

Raleigh Surgery Newsletter

Winter 2019



Stay Warm - Be prepared

The Met Office provides weather forecasts on radio and TV, so listen in to these bulletins regularly to keep up to date with the weather.

Severe weather warnings are also issued on the [Met Office website](#), through the [Met Office Twitter feed](#), or you can call the Weather Desk on 0370 900 0100 or 01392 885 680.

The Met office also has advice on [getting ready for winter](#). This includes suggestions for practical things you can do to prepare for winter weather, including cold, ice and snow, high winds and flooding.



If you have not already had your flu jab it's not too late!! Book an appointment at reception.

Shingles and pneumonia vaccinations are also available.

After the Easter break on the 5 April 2019 we are holding an Abdominal Aortic Aneurysm screening clinic - the screeners routinely invite all men in a GP practice in their 65th year. Men over 65 who have not been screened previously can self-refer for a screening appointment by contacting the AAA screening team directly on 01803 655441- the team are happy to arrange an appointment in a community hospital before their own planned surgery visit if this suits them. Self-referrals for AAA screening are particularly welcomed from men over 65 who smoke, have high blood pressure or have a brother, sister or parent who has, or has had, an abdominal aortic aneurysm.



The 'Friends of the Surgery' group to help support the Nurses and Doctors with certain decisions regarding Raleigh Surgery and fund raising for important medical equipment. They are currently donating money towards an new examination couch and light for Dr Vallis. They are also looking for new members to join the worthy group. They meet on the second Monday of every month after a coffee morning. If you are at all interested in joining the group please either leave your name at reception or contact Louise Ford the Practice Manager or come along to the coffee morning so that you can get to know the lovely group.



Hellos and Goodbyes.

We are pleased to welcome Dr Jo Kirkcaldy to the clinical team. She has replaced Dr Beth Timmins who has taken up a salaried position in Seaton.

Unfortunately Dr Cook our registrar, who has been with us for 6 months, will be leaving us at the end of January. He will be missed and we wish him well in his future as a GP.

We have a Year 5 medical student Hannah Poole who will be joining us for 6 weeks at the end of January.

Ordering online: As some of you may know - you are able to order your medication online via the surgery website. You are now also able to book appointments this way up to 2 weeks ahead as well as view your Health Record online. To enable you to do this you will need to obtain a SystemOne online registration code from reception. Please make sure that you have some form of ID on you when you request the SystemOne online code.



As always can we remind you to request your medication in good time and allow at least 48 hours for the prescription to be processed and get to the chemist of your choice. Recently there have been quite a few manufacturing problems with certain drugs, if you do have any problems please request an alternative from the surgery.

Stay safe and warm.

The Staff of Raleigh Surgery.