



## Leven Medical Practice Newsletter

Autumn 2009

### ► **Welcome**

Welcome to the first ever Leven Medical Practice Newsletter! We plan to produce four Newsletters each year. We'll use the Newsletter to keep you up to date with new developments at the Health Centre, with new ideas for improving our services to patients, and to let you know about the full range of medical services we can provide.

### ► **Flu Clinics**

If you are over 65 or suffer from one of the following, you are entitled to a flu vaccination this year:

Chronic Heart Disease, Chronic Respiratory Disease (COPD or Asthma), Diabetes, Chronic Renal Disease, Chronic Liver Disease, Immunosuppression or Asplenia or dysfunction of the spleen.

Open Flu Clinics have been arranged for Wednesday, 30<sup>th</sup> September and Wednesday, 14<sup>th</sup> October 11.30am-12.30pm just come along during these times.

OR

If these dates are not suitable contact the surgery to make an alternative appointment with the Practice Nurse.

### ► **H1N1 Vaccinations (Swine Flu)**

This is likely to start from late October and is aimed at the same groups of people as for the flu (outlined above). Please check with us from late October.

### ► **Keeping us in touch with you!**



If you have recently changed your telephone number, or have a mobile number, please let us know, so that we can keep your contact details up to date.

The next time you visit the surgery, double check that we have your correct details – this will only take a few minutes of your time.

## **Coil & Implanon Contraception Service**

Dr Marshall is now offering a contraceptive coil fitting service.

This form of birth control can be particularly useful for women who feel they may have completed their family or who wish to leave a gap of a year or more between their pregnancies.

Dr Marshall also offers Implanon (contraceptive rod) fitting and removal.

Please ask to see Dr Marshall either in open surgery or by appointment if you would like to consider either of these long-acting reversible methods of contraception.

## **Leven Medical Practice Website**

To find out more information relating to the Practice, visit our website at:

<http://www.leven.gpsurgery.net>

## **NHS 24**

Out of hours GP service is provided by NHS 24. If you need a doctor when the Health Centre is closed, call 08454 24 24 24.

**NHS 24 provides cover from:**

6pm – 8am, Monday to Friday  
6pm Friday - 8am Monday

Patients should contact NHS 24 for genuine emergencies only which cannot wait until the normal surgery hours by calling 08454 24 24 24 or online at [www.nhs.24.com](http://www.nhs.24.com).

## **Your Suggestions & Comments**

We welcome and appreciate any views or suggestions you may have regarding any aspect of our service. We are always looking for ways to improve the service we provide you. Please direct any suggestions/comments to Fiona Gilbert, Practice Manager.