



Mulberry Birth Centre opens at Frimley Park Hospital

A new midwife-led birth unit at Frimley Park Hospital opened earlier this year and is already receiving good reports from its patients.

The "Mulberry Birth Centre" is part of the newly refurbished labour ward. The unit offers a choice for women with low-risk pregnancies. The new suite has four fully fitted rooms each with en suite bathroom. There is also a birthing pool with ambient lighting and second pool room in another part of the facility if the one in the unit is busy. The rooms are designed to encourage active birthing, with slings and exercise balls to assist labour and the double beds in two of the room fold up into the wall to make more space if required.

The completion of the Mulberry Birth Centre marks the end of a 19th month project to upgrade the entire labour ward. All rooms are now fitted out to a high standard and have en suite showers or baths. The unit is located in what used to be the special care baby unit. A new neonatal unit kitted out with equipment raised with funds from the community through a fundraising appeal was formally opened by the Countess of Wessex just across the corridor. Labour ward Manager Helen Whapshott said: "we are all so pleased the was can now offer a much improved environment for all our women and their partners. Having a baby is such a special time so where you have it is really important".

A Knighthood for Hospital Chief Executive

Andrew Morris, chief executive of Frimley Health NHS Foundation Trust, was awarded a Knighthood in the New Year Honours list 2015, published on New Year's Eve.

Andrew marked 40 years in the national health service in 2014, with the last 25 years at Frimley Park Hospital where he was appointed general manager in 1989 and became chief executive in 1991. Patients of the hospital have long recognized the improvements made to the Trust under his leadership for so many years. Andrew Said: "2014 truly turned out to be an amazing year - with Frimley Park Hospital being the first hospital to be awarded "outstanding" by the CQC, the launch of the Frimley Health Foundation Trust and now this! It really is a great honour to be recognized in this way and I see it as a reflection of the fantastic team we have here at Frimley Health".



Andrew Morris

Andrew Morris
Chief Executive



Where your health is our business



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July 2015

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The Nursing Team at Fleet Medical Centre

Fleet Medical Centre is very proud of our large and highly skilled nursing team. Led by Sister Sue Twibill, we have four nursing Sisters, a practice nurse, three health care assistants and a Nurse Practitioner, who directly supports our GP medical team.

In July we welcome our third HCA, Suzanne, who joins us with experience from time spent working with the ambulance service and she brings a wealth of skills to our existing team. From early in September, Sandra also joins our team as an experienced Nursing Sister.

Our nurse team have two messages for all of our patients which we hope you will find useful on the topics of the 2015/16 Winter Flu campaign and preparing for your Summer holidays.

Seasonal Flu vaccinations

Our Winter flu vaccines will arrive in September and regular clinics will start from then, both during the week and on pre-booked Saturday morning clinics which will take place over the Winter months.

Summer Holidays

Whether you are holidaying in the UK or off to sunnier climes, we ask that you consider your trip early and make the necessary prepara-

tions. We suggest that you ensure your luggage may include:

1. repeat medication supplies
2. a cap or hat
3. first aid kit including plasters
4. sun block and after-sun care
5. Painkillers, anti-diarrhoea and tummy ache medication
6. antiseptic and insect repellent
7. Condoms/birth control
8. sunglasses

Have you checked the NATHNAC's interactive world map, Foreign and Commonwealth Office or World Health Organisation websites to help advise you on vaccinations and travel safety?

We also recommend that you ensure you have a good level of travel insurance with a reputable company and consider any extra special services you may need to purchase if you are skiing, cruising or undertaking extreme sports or activities.

Even with the most relaxing of holidays, you can become ill or have an accident and may need support - do check with your travel agent before departing.

Please ALWAYS remember to drink plenty of non-alcoholic fluids and give extra protection when out in the sun to children, babies and those with other medical conditions.

Most importantly we advise you have a great time, but take care of yourselves, and each other!



www.nathnac.org.uk

www.WHO.int

www.gov.uk/commonwealth

Diabetes Awareness Week at Fleet Medical Centre

Throughout July, Fleet Medical Centre will be trying to engage with our patients with Diabetes and their families to help you understand and manage your condition as effectively as possible. We are literally putting diabetes under the microscope!

On Saturday the 11th of July, Dr Durasamy is holding a dedicated diabetes clinic, with further appointments available throughout the week with GPs or our Nurse Practitioner.

Diabetes, whether type 1 or type 2, can be a challenging condition to live with. However, with proper support and understanding from family and friends, patients will feel empowered to manage their condition as best they can.

Diabetes UK offer lots of support and advice via their website with access to local support groups and telephone contact when you need them. They offer advice on diet, medication and family support and they help people of all ages and from all communities across the UK.

Helpful information leaflets will be on display in reception from 6th July and if you either have diabetes and need more help or are worried about some symptoms, see your GP or our Nurse Practitioner who will be happy to help you.

If you take insulin or have been advised to check your blood glucose level, please speak to your GP/nurse or a receptionist to collect your new blood sugar monitor.

www.diabetes.org.uk or call for advice on: 0345 123 2399



Pharmacy opening hours:

The Fleet Medical Centre Lloyds Pharmacy:

Mon to Thurs 8.30 to 6.30, Fri 8.30 to 6.00 & Sat 8.30 to 12 Tel: 01252 612613

Boots, The Chemist

Mon/Tues 8.30 to 6.30, Wed 9.00 to 6.30, Thurs/Fri 8.30 to 6.30, Sat 8.30 to 5.30, Sun 10 to 4.00 Tel: 01252 613698

Morrisons Pharmacy, Elvetham Heath

Mon to Fri 8.30 to 8.00, Sat 8.00 to 8.00, Sun 10.00 to 4.00 Tel: 01252 786050

Missed appointments

In April and May we had over **300 missed appointments** which were not cancelled. This is nearly 10 per day. You could be the next person who could have had an appointment sooner if it had been made available by someone else cancelling it rather than failing to attend. Please help us avoid waste and help others to get the appointment they need. Thank you.

Find us at: www.fleetmedicalcentre.co.uk

Repairs and maintenance at the surgery

Last year, the practice spent over £25,000 on repairs and maintenance to our facilities, grounds and car park. We are very lucky to have such an amazing building and large car park and we ask our visitors to help us ensure these areas remain safe and tidy. Unexpected costs have recently included:

Blocked toilets and blocked drains: please can you ensure that you use the bins provided and only put toilet paper down the toilet as other material causes damage and flooding as well as burst pipes within the plumbing system

Repairs to grounds: please drive and park carefully in our grounds as damage caused to trees, fences, gates and signage all has to be repaired.

**The less we spend on repairs and maintenance
the more we can spend on other resources; thank you**



Recruitment - Medical Receptionist

We are looking for a new medical receptionist to join our team of 15 staff. We are a busy practice with 15,000 patients and we offer good rates of pay and a friendly working environment.

This is a part time position for 20 to 25 hours per week with a fixed shift pattern.

The ideal candidate will be confident with their administrative and IT abilities and be willing to learn new skills in a challenging but rewarding GP practice.

To apply please send a CV and covering letter to the practice, addressed to the Practice and Business Manager, James Perrin. Alternatively you can email james.perrin@nhs.net

For an informal discussion about the role please call James directly on 01252 619000

**CLOSING DATE:
FRIDAY 31ST JULY 2015**

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Injury assessment and treatment
Sports Massage



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07557 040319

Thank you to our staff & patients for supporting the fund raising collections for the Thames Valley Air Ambulance Service and St Georges ITU in memory of Sue Soley, our friend and colleague who died in a car accident in January. We raised over £500 and if anyone wants to make a further donation, please see a member of the reception team. We thank you for your kind donations and for supporting our team and Sue's family.

Find us at: www.fleetmedicalcentre.co.uk