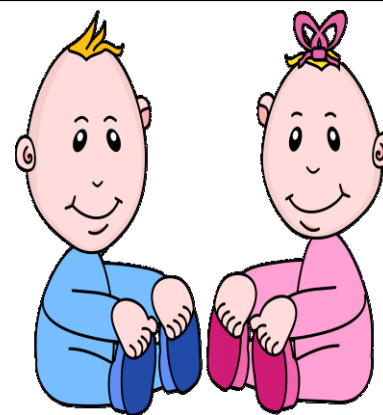


We are inviting those of you who are eligible for the seasonal 'Flu' vaccine to our Saturday walk in clinics which will take place on 12th October (over 65's only), 26th October & 2nd November (adults and children) between 9am and 11am. No need to book just turn up!



Is your child due any immunisations?

Please be advised there has been an increase in cases of Measles locally. This illness can be very unpleasant and sometimes lead to hospital admission. To ensure your child is protected they should have a vaccine at 1 year and a second vaccine any time after the age of 18 months. Please speak to reception to book your appointment at Albion Street or if you prefer to be seen on a Saturday morning we can offer an appointment at Bermondsey Spa Medical Practice



Happy Retirement to Denise Borthwick, our health care assistant and also to Mary Jeffrey, one of our receptionists.

Best wishes to you both from the team. Thank you for all your hard work over the years!

Welcome to Dr Mini Hata who has joined us to cover Dr Thacker's maternity leave and Dr Farhana Lalani who has started as a new salaried GP.

Also welcome to Dr Nathan Brown who is with us for one year & Dr Jordan Busby with us for four months.

Before you book an appointment with the Doctor, please consider getting advice from the pharmacist. Many minor ailments can be treated with medication bought over-the-counter. NHS England aims to reduce prescribing of over-the-counter medicines for 33 minor, short-term health concerns listed below

Cold Sores	Haemorrhoids	Dandruff	Head lice	Mild Acne	Mouth ulcers
Oral Thrush	Infant Colic	Conjunctivitis	Mild Cystitis	Earwax	Nappy Rash
Acute Sore Throat	Diarrhoea (Adults)	Infrequent constipation	Infrequent Migraine	Contact Dermatitis	Indigestion and Heartburn
Insect bites and stings	Warts and Verrucae	Mild Dry Skin/Sunburn	Threadworms	Travel Sickness	Prevention of dental caries
Excessive sweating (Hyperhidrosis)	Coughs/colds and nasal congestion	Minor burns and scalds	Dry Eyes/Sore tired Eyes	Teething/Mild toothache	Ringworm/Athletes foot
Minor conditions associated with pain, discomfort and/fever. (e.g. aches and sprains, headache, period pain, back pain)		Cradle Cap (Seborrhoeic dermatitis – infants)		Mild to Moderate Hay fever/Allergic Rhinitis	



Patient Participation Group

The PPG aims to be representative of our patient population and give constructive feedback to the Practice on developing and improving services to patients. The group can be contacted directly at souccg.AlbionstreetPPG@nhs.net.

The next PPG Meeting will be held at the surgery on **Thursday 7th November at 2pm**
Location: Albion Street Group Practice.

Minutes of previous meetings can be viewed at www.albionstreetgrouppractice.co.uk

Midwifery Services Update
From Monday 20th May 2019 the community midwives will be seeing patients in the midwifery hub based at the Artesian Health Centre in Grange Road



We will be closed between 1-4pm on the 3rd Thursday of every month for Staff Training

Starting University or College this Autumn, aged 18-25 years old? Don't forget to get a meningitis vaccine to protect you. Ask at reception to book your appointment with the nurse.