

The Patford Post

News from Patford House Partnership

Stay well this winter & avoid feeling under the weather

Winter Issue 2017



Patford House Surgery
8a Patford Street
Calne
Wilts SN11 0EF
Tel: 01249 815407



Sutton Benger Surgery
Chestnut Lane
Sutton Benger
Wilts SN15 4RP
Tel: 01249 720244

Carers' Christmas Party

As in previous years, we will be holding a Christmas Party for all our carers and their loved ones. It will take place jointly with the other GP surgeries in Calne.

Date for your diary:
Thursday 7th December
from 14.00-16.00 at the Town Hall

Why not come along for a coffee and a mince pie?

Have you had your flu jab?

It's not too late to have your flu vaccination! If you qualify for a free flu vaccination, please contact us to make an appointment.

Flu can have serious complications if you have certain long term health conditions. Patients who care for elderly or sick relatives or friends are also entitled to the flu vaccination which will help reduce the risk of passing the infection on.

Useful Contacts:

Out of Hours Care 111

Chippenham Hospital
Switchboard & Minor Injuries
Unit 01249 447100

The Great Western Hospital
Swindon 01793 604020

The Royal United Hospital
Bath 01225 428331

Carers Wiltshire
0800 181 4118

What Can Osteopathy Do For You?

Does the floor seem a bit further away than before? Is reversing the car difficult? How about turning in bed does it hurt? You could benefit from some Osteopathic treatment.

Why? Because this kind of dysfunction creeps up on you and what was once easy to do becomes more awkward, possibly painful. You can feel tired and moody and life can become difficult.

So what could I do about this?

Despite popular thinking we don't tie you in knots and throw you around the room. What I would do is take a comprehensive history from you, then examine you and see how you move. I may also check your reflexes or your blood pressure.



Ultimately I will be able to tell you what is happening to cause you pain and also give you some pointers as to why it has developed. I may refer you to your GP for further tests or recommend exercise classes.

Treatment consists of working on your muscles, ligaments and joints to improve function, reduce inflammation and ease pain.

You will almost certainly be given exercises to help maintain the improvements and ease stiffness or improve strength in your muscles. I offer free 15-minute consultations to discuss if treatment may help you. A first consultation and treatment is an hour and costs £55. Subsequent treatments are 30 minutes and cost £45.

Call me on 01249 655 088 or 01249 445426. I look forward to hearing from you.

Carol Plumridge DO
www.carolplumridgeosteopathy.co.uk

Private Referrals—What You Need To Know

If your GP recommends that you see a hospital specialist, you may decide to see a consultant privately rather than on the NHS. To arrange a private appointment, you will need to:

1. **Contact your preferred private provider**—you can discuss this with your GP if you would like advice—and discuss appointment cost and timescale. Please do NOT make an appointment at this stage as the referral will need to be written by the GP and sent to the hospital of your choice. If you have private health insurance you may wish to ensure that your policy covers your proposed consultation and treatment
2. **Contact the Medical Secretary** at the surgery on 01249 823915 or medsec.patford@nhs.net letting us know where you are planning to be seen and the name of the consultant

Please then allow **5 working days** for your GP to prepare the letter and for it to be sent off to your preferred hospital / consultant before arranging an appointment.

If you are initially referred on the NHS but subsequently decide to be seen privately, you will still need to follow the above procedure. Please remember that it is your responsibility to cancel the NHS appointment if you no longer need it.

Christmas Holiday Opening Arrangements

Both Patford House Surgery and Sutton Benger Surgery will be closed on **Monday 25th December and Tuesday 26th December**. We will also be closed on **Monday 1st January**. Please ensure you request any medication needed over the holiday period by **Tuesday 19th December**. Remember - we will process requests within 48 hours, but your pharmacist may take additional time to have your medication ready for collection.

**WE WISH YOU ALL A MERRY CHRISTMAS AND A
HAPPY AND HEALTHY NEW YEAR**