

Raleigh Surgery Newsletter

Spring 2018



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.

Please note the surgery will be closed on the following dates:

Friday 30th March - Good Friday

Monday 2nd April - Easter Monday.

Monday 9th April - Surgery Shut Down in the afternoon - Training day.



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

After the Easter break on the 19 April 2018 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.

Retinopathy screening: will start in May and patients will be advised by the Diabetic Centre of the date and time of their appointment. Patients will be seen at Exmouth Hospital Annexe.



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. The Friends are currently donating money towards and all singing and all dancing new Doppler machine. They are also looking for new members to join the worthy group. They meet on the first Monday of every month after a coffee morning. If you are at all interested in joining such a group please either leave your name at reception or contact Louise Ford the Practice Manager or Penny Miller - Louise's assistant.



Hellos and Goodbyes.

We are pleased to welcome Dr Teresa Nicolson, Dr Beth Timmings and Dr Matthew Vallis to the clinical team.

Unfortunately Dr Solman has now left us and returned to Wydham House Surgery where he did his GP training but he has offered to do the occasional locum session so you may still see him around!!

Medication: 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 Systmone online registration code from reception please make sure that you have some form of ID on you when you request the Systmone 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.

After a shortage Shingles vaccinations are now available again. However there is a shortage of pneumonia vaccinations.

Stay safe and warm.

The Staff of Raleigh Surgery.