

Summer Newsletter

DNA

We have been monitoring patients who 'do not attend' their appointments over the last few months.

March	113 GP 117 Nurse	= 38 1/2 hours
April	109 GP 93 Nurse	= 33 hours
May	89 GP 61 Nurse	= 25 hours
June	70 GP 73 Nurse	= 24 hours

This equates to **120 1/2 hours = 723 appointments** missed and not cancelled by patients in the last 4 months.

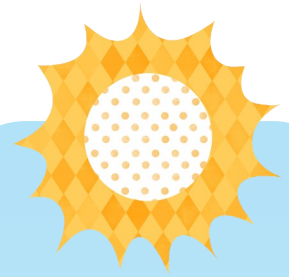
Please help by only making appointments if you are going to attend and make sure that if you are feeling better and no longer need to see your doctor or nurse, you remember to cancel it so that someone else can see them for their urgent needs. If you have registered your mobile telephone number with us you will receive 2 text reminders and a simple option to cancel by a return text.

Patients On-line Access

The Cedar practice offers online appointment booking (and cancelling), online repeat prescription ordering and providing some patients with access to their own summary record (i.e. details of medications, allergies and adverse reactions and immunisations) once patients have 'signed up' and obtained their password, following GP approval.

Hub Appointments

Need an evening or weekend appointment? Request a HUB appointment! HUB provides appointments to those who may need to be seen late evening or at the weekend. These are Doctor appointments for routine problems, and Nurses are available for Child Immunisations & Wound Care. They are pre-bookable and held at Stamford Hill, Nightingale, Hoxton, Neaman and Richmond Road practices. Please ask at reception for more information.



Child Health Clinic

The Child Health Clinic is held at the Cedar Practice on the 1st & 3rd Friday of every month for 6 week checks, Child immunisations, weighing, etc. This will be attended by Dr Saw, a Practice Nurse and a Health Visitor. There are also Nurse led booked appointments 2nd & 4th Friday for Child immunisations.

UPCOMING:

Please remember that the FLU season will start mid- Sept 2018. There will be bookable appointments as well as walk-in clinics this year as normal.

Make sure you book in early in the season to avoid disappointment.

Look out for more information and text reminders in the near future.

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Important Dates

27/08/18	Bank Holiday Monday
Sept/Oct	FLU Vaccinations



Do-it-online

European Health Insurance card
Apply for your FREE EHIC at www.ehic.org.uk
or ring 0300 330 1350

If you pay for regular monthly medication
Buy a **Prescription Pre-payment Certificate**

- A prescription is £8.80 per item, but Pre-pay costs £29.10 for 3 months
£104.00 for 12 months
Check out <https://apps.nhsbsa.nhs.uk>

Register to give Blood at www.blood.co.uk
Or ring 0300 123 23 23

Register as an Organ Donor At www.organdonation.nhs.uk
This can also be done by completing your registration form when you join a new practice. If you have been registered with us for a while speak to a receptionist who can also arrange registration.

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Green Lanes (corner of Springpark Drive)
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www.cedarpractice.co.uk



eConsult

This is when you send us a completed web form about a condition on our the website. Our duty doctor will then ring you back (and in some cases email you) by the end of the next working day to offer you advice, tell you whether you need an appointment or offer you a prescription. We believe this should improve your access to advice and treatment. It could also avoid the need for you to come in for some conditions. See our website for the link.

www.cedarpractice.co.uk

Tips for coping in hot weather

- Shut windows and pull down the shades when it is hotter outside. You can open the windows for ventilation when it is cooler.
- Avoid the heat: stay out of the sun and don't go out between 11am and 3pm (the hottest part of the day) if you're vulnerable to the effects of heat.
- Have cool baths or showers, and splash yourself with cool water.
- Drink cold drinks regularly, such as water and diluted fruit juice. Avoid excess alcohol, caffeine or drinks high in sugar.
- Plan ahead to make sure you have enough supplies, such as food, water and any medications you need.
- Wear loose, cool clothing, and a hat and sunglasses if you go outdoors.
- Check up on friends, relatives and neighbours who may be less able to look after themselves.

Named accountable GP

All patients registered at Cedar Practice now have a named GP. This however does not affect which doctor you choose to see, you are still entitled to see any of the partners in the practice. If you wish to know who your named accountable GP is, please ask at reception.

PPG - Patient Participation Group

• Next Meeting: 20th September 2018 6.00pm - 7.00pm

NHS Community Voice is the new name for the Super PPG for City & Hackney Clinical Commissioning. These are regular informal meetings where patients can discuss how services are working for you and give feedback on how they can be improved. If patients have any questions about NHS Community Voice including how to get involved, contact Sulekha Hasan by email at sulekha@healthwatchhackney.co.uk or by phone at 020 7923 8367.

You can also find more information on the website using the link below:

www.cityandhackneyccg.nhs.uk/about-us/nhs-community-voice.htm