

# ELY BRIDGE SURGERY

## Newsletter

Issue 1/Feb 2009

### First Edition!

Welcome to the first edition of the Ely Bridge Newsletter!

We hope to publish a newsletter 2 or 3 times a year, both on paper and on our website [www.elybridge.co.uk](http://www.elybridge.co.uk). Our Editor-in-Chief is Dr Meryl Ellis. If there is any information or news that you think that others would find useful or interesting, please let a member of staff know.



### Missed Appointments

In January we had 50 "Did Not Attends" or DNAs for the doctors. That's 50 appointments where patients didn't arrive for their pre booked appointment and didn't let us know.

Even worse we had 94 DNAs for the nurses and health care assistant.

If you can't make it to an appointment please let us know as we can make it available to someone else. Even if it is quite close to the time, we are sometimes still able to fill it.

### No Telephones or Computers on Friday 27th February

The Welsh Assembly Government has arranged for GP Surgeries to be connected with a new Public Sector Broadband Aggregation (PSBA) network.

Our migration day is Friday 27<sup>th</sup> February, and on that day the engineers will need to power down our network and possibly switch off the electricity supply.

At the least, it will mean that we will not have our usual access to telephones and computers.

If you need your prescription on Friday 27<sup>th</sup> February or Monday 2<sup>nd</sup> March, please make sure we have your request by 11am on Thursday 26<sup>th</sup> February.

We will be open for very limited consultations (emergencies only).

We will only be able to take emergency telephone calls on that day.

Please accept our apologies. We will restore normal service as soon as possible.

Your understanding is appreciated.

## No tick– no script!



Please tick the items you need on your repeat prescription script. If you put a cross we don't know if that means you do want it, or if you don't! So please use a tick. No tick – no script!

Don't forget to get your request to us by 11am if you want to pick it up after 4pm the same day

## Telephone Numbers

We sometimes need to contact you urgently, so it is important we have your up to date telephone number and address.

There is a simple form to complete at the reception desk (please ask the receptionist if you need help or have forgotten your glasses!)

## Did you know ...?

- ☺ The quickest way to see a GP in our morning surgery is to say you will see any doctor
- ☺ Patients on a “statin” tablet eg simvastatin, rosuvastatin should avoid grapefruit juice
- ☺ Cranberry juice and lemon barley squash are good for the symptoms of a kidney or bladder infection
- ☺ Taking Warfarin? Don't drink cranberry juice, it's bad for you!
- ☺ Thinking of having a baby? Start folic acid (400mcg daily) before your get pregnant – it reduces your chance of having a baby with spina bifida (back problem)