



Patient's Participation Group

Newsletter

VOLUME 1 ISSUE 5

AUGUST 2016

TADWORTH MEDICAL CENTRE

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Welcome to the Fifth Issue

Well the fifth issue of the newsletter is here and our first Annual General Meeting (AGM) is here already. The date of the meeting is 20th October at 7 pm and will be held in the Tadworth Sport and Community Centre and details are on page 4

As was mentioned in the last newsletter we had a Patients Participation Group Awareness Week early in June and it was a great success! We signed up a quite a number of people for this August's Newsletter and they will now receive their copies by directly by email. If you would like to take advantage of this facility forms are available in the practice and of course remains available on line at the practice website: www.tadworthmedicalcentre.co.uk

Those that would have attended the

practice during PPG Awareness Week will be aware of the raffle that was conducted and the proceeds of which were used to purchase three Blood Pressure Machines for loan to Patients to monitor themselves. In addition the practice has purchased a further 7.

At the risk of repetition, it would be more than helpful if those of us that use the parking at the practice to park **neatly** in order to provide more spaces. I am sure many of us have felt the frustration of finding nowhere to park and seeing huge gaps between cars taking up otherwise available space.

In these straitened times we thought it still worthwhile to repeat details of the local foodbank for those in need:

73 Marbles Way, Tadworth, KT205JP and it is open on Tuesday 10.00 am to 12 noon.

Those wishing to make donations or wish to see details of required items and the how to donate can look on the website:

<http://epsomewell.foodbank.org.uk>

If anyone wishes to make a suggestion or a comment to the PPG they can place it on a slip in the Pink spotted box on the left of the reception desk. All slips are collected regularly by a member of the PPG.

You will have noticed the many leaflets that used to hang on the walls have disappeared. They are still available on request at reception

Opening Times and Doctors Availability

The surgery is open from 08:00 to 18:30 Monday to Friday. Please note that between **08:00 to 08:30 we operate an emergency telephone service only**. If you should wish to see a specific doctor, please note their availability is only as listed below.

Dr Pedram Shabrokh (Male)	Monday, Tuesday, Thursday and Friday
Dr Peter Greenway (Male)	Monday, Tuesday, Wednesday and Friday
Dr Azita Jones (Female)	Monday, Tuesday and Friday
Dr Julia Chase (Female)	Monday and Thursday
Dr Matthew Freeman (Male)	Monday, Wednesday and Thursday
Dr Beverley Anderson (Female)	Wednesday and Friday
Dr Lucy Gill (Female)	Tuesday, Wednesday, Thursday and Friday

**News
and
Useful
Infor-
mation**

Telephone Numbers

Tel No : 01737 303217

Fax: 01737 370954

Practice address

1 Troy Close ,
Tadworth,
Surrey
KT20 5JE

Website

www.tadworthmedicalcentre.co.uk

Prescriptions

Please allow 2 working days for the processing of repeat prescriptions.

Arrivals and Departures

Arrivals:

On Promotion to Practice Manager:

Sue Delaiche

On promotion to Reception Manager:

Sue Jones

Advanced Health Care Assistant:

Sarah Collins

Diabetic Nurse:

Jenna Baer

Departures:

On retirement

Prakash Karsan—Practice Manager

Linda Lines, Nurse Practitioner

Dr Arash Poorghobad on completion of his GP training and qualification as a GP

Appointments Not Attended

You will know that patients who do not attend appointments can cause considerable difficulties to both the practice and fellow patients.

For the last three months of this year there were 360 appointments where patients did not attend their booked appointment, nor did they cancel them.

To put another way this would equate to 15 whole morning surgeries or, to put it another way, 60 hours of Doctors time that were wasted in that period.

It would help enormously if patients could contact the practice immediately they become aware they are unable to attend.

THE PPG ANNUAL GENERAL MEETING

Yes, we are now one year old from our fully constituted beginnings last year and like all organisations we hold an Annual General Meeting this year to advise you of our progress and select new officers and members for the forthcoming year.

You will find full details of the meeting on page 4

**Please
help!**

Local Chemists and Services

Day Lewis 01737 813130
 Paydens 01737 354714

Jubichem 01737 813131
 Walton 01737 813251

Lloyds 01737 355260
 Asda 01737 377310

Flu Clinics

Winter is fast approaching and patients are invited to make an appointment to have their annual flu jabs. Eligible patients should contact reception to make an appointment. Eligible patients are as follows:
 All those age 65 and over, All pregnant women, Children aged 2,3 and 4 (Nasal drops), All those at risk with a chronic illness or condition.

New Automatic Blood Pressure Monitor

Tadworth Medical Centre now has an Automatic Blood Pressure monitor installed in the waiting room and is available to all Adult patients. Full instructions are shown on top of the monitor and when it is complete a print out of the reading is given. You can the put your name, date of birth and the date of the reading and hand into the reception or in the box provided. Your reading will be reviewed by medical staff. This facility should save patients having to make appointments for blood pressure readings.





Tadworth Medical Centre

Patient Partnership Group (PPG)

Invite you to their

Annual General Meeting

Thursday 20th October 7.15 – 9pm

At

Tadworth Sport and Community Centre,
Off Merland Rise.

Guest Speaker from 'SCOPE' (a charity that exists to make this country a place where disabled people have the same opportunities as everyone else).



Transport for the Elderly



Buses 4U Reigate & Banstead (Daytime) Telephone: 01372 204540

Criteria for Eligibility: Elderly, unable to use public transport, or live in remote area with no public transport (must be resident of borough)

Transport provided for: Medical appointments, shopping, pension collection, day centres, visiting, and leisure/social outings

Areas covered: Reigate & Banstead Borough

Vehicles: Three accessible 14 seater minibuses

Booking Procedure: 01372 204540 Mon to Fri 0830 to 1630. Bookings taken up to 14 days in advance

Charges/donations: Annual membership £15.00. Then cost by zone:

	Single	Return
Journeys wholly within one zone (Zone A or B only)	£2.00	£4.00
Journeys crossing one zonal boundary (Up to 10 miles)	£3.00	£6.00
Journeys crossing one zonal boundary (over 10 miles)	£3.00	£6.00
	£4.00	£8.00

Other details: Operates Mon to Fri 0900 to 1700. Formerly Reigate & Banstead Dial-a-Ride and Horley Dial-a-Ride

Stop Smoking Clinic

A Stop Smoking clinic will be held on Tuesday afternoons and will be conducted by a nurse who will give advice and provide prescriptions for aids to kick the habit.

Appointments can be made in the usual way at reception

Your Editor is an ex smoker who gave up smoking 7 years ago with the aid of the NHS Stop Smoking Service and testify as to its value and effectiveness. Not only will your health improve but your finances will receive a boost too!

Some Useful Website and Telephone Nos from Carers of Epsom

Action for Carers Surrey	www.carersnet.org.uk
Age UK	www.ageuk.org.uk
BBC News	(Health) www.bbc.co.uk
Brigitte Trust	www.brigitte-trust.org
Cancer Help UK	www.cancerhelp.org.uk
Care Choices	www.carechoices.co.uk
Care Quality Commission	www.cqc.org.uk
Counselling Directory	www.counselling-directory.org.uk
Department of Work & Pensions	www.dwp.gov.uk
Department of Health	www.dh.gov.uk
Direct Gov	www.direct.gov.uk
Expert Patients Programme	www.expertpatients.co.uk
The Kings Fund	www.kingsfund.org.uk
Mind	www.mind.org.uk
Multiple Sclerosis Society Surrey Branch	www.mssociety.org.uk
National Autistic Society	www.nas.org.uk
Parliamentary & health Service Ombudsman	www.ombudsman.org.uk
Pension Service	www.thepensionservice.gov.uk
Princess Royal Trust for Carers	www.carers.org
RNIB	www.rnib.org.uk
SID – Social Information On Disability	www.asksid.org.uk
Sight for Surrey	www.sightforsurrey.org.uk
Stroke Association	www.stroke.org.uk
Surrey 50+ Network	www.surrey50plus.org.uk
Surrey Adult Linked Disability Registers	www.surreycc.gov.uk
Surrey Family Information Service	www.surreycc.gov.uk/directory
Surrey Young Carers	www.surrey-youngcarers.org.uk
Voluntary Association for Surrey Disabled	www.vasd.org.uk
Young Carers My time	www.mytime4youngcarers.org
Carers of Epsom was established in 1988	
Company Number 603702 Charity Reg. Number 1119205	

Carers of Epsom Useful Numbers

ACTION for CARERS (Surrey)	01737 244220
ACTION for CARERS & EMPLOMENT	01483 302748
AGE CONCERN – Banstead	01737 352156
AGE CONCERN – Epsom	01372 732456
AGE CONCERN - TRANSPORT	01372 728758
AIDS HELPLINE	0800 567123
ALZHEIMER’S	01932 855582
BI POLAR UK	020 7931 6480
BRIGITTE TRUST	01306 881816
CITIZENS ADVICE BUREAU Epsom & Ewell	01372 237000
CONTINENCE SERVICE	01372 384346
CROSSROADS - East Surrey	01372 869970
CRUISE BEREAVEMENT CARE	020 8393 7238
DYSCOVER	01737 819419
EPSOM (DISABILITY INFORMATION CENTRE)	01372 735243
EPSOM & EWELL BOROUGH COUNCIL	01372 732000
EPSOM/EWELL HARD OF HEARING	01372 721061
FAMILYLINE	0808 8005678
ME: National Support Centre	01708 378050
Sutton ME/CFS Support Group	020 8287 6206
MEALS ON WHEELS (Epsom)	01372 732427
MENCAP – National Centre	020 7454 0454
MENCAP – Mid Surrey	01737 353953
MENCAP Surrey Leisure Service	07984524367
	07731128852
MOTOR NEURONE SOCIETY	01737 353281
MULTIPLE SCLEROSIS SOCIETY SURREY BRANCH	07717 359221
NHS HEALTH LINE (this short number is correct)	111
PALS (Patient Advisory Service)	01372 384397
PARKINSONS SOCIETY	020 8337 6088
PENSION SERVICE	0344 225 3669
PHAB CLUB	01372 729492
PRINCESS ALICE HOSPICE	01372 468811
PUFFINS SPORTS CLUB FOR DISABLED	01737 357465
REIGATE & BANSTEAD BOROUGH COUNCIL	01737 276000
RETHINK Mental Illness	0845 4560455
ROY CASTLE LUNG CANCER HELPLINE	0800 358 7200
SAMARITANS National freephone	116 123
Local `	01372 375555
SIGHT FOR SURREY HELP DESK	01372 377701
SOCIAL SERVICES Adult Social Care	0300 200 1005
Children's Social Care	0300 200 1006 Emergency Duty
Team	01483 517989
STROKE ASSOCIATION Banstead	01737 231802
Epsom, Ewell & Mole Valley	07515 596 888
SURREY FAMILY INFORMATION SERVICE	0300 200 1004
SURREY YOUNG CARERS	01737 248111
UK EPILEPSY HELPLINE	01494 601400
VOLUNTARY ASSOC FOR SURREY DISABLED	01306 741500
Young Carers My time	07517 867513