

# Meon Medical Centre

For Appointments /Home Visits /Results and General Enquiries ring the Reception Team on

**01789 720820** [Please phone after 2 pm for results]

For General Enquiries, please email [meon.reception@nhs.net](mailto:meon.reception@nhs.net) [But Not for appointments]

Online Access to order repeat medication, ask reception for details

For our latest news and updates, then please check our: -

- Website on [www.meonmedicalcentre.nhs.uk](http://www.meonmedicalcentre.nhs.uk)
- Facebook on <https://www.facebook.com/meonmedicalcentre>.
- Twitter on <https://twitter.com/meonmedical>



Autumn/  
Winter 2020



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### Practice Opening Arrangements

All of us at Meon Medical Centre would like to give sincere thanks to you, our patients for your understanding as we continue to work through the pandemic, making changes to how we work to keep everyone safe.

You will know that we re-opened the doors 2 months ago but right now we are seeing COVID 19 infection rates at extremely high levels and a 3 tier system introduced by the Government.

For the latest information on how we are working to keep patients and staff safe, please refer to our website. We are restricting the number of patients coming into the Practice to a maximum of 6. Prescriptions can still be collected from the Dispensary hatch inside, but only one person to call in to the Practice to collect at any one time.

Please be aware that your temperature may be taken prior to your appointment.

For any other enquiries, please phone or refer to our website.

### When you call at the Practice: Covid Checks

- Do not call in if you have symptoms: a new persistent cough OR a high temperature OR loss of sense of taste or smell.
- Do not come if you have been advised to self isolate.
- Always wear a face mask or covering.

### Staff News

Dr Richard Woods has sadly left our Practice as he has started work as a Partner in a Coventry Practice. We are sad to see him go but congratulate him on his first partnership, I know we will all miss him.

This year, we have welcomed Dr Emma Vickers to the Practice, Dr Vickers works on Tuesdays.

Also, with effect from 2nd November 2020 Dr Catherine Brock joins us from Shipston Medical Centre. Dr Brock will work on Mondays, Wednesdays, Thursdays and Fridays.



## Cold weather health advice and keeping neighbours in mind

### Precautions to take

Colder weather can cause a range of health problems but you can be ready for them.

**Keeping warm** is important - always keep the main rooms in your home, such as the living room and bedroom, heated. Warm clothing and a hot meal can also help prevent the most vulnerable people falling ill this winter.

It can help prevent colds, **flu** or more serious health conditions such as heart attacks, strokes, pneumonia, and depression.

Also, anyone who is invited to get the **flu vaccination** should do so.

There are a few easy precautions you can take to keep you and your loved ones safe during a spell of particularly cold weather:

- wear warm clothes - layers are best, including a hat
- if outside in icy conditions, wear boots or shoes with suitable grips
- make sure you have enough food and medicines
- check the weather forecast regularly
- take care outdoors, especially if roads and pavements are icy
- take regular hot drinks and food
- heat all rooms used during the day - living room to around 18-21°C (65-70°F) and the rest of your house to at least 16°C (61°F)
- if you can't heat all your rooms, make sure that you keep one room warm throughout the day
- if you use an electric blanket check what type it is – some are designed only to warm the bed before you get in and should not be used throughout the night
- never use an electric blanket and hot water bottle together as it could cause electrocution
- service boilers and appliances annually by a registered engineer to protect from the **dangers of carbon monoxide**
- keep in contact with trusted callers, friends and relatives should you need help and keep your mobile phone charged

If you are worried during the winter and need help, contact or speak to a friend, relative, trusted caller or health professional. They will make sure that your needs or concerns are brought to the attention of someone who can help.

Dr Richard Woods will be taking a sabbatical in

### Using the health service

Should you or someone in your family become unwell this winter, think carefully about how to use health services.

**Emergency and 999 services are for life-threatening and serious conditions.**

Emergency Departments are the right place to go if you're injured or think you or a loved one is seriously ill.

Your pharmacist, Meon Medical Centre and out-of-hours services 111 are available for any other health concerns you may have.

# Common cold

*You can often treat a cold without seeing a GP. You should begin to feel better in about a week or 2.*

## Check if you have a cold

Cold symptoms come on gradually and can include:

- a blocked or runny nose
- a sore throat
- headaches
- muscle aches
- coughs
- sneezing
- a raised temperature
- pressure in your ears and face
- loss of taste and smell



The symptoms are the same in adults and children. Sometimes symptoms last longer in children.

Telling the difference between cold and flu

## Could it be coronavirus?

If you have a high temperature, a new, continuous cough or a loss or change to your sense of smell or taste, it could be coronavirus (COVID-19).

[Get advice about coronavirus symptoms and what to do](#)

## How you can treat a cold yourself

 To help you get better more quickly:

- rest and sleep
- keep warm
- drink plenty of water (fruit juice or squash mixed with water is OK) to [avoid dehydration](#)
- A teaspoon of honey with help soothe a [sore throat](#)

## A pharmacist can help with cold medicines

You can buy cough and cold medicines from pharmacies or supermarkets. A pharmacist can advise you on the best medicine.

You can:

Relieve a blocked nose with decongestant sprays or tablets

Ease aches or lower a temperature with painkillers like [paracetamol](#) or [ibuprofen](#)

Be careful not to use cough and cold medicines if you're taking paracetamol and ibuprofen tablets, as it's easy to take more than the recommended dose.



## Dispensary News

Dispensary are now open between the hours of 9am-6pm Monday to Thursday and Friday 9am to 5pm Friday to collect prescriptions from inside the surgery. **Face masks or face coverings MUST be worn.**

Due to being increasingly busy we are no longer taking repeat prescription orders over the phone. You can drop your repeat slip into the surgery into the silver box on the right hand side of the porch, download the free NHS app, or order via the website. Please allow 3 working days from the day you've ordered before coming to collect the prescription. Please may we ask that you refrain from calling to ask if your prescription is ready.

Please only order the items that you need. We are seeing an increase in returned medication that was ordered and not required, which not only wastes dispensary's time; but is a waste of NHS resources.

To order via the website please follow this step by step guide.

Visit <https://www.meonmedicalcentre.nhs.uk/>

Click "Repeat Prescription"

Scroll down and click "Online Web form"

Fill out repeat prescription request

Please note that you will not have a response to tell you the prescription is ready, if there are any queries regarding your order the dispensary will call you. If you are not contacted then please allow the usual 3 working days. Thank you for your continued support.

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### Only order what you need

**STOP** Before you order:

If you have unused medicines at home, bring them back to the pharmacy for safe disposal

**THINK** Do I need it?

Only tick the boxes on your repeat prescription form for the medicines you really need

Tell your doctor or pharmacist if you have stopped taking any medicines or no longer need them

**CHECK** If you're unsure, speak to your doctor/pharmacist

Your pharmacist can do a medicines use review with you, to check you are taking your medicines correctly



## Guidance on GP letters for Absence, illness, prescriptions and exclusion

### **Absence**

GPs have no legal or contractual obligation to provide sick notes, medical certificates or letters for children to verify their absence from school or to excuse them from certain activities. In most cases an explanation from the parents of an absence from school is sufficient. In fact, GPs cannot issue 'sick notes' or fit notes to school children because they are designed for social security purposes. Schools and Education Welfare Officers should not seek routine confirmation of a medical reason for absence from GPs, and in most circumstances the GP will have no more information than that already provided by the parents or carers.

### **Missing exams**

With regard to missing exams, or poor performance at exams due to illness, students can apply for special consideration, but again there is no obligation on GP's to provide a medical certificate or letter. Boards do require information, however this can be in the form of a statement from the school and especially so where school is aware of the situation and is supportive of the student being absent.

### **Over the counter (OTC) medication**

We receive requests from parents to prescribe over the counter medications for their children because schools and nurseries say they must have medication with doctor's prescription labels on them. In fact, Ofsted supports schools and nurseries giving OTC medication as long as they have written permission beforehand from parents and as long as they follow the same recording procedures as those for prescribed medication.

### **Exclusion**

### **from school**

We get many queries from parents regarding exclusion from school or nursery when their child has a particular condition. Parents may wish to refer to official published guidance tables. Search for 'public health England school exclusion'.

### **Housing Applications**

All requests in support of an application based on health grounds should come via the Housing Association and not the patient. You do not need to request a doctor's letter. The Council will write in confidence to us if further information is required after asking for your consent.

### **Will-writing Capacity & Power of Attorney**

Testamentary capacity is a highly specialised area of medico-legal practice with important implications for the patient and their family. Therefore we recommend that the solicitor seek an expert opinion, for example from a consultant psycho-geriatrician.

### **Applications for Passports & Visas**

We do not offer these. The organisation supplying these forms will be able to suggest alternative signatories.



### **Fitness for Exercise**

We encourage all our patients to exercise as it is generally very good for you and is an excellent treatment for many common conditions. The risk that harm would come to you by exercising is low; however we cannot say that it is 100% safe for anyone to exercise. As such the risk is entirely between you and your gym instructor, following the guidelines at your particular gym.

### **Fitness for "risky" activities (Parachuting, mountain climbing, diving)**



Meon Medical Centre cannot advise of fitness to partake in dangerous activities as this is outside our field of expertise and not part of the NHS service. Please ask your instructor about any concerns you have regarding safety for these activities.