



the Millway Newsletter

Issue 11

 www.millwaymedical.com

 Summer 2019



Appointments

Get more from a specialist clinic rather than a general GP appointment.

We offer specialist clinic appointments :

- Musculoskeletal clinics for joint and back pain including conditions that may require a joint injection
- Gynaecology clinics for women's issues (excluding routine smears)
- Asthma and COPD respiratory clinics to help manage your condition and flare-ups
- Diabetics are reviewed following their routine blood tests
- Healthy Vessel Clinics are yearly health reviews for those with cardio vascular problems, examples hypertension

Nurse Practitioner can provide treatment and advice for many problems for which you may have seen a doctor for in the past. Their main areas of expertise are in the management of common illnesses and long term conditions.

Speak to our reception team to get an appropriate appointment.

Good news on our appointments

Well done & 'thanks' to those who contacted us to cancel an appointment that they no longer needed, or could not make. In the period 1st June—31st June 2019 **97.84%** of patients attended their appointments.

You can cancel appointments:

- Online by using patient access.
- By replying CANCEL to your SMS Appointment reminder
- Or by calling the surgery on 020 8959 0888 press option 1



Digital Millway

Have you tried our new website? Using www.millwaymedical.com website you can:

- Ask a doctor, nurse or practice team any questions that do not require immediate attention
- Track referrals
- Order repeat prescriptions
- Give us feedback via Comments, Complement or Complaint form
- Register for on-line access which allows you to book / cancel appointments, change your contact details, register as a carer accesses your medical records and do a health review.

Registration application can take up to 72 hours to process. Registration forms are also available at the Reception.



Travelling Abroad

Vaccinations:

You can discover what vaccinations and other precautionary requirements for your planned travel by visiting travelhealthpro.org.uk

NHS vaccines—no fees apply:

Hepatitis A /Typhoid / Diphtheria / Tetanus and Polio

Non NHS vaccines—Fees apply:

| | |
|---------------------------------|-------------|
| Hepatitis B (3 doses) | £40.00 each |
| Rabies (3 doses) | £55.00 each |
| Japanese Encephalitis (2 doses) | £89.00 each |
| Meningitis ACWY | £60.00 |
| Yellow Fever Vaccine | £58.00 |
| Anti- Malaria Prescription | £10.00 |

Please book 6- 8 weeks before travel as we cannot offer last minute travel appointments.

Medication:

Don't forget your medication – if you have a repeat prescription we want to ensure you have enough for the duration of your trip. If your medication is not yet due and you are about to travel we can provide up to 2 months extra. All we need is a request, stating your travel dates handed in at least 5 working days before your departure.

Is your EHIC up to date?

The EHIC, or European Health Insurance Card, is free and gets free or discounted medical care in all 28 EU countries, plus others. You can register or renew your EHIC card by going to www.ehic.org.uk/Internet/startApplication.do



We are on Facebook!!!

Please follow us for regular updates on what is happening in Millway. Search @MillwayMedicalPractice We regularly update the page with events, fundraisers, sessions or educations evenings and general health awareness.

Well Baby clinics

Our MPSG Volunteers are on hand to help mums and babies with their visits to the baby clinic. The clinics will be running on the 2nd and 4th Wednesday of every month, from Wednesday the 22nd of May 2019.

Nearest alternative clinics are:

Graham Park Health Centre, 1st and 3rd Wednesday of every month at 09:30 am—11:30am.

Edgware Community Hospital, Thursdays at 09:30am-11:30am.

SHOULD YOU HAVE ANY MEDICAL CONCERNS CONTACT YOUR GP.



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Important Dates

Millway patient support group (MPSG)

Millway Chair yoga

Do you want to increase circulation, improve range of motions & mobility or just to improve your concentration? Please come and join Millway chair yoga class on **every Monday** from **1.00pm – 2.00 pm** (First floor). It is **FREE** but you have to sign up in reception as classes get full fast. There are NO classes in August.



Support Group for Informal Carers

14.00 -15.30

Wednesday 14th August 2019
Wednesday 11th September 2019
Wednesday 9th October 2019
Wednesday 13th November 2019
Wednesday 11th December 2019

We continue to run Barnet Carers Group in collaboration with Alzheimer's Society and Millway Medical Practice for carers who are caring for someone with additional needs over the age of 18 and are not being paid to do so. Everybody is welcome. No need to do in, just drop-in.



Millway Practice Supporters Group

HealthFair

Followed By AGM

1:00pm - 4:00pm

26th September 2019
At Millway Medical Practice

Diabetes Education evenings

After successful May, Jun and July **Diabetes Education evenings**, Millway Practice Support Group (MPSG) - diabetes team is preparing more sessions starting from **October**.

There will be short talks by experienced speakers on different subjects. Please watch out for the dates and more information on our website, Facebook page and posters in the waiting rooms.

DID YOU KNOW?

Vaccination help the immune system develop protection from a disease.

Diseases our grandparents used to fear and that were the norm in the UK are now in most cases rare and in some cases consigned to the past entirely.

Lets stick to the facts:

1. Immunisations currently prevent between 2-3 million deaths every year
2. More children are being immunized worldwide then every before
3. It is *always* best to get vaccinated, even when you think the risk of infection is low.
4. Combined vaccines are safe and beneficial.
5. If we stop vaccination, deadly diseases will return.
6. Global measles mortality has declined by 84%
7. There is *no link* between vaccines and autism. The rumour started with a single 1998 study and there is no scientific evidence to link MMR vaccine with autism.
8. The world is closer then ever to eradicating polio

To find out more, please visit: <https://www.who.int/>

Win some, lose some!

change 4life

The good news is that young people are smoking less! The bad news is that they are eating more and less healthily!

Obesity has now overtaken smoking as a cause for cancer.

So, protect your children's' future health by resolving to help them eat less and better, and to lose a few pounds, as a starter!

Of course, EXERCISE helps a great deal too. Encourage your children to burn off those calories— get them walking more and a bit faster. Encourage them to start the day with a few stretching exercises. The Internet is FULL of advice and you could do far worse than follow the NHS guidance here:

<https://www.nhs.uk/change4life>

Prescriptions are going digital!!! Soon paper copies will not be available, so please nominate a pharmacy by visiting www.millwaymedical.com/navigator/electronic-prescription-services/