



The Tablet

Haxby Group Aim:

**A caring, quality
service for our
patients.**

A Newsletter for the Patients of Haxby Group Practice

WINTER CLOSING



Please note that the surgeries will be CLOSED on

FRIDAY 25 DECEMBER 2009
SATURDAY 26 DECEMBER 2009
MONDAY 28 DECEMBER 2009
(Christmas Bank Holidays)
&
FRIDAY 1 JANUARY 2010
(New Years Day)

**Please contact Out Of Hours for any
emergencies on**

0845 056 8060

**PLEASE REMEMBER TO GET YOUR
PRESCRIPTION REQUESTS IN EARLY**



Editorial

Welcome to the winter issue of our Newsletter which we hope you will find interesting and helpful.

We are always looking for newsworthy items to include in our newsletter so please do keep all your suggestions and articles coming through.

We appreciate your support and look forward to hearing from you. We wish you all a very Merry Christmas.

Many thanks!

Rachel & Julie – Editors



PATIENT OPEN EVENING

On Tuesday 8 September we held our very first open evening. This event was held at the Haxby Methodist Church Hall and was organised to give all our patients at Haxby Group Practice a chance to find out more about what the Practice offers, there was also a questions and answer session. We had a good turn out and the patients that did attend found it informative and interesting.

Thanks to the several local Support Groups who also came along with their various informative stands, again we wanted to give you the chance to find out what is available in the local Community for you and your family.

We would like to thank everyone involved in the hard work of the Open Evening and also to Marilyn for providing an excellent venue.

We are hoping to plan a similar event next year, possibly a summer fete; this would obviously depend on interest from our patients. We will keep you informed of our plans, if anyone has any suggestions or ideas please drop me a line.

Many thanks

Rachel Brown, Customer Services Supervisor



Dear Patient

This is a busy newsletter and reflects the very busy time that we face at present. There are a great many things going on, or that are about to occur, that may or will affect you as one of our patients, and we have tried to include it all in this newsletter so that you are as well informed as possible. However, I feel that some require further comment, hence this letter.

A senior GP, like Fiona Scott, moving will always cause a wrench for some of her regular patients, however we have recruited an excellent replacement with Dr Sarah Blades and we look forward to her starting work at the Practice in the New Year. Fiona is of course not totally lost from us as she is relocating from York to Hull where we have recently opened 3 new surgeries.

In February the Practice is changing the software that is used to maintain your clinical records. This is a complicated process and one that must be done with great care to ensure that our high standard of clinical record keeping is maintained. The new system will improve record transfer and communication between ourselves, other practices, community staff and other NHS services, as might be appropriate for your individual care. However, during the change period there will be some limitations on GP availability and you will be asked to submit repeat prescription requests as early as possible as February approaches. More details will be published nearer the time.

Of more immediate effect, we are now running a campaign to vaccinate against swine flu. As with seasonal flu, those entitled and at risk will receive an invitation. More details are contained in the newsletter; however, this will also impact on GP and nurse availability whilst the campaign runs. The other most apparent impact of swine flu is the removal of toys and leaflets from our waiting rooms. We hope that this will ease soon when the vaccinations are complete and the threat from swine-flu has eased.

On a similar note, roughly 5000 patients have been vaccinated against the annual flu virus. I must congratulate all the patients who made the effort to turn up despite the weather. It was a very successful campaign and relies heavily on patients working with the practice so that we can be as efficient and as safe as possible.

Everyone at the Practice was moved to learn about the loss of Matt Hatton, a local young soldier who was serving in Afghanistan, and we are proud to assist in advertising the charity fundraising being organised by his family in aid of Help for Heroes. Our thoughts are with them at such a difficult time. It is perhaps appropriate here to advertise a new health advice leaflet from the NHS and Royal British Legion, which is aimed at service veterans and that is available from our practice nurse team.

At some point in January/February we will be making improvements to our surgery at Stockton on Forest. Once finished, the building will have better disabled access, improved patient confidentiality and a larger nurses room that will be better suited to purpose than the one we have at present. The work is out for tender from suppliers and the plans will be put on display shortly at Stockton surgery. It will impact on services at the surgery for a few weeks but we will endeavour to keep disruption to the minimum. More details will be advertised when the tendering process has ended.

The newsletter also reflects the many and varied services we offer and that are offered by other services in the community. I hope you find the information of interest and use.

With very best wishes for a happy and healthy Christmas and New Year.

Yours Sincerely

John McEvoy
Managing Partner



INTRODUCING NEW MEMBERS OF STAFF

We would like to offer a warm welcome to the latest additions to our team **Rachael Goodway** from the Reception Team. **Lisa Smallwood** from the Data Quality Team. We hope their stay with the Practice will be long and happy.

AND OUR FONDEST FAREWELL TO OTHERS!

We would also like to express our best wishes to **Esther Dill** who has recently retired from the Practice after 18 years service and to **Katie Garbutt** who has also retired from the Practice after 7 years service. We wish them both a happy retirement and all the best for the future.

DOCTOR SCOTT HAS MOVED!

As many of you may be aware Dr Fiona Scott and her husband have moved to the village of Swanland, on Humberside, where her husband, a Vicar, has a new parish. The move has enabled Dr Scott to become increasingly involved with "Haxby Group Hull"; this project is part of improving access to medical services in an under-doctored area of the country. Fiona remains a partner with the practice, and will still spend time over here in York, although not on a regular basis.

She writes:

"We are sure that moving to Swanland is the right move for our family as a whole, however leaving York, and especially New Earswick has been a wrench, and I will really miss the many patients that I have come to know so well over the years."

Although Dr Scott had hoped to continue seeing patients until Christmas circumstances have come into play which will mean that she will move completely over to Hull by mid November.

The practice is very pleased to announce that they have appointed a new partner Dr Sarah Blades, who will begin working at New Earswick in January 2010.

IMPORTANT NOTICE FOR HAXBY GROUP PRACTICE PATIENTS INSTALLATION OF NEW COMPUTER SOFTWARE

New computer software is being received and installed at the surgery between Wednesday 10th - Friday 19th February 2010.

During this period there will be limited access to computerised records and we will be unable to add new electronic data to patient's records.



Reception will be open as usual, but we apologise for the fact that we will only have a limited number of surgery appointments. General enquiries may also take a little longer until our normal service is resumed.

REPEAT PRESCRIPTIONS

Please request early any repeat prescriptions that you may need.

ROUTINE APPOINTMENTS

Please also avoid these dates for routine reviews and follow ups.

APPOINTMENTS & REPEAT PRESCRIPTIONS ON LINE

Due to our computer systems being off-line during this time, this facility will not be available after Friday 5th February. It is hoped to restore this service as soon as possible.

We apologise for any inconvenience caused during this installation, and thank you for your patience.

SEASONAL FLU

Thank you to everyone who was sent a "seasonal flu" postcard and picked up flu clinic timetables either from a surgery or downloaded from the website. We appreciate your help with making this change successful. The change was necessary due to the rising costs of producing the letters, and in preparation for our participation in the swine flu vaccination campaign.

SWINE FLU UPDATE

We have been planning our campaign over the last few weeks and have now received our first supplies of vaccine. The Department of Health has asked us to vaccinate at-risk groups in priority order:

1. Pregnant women
2. Patients aged 6 months to 65 years with long term health problems such as diabetes, asthma, COPD, heart disease, kidney problems etc
3. Patients receiving immunosuppressant therapy and their household contacts
4. Patients over 65 with long term health problems as above

As with seasonal flu, we will write to patients in the above groups inviting them to attend specially set up swine flu clinics. Some patients will already have received their invitation.

The majority of patients will only need one jab but younger patients, between 6 months and 10 years, and certain patients with reduced immunity, will need 2 jabs, at least 3 weeks apart.

This is the first time H1N1 swine flu vaccine has been administered to a large population and we appreciate patients may have questions about the vaccine. The vaccine has been through a thorough assessment process however and we urge all our patients who fall into the above groups to have the vaccine.

It is likely that the campaign will affect the day to day running of the Practice as we need GPs and nurses to administer the vaccine, but we will try to keep this impact to a minimum. Please be patient if you find it more difficult than usual to get an appointment with the GP or nurse of your choice.

For patients who have received a postcard invitation please note:

- The first clinics are for Under 65 "at-risk" and Immunocompromised patients only:

Monday 14 December at Wigginton Recreation Hall

Wednesday 16 December at Stockton on the Forest Village Hall

- Please bring your postcard with you when you attend
- Please be patient when you attend the clinic. Swine flu vaccine takes longer to prepare and give than seasonal flu vaccine
- Housebound patients please ring 724600 after 10.30 to be added to the District Nurse list. These visits will not take place until the New Year. One phone call will book your visit.

HAXBY GROUP PRACTICE

Swine Flu Clinics

For patients who have received an invitation only

AT RISK GROUP	DATE	VENUE	TIMES	SURNAMES
HAXBY PATIENT'S ONLY Patients with lowered immunity or at-risk UNDER 65 years only	Monday 14th December	Wigginton Recreation Hall	9.00 - 10.30	Surnames A - D
			11.00 - 1.00	Surnames E - K
			2.30 - 4.00	Surnames L - Z
			4.30 - 6.00	All surnames
Patients with lowered immunity or at-risk UNDER 65 years only	Wednesday 16 December	Stockton On the Forest Village Hall	9.00 - 10.30	Surnames A - D
			11.00 - 1.00	Surnames E - K
			2.30 - 4.00	Surnames L - Z
			4.30 - 6.00	All surnames
At-risk, all ages	Friday 18 December	Friends Meeting House New Earswick	9.00 - 10.30	Surnames A - D
			11.00 - 1.00	Surnames E - K
			2.30 - 4.00	Surnames L - Z
			4.30 - 6.00	All surnames
At-risk, all ages	Monday 21 December	Huntington Memorial Hall	9.00 - 10.30	Surnames A - D
			11.00 - 1.00	Surnames E - K
			2.30 - 4.00	Surnames L - Z
			4.30 - 6.00	All surnames
At risk, all ages	Tuesday 22 December	Stockton on the Forest Village Hall	1.00 - 2.00	Surnames A - D
			2.00 - 3.00	Surnames E - K
			3.00 - 4.00	Surnames L - Z
			4.30 - 6.00	All Surnames
At-risk, all ages	Wednesday 30 December	Wigginton Recreation Hall	9.00 - 10.30	surnames A – D
			11.00 - 1.00	surnames E – K
			2.30 - 4.00	Surnames L - Z
			4.30 - 6.00	All surnames

NEW SERVICE AT HUNTINGTON SURGERY

MINOR ILLNESS CLINIC

Huntington Surgery are pleased to advise that they now have an extended Minor Illness Clinic available at the surgery. Senior Nurse Angela Dey will be seeing patients with ear, nose & throat problems, abdominal problems, urine infections.

Please ask for Angela when making an Appointment.



EVENING & WEEKEND OPENING

Haxby Group Practice opens at Haxby Surgery for GP appointments on:

Wednesday evenings from 18.30 to 20.30
Saturday mornings from 09.00 to 12.00

The above service is primarily for patients unable to come to the Practice for routine appointments during normal opening hours. Patients are welcome to drop off or collect prescriptions during these times.

Please note you will be unable to contact the surgery via the telephone during these hours. Patients with urgent medical problems or emergencies should contact the GP Out of Hours Services or attend A&E.

NEW LOOK DIABETIC MEETING FOR 2010

Topics to include diabetes, skin care, dietician and lots more



Please come along to our interactive sessions:

8 March 2010	4pm – 6pm	@ Wigginton Recreational Hall
14 June 2010	4pm – 6pm	@ Huntington Community Hall
6 Sept 2010	4pm – 6pm	@ Friends Meeting House, New Earswick

WE LOOK FORWARD TO SEEING YOU

WEBSITE ADDRESS FOR HAXBY GROUP PRACTICE

www.haxbygrouppractice.co.uk

CUSTOMER SERVICES EMAIL

haxbycustomerservices@gp-b82026.nhs.uk

PALS

Contact For Haxby Group Practice
Rachel

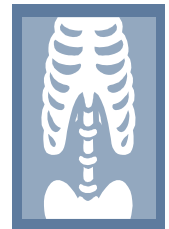
Tel: 01904 724600

The York Spinal Support Group

Almost all of the population will suffer back problems during their lifetime, and for most people, the pain can be alleviated through non invasive treatment. However, in some instances, patients will need to undergo surgery. Whilst no surgery is undertaken lightly, the idea of spinal surgery can be particularly frightening to many patients.

The York Spinal Support Group has been established with these patients in mind. Based on the very successful Spinal Support Group which has been running for over 10 years at North Tees Hospital in Stockton-On-Tees, the group offers the opportunity for pre-operative patients to meet and talk directly to patients who have already undergone spinal and neck surgeries.

These informal sessions allow patients to discuss any concerns they may have – be they medical or practical – and find out just what spinal surgery entails from those who have Experienced it. At the sessions, patients will have an opportunity to meet Mr Manoj Krishna, Consultant Spinal Surgeon and discuss any questions they may have directly with him.



The sessions are hosted by **Nuffield Health York Hospital**, and are held regularly on a Saturday morning between 10am and 12pm. The sessions involve a short presentation by Mr Krishna, followed by a talk by some patients. Refreshments are then served, during which time patients get to mingle freely with patients who have completed treatment to ask questions in a relaxed and informal way.

The next sessions are booked for **Saturday 28th November and Saturday 13th February** in the Nuffield Health York Hospital.

GIVE BLOOD (NEW DONORS WELCOME)

Local session details:

Wigginton (Recreational Hall)

Fri 11 Dec 2009	14.00 – 16.00 & 17.00 – 19.30
Fri 8 Jan 2010	14.00 – 16.00 & 17.00 – 19.30
Fri 19 Feb 2010	14.00 – 16.00 & 17.00 – 19.30
Mon 1 Mar 2010	14.00 – 16.00 & 17.00 – 19.30

New Earswick (The Folk Hall)

Thurs 14 Jan 2010	14.00 - 16.00 & 17.00 – 19.30
Wed 24 Mar 2010	14.00 – 16.00 & 17.00 – 19.30



**Test Results
01904 724600**

**The Results Line telephone
number is available
Tuesday to Friday
from 10am – 6pm.**



**Please note that results can only be
given to the patient or the patient's
registered carer.**

YORK WHEELS

Volunteer Car and
Minibus Service



(offers door to door transport for a reasonable price)

Tel: **01904 630080/ 01904 726791**

ORGAN DONATION



THE GIFT OF LIFE

If you would like more information regarding organ donation or
you wish to register, you can do this on-line at

www.uktransplant.org.uk or you can telephone the

Organ Donor Line : 0845 60 60 400

LOW VISION CLINIC SERVICE – WILBERFORCE TRUST

A free service is offered by the Wilberforce Trust for people with a diagnosed eye condition who have difficulty seeing – even after prescription glasses have been provided. During a 2 hour appointment patients will have a full optometry test, an assessment with a rehabilitation officer to discuss the practical issues of living with poor vision and a follow up domiciliary visit a few weeks later if required. Any magnifying equipment which is provided from the clinic is also free of charge.

We do not offer treatment or medications and we have no nursing facilities. The service concentrates on the functional problems and offers a community based one-stop shop for people struggling to manage because of poor sight. Referrals are accepted from individuals, health or social care staff by telephoning 01904 760037 and speaking to Kate or Margaret.



HAXBY & WIGGINTON COUNCILS' WORK ON A JOINT EMERGENCY PLAN

Haxby Town Council and Wigginton Parish Council are working together along with City of York Council to produce a joint emergency plan. This will help official "rescue" organisations such as the Police, Fire and Rescue, Ambulance and Flood Defence Services if there were to be a major event which affected the area.

To complete the plan, we need to have details of local branches of voluntary organisations which reach out into the community such as senior citizens' clubs, home support groups and so on. Please let us know if you are connected to such an organisation and you think they should be included in the plan. You can email or ring:

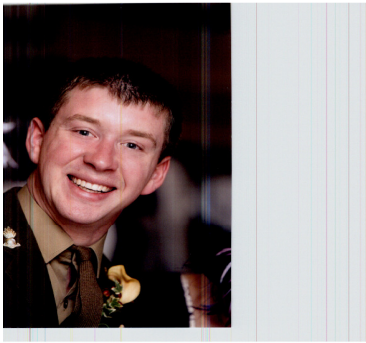
Margaret Moran, Clerk to Haxby Town Council on 01904 750378

Or

Ian Cuthbertson, Clerk to Wigginton Parish Council on 01904 764356

It would also be very helpful to have details of anyone who might need special support in such a situation because of mobility, hearing or visual impairment or other particular needs. If you, or a friend or neighbour, might need such help, please let us know.

Details of the plan will be given in the newsletters of the two Councils when it is completed.



SUPPORT IN MEMORY OF MATT HATTON

Our treasured son Matt Hatton was tragically killed in action by an improvised explosive device whilst on foot patrol in Afghanistan on 13 August 2009. Matt or "Hatt's" as he was fondly known to his comrades was serving in one of the most dangerous areas of Helmand Province and during one of the most difficult periods in the current campaign, right at the heart of the battle helping local Afghans to live normal lives.

The role of a soldier perfectly suited Matt's personality and his love of the outdoors and adventure. He had a heart of gold and had the enviable ability to make friends easy, he was always full of fun and cheerful, even when faced with adversity, his sense of humour and mischievous smile followed him wherever he went and lifted the spirits of those around him.

We are so very proud of our brave and courageous son and wanted to take on a challenge in his honour, both Phil and I, Matt's sisters Becky and Vicky and her partner Warren plus his cousin Sarah and a couple of close friends are pushing our boundaries and will be climbing Mount Kilimanjaro in March 2010. All monies raised will go to Help for Heroes, a fantastic charity that supports wounded soldiers injured in Iraq and Afghanistan. This charity was very close to Matt's heart and several of his friends/comrades who have been injured will benefit from the charity's support, we are therefore keen to raise as much money as possible.

We need to raise £3,400 each for the Charity, therefore fundraising is going to be a huge challenge especially as we have only a few months to reach this target.

If you can donate anything towards our climb it would be gratefully received.

Donations can be made to www.justgiving.com/matthewhatton

Many thanks for your support.

Jill and Phil Hatton



FEE INFORMATION FOR PATIENTS

We are pleased to be able to offer a range of services that are not funded by the NHS but that are important to our patients. The following list shows the more common examples; a full list is available at reception. We endeavour to have letters and forms completed in 10 working days.

Once completed we will advise the patient either by 1st class post or telephone that their letter or form etc is ready for collection. Please note that the fee for these services is payable on collection.

Fees include Vat where applicable

Copy of Patient Notes : Maximum Fee (No VAT)	£50.00
Full Medical (No VAT)	£175.50
HGV, PSV, PCV, LGV, Taxi Medicals	£104.08
Holiday Cancellation Form (No VAT)	£15.50
Holiday Vaccines (No VAT) :	
Jap B	£214.00 3 doses
Meningitis ACW & Y	£49.00 1 dose
Rabies 3 doses	£183.00 Series of 3 doses
Tick Borne 1 Yr Protection	£134.00 2 doses
Tick Borne 3 Yr Protection	£67.00 3rd & subsequent doses
Yellow Fever	£59.00
Hepatitis B	£133.00 3 doses
Immunisation printout (No VAT)	£10.00
Ofsted Report	£100.63
Other Short Forms (May be subject to VAT)	£15.50
Private Prescription (No VAT)	£20.00
Short Letter (May be subject to VAT)	£15.50
Sickness/Accident Insurance Claim Form (No VAT)	£15.50

Find the Practice Doctors

WORD SEARCH

J N D H W D S A H N I Z W E E
D O O S O R J A P J O A I R E
L T H S E L Y E H G U A L O A
J F V L K W M J A L H X F M N
U R L R A C A E H L J Z L L D
E A Y R T C A Z S R C I Q I E
F G D O O C W J W A T T S G R
G U R B W O F O W L E R U T S
N I I L L J S R N C H U O W O
U O J I E D U M C Y T T W V N
O N K Z R F T F A T Z H I A O
Y W R E L Y A T O R H F N M M
A O J M Q F F C W E T W L Q S
P P O U A T S X J K J E X I L
N Y B C P C V E F B R S T C W

SMITH	FALLER
FOWLER	YOUNG
HAYWARD	LAUGHEY
HOLMES	TOWLER
SCOTT	JACKSON
ANDERSON	GILMORE
WATTS	JACOBI
SMART	TAYLER
GUION	



**HAXBY GROUP PRACTICE WOULD LIKE TO
WISH ALL OF OUR PATIENTS**

**A VERY HAPPY CHRISTMAS AND A
HEALTHY NEW YEAR!**

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If you would like to receive our Newsletter or any other feedback on the Practice via email please complete the following details and hand into any of our Reception desks:

NAME: _____

ADDRESS: _____

_____ **POST CODE** _____

DATE OF BIRTH: _____

EMAIL ADDRESS: _____

This service does not include making appointments or ordering repeat prescriptions, please use your on-line facility for this.