



Morland House Surgery has been working closely with Age Concern to provide support and advice to our older patients, their families and carers.

If you, or someone you know, would benefit from this service please telephone their dedicated Helpline number 0844 887 0005 or email helpline@ageconcernoxon.org.uk

Carers Week 14- 20 June 2010

National Carers Week is concentrating on the often unseen and largely unrecognised contribution that unpaid carers make and raising awareness of the services available to support them.

Do you look after someone with a physical or mental illness or disability, a learning disability or frailty who need support to live at home?

- If you answer yes, then you are a carer.

Please let our receptionists or your doctor know. Also, for free, friendly, confidential advice, information and support for carers phone South and Vale Carers Centre 01235 510212 or look at the website www.oxoncarers.org.uk

Be sun smart!



Do you burn easily?

Do you have lots of moles or freckles?

Has anyone in your family had skin cancer?

Sunburn can double your risk of skin cancer. The sun's rays are strongest between 11 and 3 so think about:

- Spending time in the shade
- Covering up with a shirt and hat
- Using 15+ sunscreen

Always check your skin and if you notice changes in the size, shape or colour of moles or freckles see your doctor without delay. Remember, finding skin cancer early saves lives!

Morland House website

Our surgery website is regularly updated and can be used for booking appointments and requesting prescriptions. It also contains lots of useful patient information about the services we offer. In addition there are links to other services. Address: www.morland-house.co.uk

We would appreciate feedback from our patients on the website .

Further information

If you require further information on any issues raised in this newsletter please ask at Reception . Comments /suggestions should be sent to the Practice Manager.

MORLAND HOUSE SURGERY NEWSLETTER Summer 2010

Telephone
01865 872448



Articles in this newsletter include:

- Opening Hours
- HPV catch-up
- Computer shut down 1-2 July 2010
- Text message reminders
- Building works
- Age concern
- National Carers Week
- Be 'sun smart'
- Morland House website

Opening Hours

Morland House Surgery, including the dispensary, is now open :

Monday—Friday 8.00am—6.00pm

Saturday mornings (Bank holiday weekends excluded) 8.00am—12.00 noon

Wednesday evening (for commuters and working patients) 6.30—7.20pm pre-booked appointments only

The Saturday morning session has some bookable appointments for patients who find it difficult to come and see us during the week because of work or other responsibilities — particularly those with long term illnesses who need to see us more regularly but don't want to keep taking time off work for this.

The Saturday morning session also includes a few appointments before 11.00 am for emergency walk-ins.

Please note the surgery phones will not be answered on a Saturday morning.

The **Out of Hours Service** will continue to operate throughout the weekend, including Saturday mornings, to provide urgent medical care, telephone advice and home visits when necessary.

The out of hours service can be contacted by phoning 0845 345 8995

HPV vaccine

The HPV vaccine provides protection against cervical cancer and is offered to schoolgirls in Year 8 and above. 3 doses of the vaccine, ideally given within a period of 12 months, are required to give maximum protection. Any girls born 01.09.91 – 31.08.93 no longer in education who have not completed their 3 doses of the HPV should please contact the surgery for an appointment with the Practice Nurse. Those girls still in education that require 2nd or 3rd doses must contact the School Nursing Team on 01865 265079.

Essential Computer Maintenance!

From **MIDDAY on THURSDAY 1ST JULY 2010 AND ALL DAY on FRIDAY 2ND JULY 2010** we will be having essential maintenance work carried out on the surgery computer system.

During this period you will be unable to make any routine appointments or future appointments. As the computers will be down we will also be UNABLE to process any REPEAT PRESCRIPTIONS FROM MIDDAY ON Thursday 1st July until Monday 5th July 2010 (unless medically urgent).

Please order early if repeat medication is required during this time.

We apologise for any inconvenience caused.

Text message reminders

Did you know that you can have a confidential reminder about your next appointment at Morland House Surgery sent straight to your mobile phone?

If you want to arrange for text reminders please pick up and complete a registration card available from reception.

Once registered for the service automatic reminders will be sent to you within 24 hours of your appointment.

Building Works

The surgery building works are progressing well and we have a provisional completion date of the end July 2010. The new extension to the building will provide 3 new consulting rooms, a treatment room, a new waiting area and an updated reception for patients.

MORLAND HOUSE SURGERY
NEWSLETTER
Summer 2010

Telephone
01865 872448