

Practice Newsletter Summer 2016

Holiday vaccinations

Please remember to book an appointment for your travel immunisations well in advance of your holiday. This will enable your immune response to be at its optimal level when you are away. Please be advised that a charge may be payable by the patient for the travel vaccination.



Keeping comprehensive records

If you receive treatment elsewhere ie privately or abroad, please notify your GP so that this can be added to your medical records.

School Nurse App

Bromley Healthcare now have a "School Nurse App" which provides families in Bromley with health information and support.



To download the free App search for Bromley School Health Matters on the App store or on Google Play.

Young People's Health App



Bromley Healthcare also has an App to support young people to make informed choices about their health. To download the free app search for **your choice your voice** on the App store or **YCIV** on Google Play or go to yourchoiceyourvoice.co.uk

Bromley Multiple Sclerosis

If you are affected by multiple sclerosis you may be interested in the Multiple Sclerosis Society-Bromley Branch. This offers a range of services : the MS Centre Northlands offers various activities, day trips, lunches and the opportunity to meet others. MateS is their monthly social evening in a local pub. There is a regular newsletter and an Outreach and Support service.

Fundraising activities include race nights, quiz nights & BBQs. For further details including volunteering with them call 0208 464 3723 or visit

<https://www.mssociety.org.uk/near-me/branches/bromley-and-district-branch>



"emisaccess"

Booking appointments, sending messages and requesting repeat prescriptions over the internet

It is possible to book an appointment with a doctor, or send a message, view medical information and/or request a repeat prescription from the practice using the internet. To register to use this service you will need to provide photo ID to Reception and complete a form. Then we will print out a letter for you with your personalised codes and information on what to do. You then visit the practice website :

www.thelondonlaneclinic.gpsurgery.net and

set up an account for yourself via the Appointments button at the foot of the home page using the codes on the letter. Once the account is set up, you will be able to 1/ book up to two (non-urgent) appointments with a doctor over the internet.

2/ request a repeat prescription using the form on the screen,

3/ send a message direct on-line to the practice.

4/ access your Summary Care Record ie information on your medications, and any allergies or adverse reactions.

5/ access further details on your medical records including lab report results, diagnoses and consultation dates.

The advantage of this service is that you can use the internet any time, day or night, and no time is spent waiting on the telephone.

If you registered to use EMIS Access before July 2015 and would like the additional access to further details, you will need to contact Reception to specifically request this.

RCGP Autism Project

We want to offer people who have autism the highest quality of care and support and have been contacted by the Royal College of General Practitioners (RCGP) about a national research study which aims to help improve our knowledge of autism. Should you or your child be interested in participating in the study, please contact our practice manager.

Patient Participation Group

The surgery has a Patient Participation Group which is consulted on areas of concern and possible improvement. We are particularly keen to include younger patients in order to ensure the group is representative of the whole practice population.



If you would be interested in joining the group, please ask at reception for a form to complete or write to the practice manager.

Carers Coffee Afternoon

On 19th May Mary Mason from Carers Bromley came to our surgery to meet with the staff and carers. She explained all the very useful services which are offered by this charity including support groups, respite care, access to services, back care, stress management, dementia support groups, training and coaching. This was a great opportunity for us to find out the needs of carers and work out ways we can support the carers in Bromley. Our Health Care Assistant, Rebecca, co-ordinated a very "tasty" meeting with lots of lovely cakes and biscuits. We hope to meet again later this year and would welcome anyone who is a carer of a friend or family member to attend.

Please remember...

If you have been unwell and your symptoms are not resolving, please feel free to come back and see your GP to discuss your concerns.

Staff News

- We would like to bid farewell to Dr Jessica Howitt who has emigrated to the United States.
- and welcome to Dr Jane Matthews who will be working here part time until she goes on maternity leave in the Autumn.
- Dr Drewry is going to be known in future by her married name, Dr Gyekye.



~~Top Tip~~

Staying safe in hot weather

Most of us enjoy the sunny weather but hot weather can have its risks. Top ways to stay safe when the heat arrives are to:

- *Drink plenty of water. Sugary, alcoholic and caffeinated drinks can make you more dehydrated.*
- *Close curtains in rooms that face the sun to keep indoor spaces cooler.*
- *Open windows when it feels cooler outside and it is safe to do so.*
- *Never leave anyone in a closed, parked vehicle, especially infants, young children or animals.*
- *Wear light, loose-fitting cotton clothes*
- *Try to keep out of the sun between 11am and 3pm.*
- *If you have to go out in the heat, walk in the shade, apply sunscreen and wear a hat.*
- *Look out for others, especially older people, young children and babies and those with underlying health conditions.*