

Golden Valley Practice

Newsletter Winter 2017



Welcome to our Christmas edition of the Newsletter.

This years Flu Clinics were a success. This year, we did both Ewyas Harold and Peterchurch Clinics on Saturday 14th October. Peterchurch in the morning and Ewyas Harold in the afternoon. We administered over 854 flu injections at our Flu Clinics this year.

We are pleased to announce that Dr Esther Scotland became a partner at the Surgery on 1st October 2017. Dr Serena Jones has returned from maternity leave and is working two days a week.

Please note our Christmas opening hours for both Ewyas Harold and Peterchurch Surgeries.

In a genuine emergency you should call 999. If you need medical attention or advice outside surgery hours, please call 111. For a GP appointment, patients can also contact Taurus Healthcare directly on 0800 121 7221 between 6.30pm - 8.30pm weekdays and between 8am - 8pm on Saturday, Sunday and Bank Holidays .

Please can you make sure that you have ordered your medication in plenty of time and have enough to last over the Christmas break.

I would like to wish you all a happy and healthy New Year.

Alex Price

Practice Manager

Flu injections

If you haven't received your flu injection yet and you fit into any of the categories, please contact the Surgery to make an appointment. If you are 65 or have any of the following conditions please contact the Surgery to make an appointment:- asthma, chronic obstructive pulmonary disease, chronic heart disease, diabetes, chronic kidney disease, chronic liver disease, chronic neurological disease, people who are immunosuppressed, pregnant women or carers.

Ewyas Harold Surgery

Christmas Eve	Closed
Christmas Day	Closed
Boxing Day	Closed
Wed 27th December	8am-6pm
Thurs 28th December	8am-6pm
Fri 29th December	8am-6pm
Sat 30th December	Closed
Sun 31st December	Closed
Mon 1st January	Closed
Tues 2nd January	8am-6pm

Peterchurch Surgery

Christmas Eve	Closed
Christmas Day	Closed
Boxing Day	Closed
Wed 27th December	8am-6pm
Thurs 28th December	8am-1pm
Fri 29th December	8am-6pm
Sat 30th December	Closed
Sun 31st December	Closed
Mon 1st January	Closed
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**For the most up-to-date information please look at our website:-
www.goldenvalleypractice.co.uk**

Dr Esther Scotland



I qualified as a Doctor in 2005 from Cambridge University.

After completing two years as a foundation Doctor in Bury St Edmunds and Cambridge I moved to Christchurch, New Zealand in 2007. Whilst living in New Zealand I did a variety of hospital based medical jobs and continued my training as part of the Royal Australasian College of Physicians. However, due to a mixture of feeling homesick and dissatisfied with hospital medicine I made a decision to return to the UK to start my GP training in 2012.

I qualified as a GP in August 2015 and started working at the Golden Valley Practice in September 2015. I live in Hereford with my two Siamese cats and two rough coated Jack Russells.

Dr Esther Scotland

Care Navigation

Care Navigation offers the patients choice to access the most appropriate service quicker.

All our Receptionists have been trained as Healthcare Navigators. They have been asked by the Doctors to ask certain questions in order that you receive:

- ◆ The most appropriate care
- ◆ From the most appropriate person
- ◆ At the most appropriate time

We are here to help you to get to the right service. Please don't be offended when the Receptionist asks what the problem is when you call to make an appointment.

The Receptionist might suggest other professionals that could help you better such as:

- ◆ Optician
- ◆ Pharmacist
- ◆ Nurse
- ◆ Family Services
- ◆ Support Groups

Visit our practice website (www.goldenvalleypractice.co.uk) to find out about the full range of services available locally.

Golden Valley Practice Patient Fund

The Golden Valley Practice Patient Fund has been lucky enough to receive many donations over the last few years totaling £11398.00. These donations are used to buy items that would benefit our patients for example, two syringe drivers for our District Nurses, INR Coagucheck (dosing program for Warfarin), Doppler machine, BNP for Peterchurch Surgery (used for patients with possible heart failure and checks for possible blood clots), a year's subscription to "Hello" magazine for the waiting room, ambulatory blood pressure machine (worn by patient for 24hours) and an ECG machine. We are very grateful for these donations.

Please speak to the Practice Manager if you would like to donate to our Practice Patient Fund.

PLEASE CAN YOU ENSURE THAT THE SURGERY HAS YOUR UPDATE TO DATE MOBILE, LANDLINE AND E-MAIL ADDRESS .

Wear It Pink - We raised over £200. Many thanks to those who bought raffle tickets and donated prizes.
