



Insect Bites and/or Stings

Minor bites and stings can be treated by:-

- Washing the affected area
- Placed a cold compress over the affected area to reduce swelling
- Not scratching as it can become infected

Additional Treatment if the bite is painful or swollen you can also take paracetamol or ibuprofen (not for children under 16 yrs.).

You can take an antihistamine tablet to help reduce swelling (antihistamines are available from pharmacies).

Only see your GP if the redness & itching gets worse or does not clear up after a few days.



Atishoo!! It's Hay Fever Season

There are more than 10 million people with hay fever in England. It can have a significant negative impact on quality of life. People with severe (allergic rhinitis) often find it disrupts their productivity at school or work. Hay Fever can lead to complications such as sinusitis, which may last several months and require GP appointments, antibiotics & other medications. Most cases of Hay Fever can be treated using over-the-counter (OTC) medication. If you start to get sniffles, itches & sneezes, visit www.nhs.uk/Conditions/hay-fever for information & speak to your Pharmacist about remedies.

Repeat Prescriptions – Telephone requests for repeat prescriptions should only be made by HOUSEBOUND PATIENTS and these calls should be made after 2pm. This helps keep the phone lines clear for patients to make an appointment.



Travel Vaccinations

If you require any vaccinations/advice relating to foreign travel, you will need to complete a travel questionnaire at least 6-8 weeks prior to travel. Required information should include which countries and areas within each country you are visiting. The surgery will then contact you to book an appointment, if necessary, with one of our nurses. You can collect a form from either reception or you can submit a form online on our practice website: www.pennyshillpractice.co.uk under 'Travel Vaccinations'. If you are traveling in less than 6-8 weeks you may be asked to go to a travel clinic to have your vaccinations.

From April 2016 patients may request Online Access to Book Appointments, order Repeat Prescriptions, and now view Medical Records, you can do this either via the website www.pennyshillpractice.co.uk or complete a form from reception.

Are you Lonely and don't often see anybody?

Ferndown Soup Lunch – St Mary's Church Hall, Church Road, Ferndown, BH22 9EU.

Every Monday from 11.30 am (coffee, short service, lunch). Please see the below websites for further information and a full list of lunch clubs available in your local area.

- www.pennyshillpractice.co.uk
- www.mylifemycare.com
- www.dorsetforyou.com



Dr Strauss will be retiring at the end of June 2016. The partners and staff wish him a happy retirement.

Dr Strauss has been with the practice for 30 years. In 2007 he was awarded one of the highest awards given out by the college of general practitioners and presented with the fellowship for his outstanding work. It is awarded to family doctors deemed by the college to demonstrate its standards, values and commitment to high quality. Dr Emma Richards will continue to see all patients currently on Dr Strauss's list from 1st July.

We are pleased to announce that Dr Sam McGinley will be joining the Practice permanently from 1st August 2016.

Blood Tests

We are delighted to offer a limited number of blood tests at the surgery.

Unfortunately this is not yet enough to fully meet the demand and so you may often find it is quicker to use one of the local hospitals, see below for details (for example, the open access at Christchurch often does not have a wait early afternoon).

Sometimes your test can only be taken at the hospital and you will be advised of this if appropriate.

While you are welcome to have your blood tests here, we hope you will continue to use the hospital if possible, to allow our more elderly and less mobile patients and those without transport to have priority in the surgery.

We hope in the future to be able to expand this service to improve access to all our patients and will keep you informed about developments.

Hospital details-

Walk in-no appointment necessary

Bournemouth Monday-Friday 8.00am-4.30pm

Christchurch Monday-Friday 9.00am-3.30pm

Appointment only

Wimborne-01202 856471 Tuesday-Thursday 8.00am-11.45am (appointment booking line open Monday to Friday 9.30am-12.00pm)

Poole-01202 448087 Monday-Friday 7.30am-4.40pm

Boots-Dolphin Centre, Poole-01202 448087 Monday-Friday 8.45am-11.15am

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Patient Participation Group - the date for the next PPG Meeting is **Wednesday 8th June 2016 at 6.30pm** here at the practice.

All patients of Penny's Hill Practice are very welcome to attend.

Minor Injuries Unit, Victoria Hospital, Wimborne.

USE IT OR LOSE IT!!

The Minor Injuries Unit is open from 8.30am to 4.30pm Monday to Friday, with last consultation at 4.00pm.

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A record breaking year for **Friends of Penny's Hill Practice** means that we are looking for more drivers and visitors.



For the past 20 years the Friends of Penny's Hill Practice have been visiting isolated patients or providing transport for the less mobile to the surgery or local hospitals. This help is hugely appreciated by all patients.

Demand for the service has increased significantly over the past four years and in 2015 we transported over 100 individual patients and completed a total of 460 trips. Current indications are that transport requests will increase again this year so we need to increase our drivers to complete the tasks.

Trudy has been driving for the Friends for the past three years, she says "Since retiring from my full time job I wanted to do something that was flexible and did not tie me into regular hours. Providing transport fits the bill exactly as I can choose those

trips which suit me and no one minds if I cannot take a certain trip when asked. Not only do I get to meet some lovely people, I admit that I have an eye on the future when I might need the help of the Friends myself!"

If you have some time to spare, please consider joining us, you will meet some very interesting people and you will be helping them and the community in a very valuable way.

Please contact either: JACQUI BALSTON at the surgery 01202 897200 or STEVE JONES, Chair of the Friends on 01202 873562

Queens 90th Birthday Celebration

On April 13th patients of the practice also born in 1926 were invited to the practice for coffee and cake. It was well attended. Thank you to Tesco and the Barrington Centre for supporting the Practice and donating food and equipment, also to FOTP volunteers.



Are you a carer?

Please let a member of staff know. See www.pennyshillpractice.co.uk for further carer information.

When the surgery is closed:

If you require urgent medical attention or advice, that cannot wait until the surgery is open, **please call 111.**

If you are seriously ill or have had a serious **accident call 999** and ask for an ambulance.