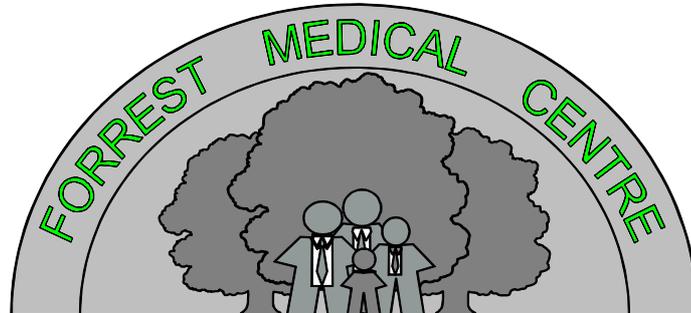

◆ Forrest Medical Centre ◆

March 2011



Commissioning Groups and the White Paper—what does it mean for me..?

NHS WHITE PAPER

There has been a lot of recent publicity about the White Paper; Equity and Excellence; Liberating the NHS. Although you won't have seen any changes yet, there is already lots of work going on behind the scenes! PCTs, the bodies who oversee the budgets for the NHS, are to be abolished and a lot of this responsibility will be

devolved to groups of GPs. Forrest Medical Centre have joined one of these groups, In-Spires, and we are delighted that Dr O'Brien has been elected Co-Chair and our Practice Manager, Matt Grant, has been elected as a Practice IT Lead. This group will look at ensuring our patients get the best care possible, at the same time as guaranteeing good value for money, in this current climate, where tight budgets are being set. At InSpires, we are all local Coventry GPs, which means we are able to make decisions based on a better understanding of the City's needs and services. Despite all this ongoing hard work, a lot of changes won't take place until 2013. In the meantime, at Forrest Medical Centre, we shall continue to strive to provide high standards of care for our patients.

TEXT REMINDERS

We now have the facility to send you an automated text alert for appointments that are made, and to send you a re-

minder of your appointment nearer the time!

These texts will NOT be sent before 8.00am in the morning or after 8.00pm at night—so don't worry about getting woken up in the middle of the night. To enable this facility all we need is a current mobile phone number—so please speak to a receptionist and ensure we have yours today!

STOP SMOKING IN 2011

Research has shown that smokers who quit smoking with NHS support are up to four times more likely to succeed in stopping.

There is a full range of FREE NHS support to help YOU make 2011 the year YOUR resolution to stop smoking sticks.

(Continued on page 2)



devolved to groups of GPs. Forrest Medical Centre have joined one of these groups, In-Spires, and we are delighted that Dr O'Brien has been elected Co-Chair and our Prac-

At the Forrest Medical Centre we can now offer a service at our Mount Street surgery to help you quit the habit. If you want to stop smoking simply speak to a receptionist and book yourself in with our Stop Smoking Advisor. You will be



offered a structured programme of support helping you to deal with the physical side of your addiction, using nicotine replacement therapy, or other stop smoking medicines on prescription from the NHS

Why wait when this opportunity is here **NOW** and it's completely free for patients who do not pay for their prescriptions (patients that do have to pay for prescriptions will only be charged £7.20 for each two week prescription issued).

TOP TIP - BOOKING AHEAD

Don't forget that you can book an appointment with a Doctor or a Nurse up to **4 weeks** in advance. To give yourself more

chance of seeing the person of your choice—don't wait until the last minute, book ahead!

TRAVEL VACCINE QUESTIONNAIRES

If you are planning on travelling abroad and need some immunisations before you go, please make sure you book to get these done in plenty of time (speak to one of our Nurses who will be happy to give you help and advice on this).

Once you have an appointment booked to get your immunisations please visit our web site (www.fmcgp.co.uk) to print off the travel checklist form. Once printed, complete this at home and bring it with you—doing this will save considerable time at your appointment!

SURGERY MOVE UPDATE

Just as a quick update—we are still talking to Coventry City Council and to Coventry Primary Care Trust as we seek to find the best way forward.

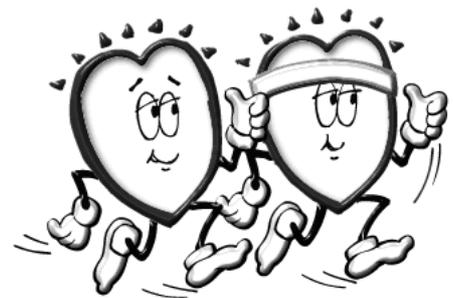
We are committed to having all of our resources under one roof, but as to where or when this will be happening there are no further updates at this time. This process will not be done easily or quickly as we want to get it right, and there is also now the added complication of all the changes to the Healthcare System too. We are keen, though, to keep the information freely available—even if it is to say that there is nothing new to report!

TOP TIP - REPEAT PRESCRIPTIONS

You don't need to come to the surgery to get a repeat prescription...! Simply use the online repeat prescription request form that is available on our website (www.fmcgp.co.uk) to submit your request, fill in the required details and decide where you would like to pick the prescription up from. Then just pick up your prescription from your usual surgery or from a nominated chemist. Easy!

EXERCISE—HOW ABOUT A LITTLE MORE?

Regular exercise can help you to reduce your risk of developing many health-related problems. For example, exercise can combat obesity, improve your circulation, and it can help prevent serious conditions, such as heart attack and stroke.



You should aim to do a minimum of 30 minutes of moderate intensity exercise on at least five days a week (or more). This can be done in one session, or it can be split into a number of sessions, lasting at least 10 minutes each.

Get fit for 2011—start today!