

The Grove Surgery Provides more than GP's

Including physiotherapy, minor surgery, minor injury, antenatal clinics and immunisations



Been off work?

Sickness Certificates

You do not require a doctor's sickness certificate for any illness lasting seven days or less. Your employer may however require you to complete a self-certification form (SC2) which is available from your employer or on the HMRC website at www.hmrc.gov.uk/forms/sc2.pdf

Evidence that you are sick

If you are sick for more than seven days, your employer can ask you to give them some form of medical evidence to support payment of SSP (statutory sick pay).

It is up to your employer to decide whether you are incapable of work. A medical certificate, now called a 'Statement of Fitness for Work' (see below) from your doctor is strong evidence that you are sick and would normally be accepted, unless there is evidence to prove otherwise.

You could also provide evidence from someone who is not a medical practitioner, e.g. a dentist. Your employer will decide whether or not this evidence is acceptable. If your employer has any doubts, they may still ask for a medical certificate from your GP.

Statement of Fitness for Work - 'Fit Note'

The 'fit note' was introduced on 6 April 2010. With your employer's support, the note will help you return to work sooner by providing more information about the effects of your illness or injury.

For more information see the DirectGov website www.direct.gov.uk

GP Clinics

Dr Stephen Anaman

Mon. Tue. & Wednesday

Dr Suvama Bharamgoudar

Mon. & Thursday

Dr 'Dipo Olujobi

Tues. (PM) Wed. Thurs. & Friday

Dr Jeffrey Aleem

Mon. Tue. & Wednesday

Dr Romi Babatunde

Tues. Thurs. & Friday

Midwife

Midwife antenatal clinics are held on Monday and Tuesday afternoons. If you are pregnant contact your GP in the first instance.

Health Visitors

Health Visitors are based at Ashfields Medical Centre, Beanhill. They are available Monday to Friday 09:00 to 10:00 and 16:00 to 17:00, Tel: 01908 302965.

The Grove Surgery
Farthing Grove, Netherfield,
Milton Keynes MK6 4NG

Telephone Numbers

Tel: 01908 295700

Prescriptions: 01908 295700

Out of Hours: 01908 295700



The Patient Newsletter of The Grove Surgery - Autumn 2014

In this issue

Flu clinics

Failed appointments

Stop smoking support

Welcome Dr Babatunde

Welcome HCA Caroline Hicks

Travel Clinics

Our Practice Nurses are able to offer advice and some travel immunisations. Please contact reception at least 6 weeks before you travel to discuss any requirements and charges. Please note that only a few immunisations are available free of charge on the NHS and therefore you may be required to pay for some immunisations. Please be aware that Malaria Prevention treatment is a private service and charges are made for issuing a private prescription, you will also need to pay the Pharmacy for providing the medication *Cash payment is required before any immunisation.*

Your chance to get involved

The Patient Participation Group needs your views to help improve our surgery.

The Patient Participation Group (PPG) discusses ways in which patients can support the practice to develop and share ideas. The group currently meets with and doctors about 4 times a year.

Over the past three years the PPG has presented our views to the medical staff and management on a range of subjects that have improved patient services and experience. This includes the introduction of a new standard call charge telephone line to replace the old 0844 number, increased appointments and provision of a drinking water dispenser in the surgery reception. The group is currently small and is keen to increase the number of people who take part, however, it recognises that meetings are not always easy for patients to attend. A number of other ways of taking part are being investigated and your time in helping with this will be extremely helpful in deciding how to move forward. A one page 8 question survey has been prepared and is available from reception or online at www.surveymonkey.com/s/KGRKN8S.

Whichever method you choose will only take you two/three minutes to complete so please do help. Thank you!

Practice Roundup

Welcome Dr. Romi Babatunde



Dr Romi Babatunde joined us last year to help cover some clinics and we are delighted that since the beginning of 2014 he has been with us on a permanent basis.

Dr Babatunde usually works with us on a Tuesday and Thursday morning and all day on a Friday plus he can often be seen covering for the other doctors when they are on holiday.

Romi has a background in women's health although of course as a General Practitioner he can be seen for any type of illness or condition. He undertakes the coil and implant fittings at the surgery and can be seen to discuss methods of long acting contraception.

Flu Clinics

As well as daily availability from the end of September we will be having dedicated flu clinics on the following dates:

- Saturday 27th Sept
- Saturday 4th October
- Saturday 18th October
- Evening clinic Wednesday 8th October
- Evening clinic Thursday 23rd October

Call or speak to reception to book your appointment.

You are eligible for a free flu immunisation this year if you are:

- Aged over 65
- Pregnant
- The main carer for an elderly or disabled person
- You have a chronic (long term) medical condition including asthma treated with steroids, or COPD, Heart Disease, Liver Disease, Kidney Disease, Diabetes, Neurological Disease, or a Weakened Immune System.
- Immunisation is now recommended for all children aged 2-3 (nasal spray).

ALL CHILDREN AGED 2 – 18 will usually be given the flu immunisation by a simple nasal spray (no injections!!!)

Order Repeat Prescriptions Online

You can now re-order your medication online Visit our prescriptions page at our website www.thegrovesurgery-netherfield.co.uk

Practice Roundup

Welcome Health Care Assistant Caroline Hicks



Caroline works everyday Monday to Friday except Tuesdays. If you are newly registered with the Practice she is likely to be the first person you see as she conducts our new patient checks which can now include an optional HIV quick test. She also assists our GP's with some appointments and procedures and can carry out a number of tests and checks that your doctor or nurse may recommend including ECGs, Ear Syringing and Blood Tests. Caroline conducts the NHS Health Check which is offered every 3 years to adults aged 40 – 74 who do not have a major pre-existing condition. We write to patients aged 40-74 inviting them in; if you have not yet had a Health Check and are feel you may benefit please do call to arrange.

Care Quality Commission Checks

The Care Quality Commission will be undertaking checks of all GP surgeries in England. If you would like to submit any comments about this practice please contact them either via their website www.cqc.org.uk or call 03000 61 61 61. If you have a problem with the services provided at The Grove Surgery, please always contact the Practice Manager, Emma Jacobs as she is there to help and address any issues that you may have.

Stop Smoking

Did you know we have a smoking advisor who can help you quit. Jane works with us on a Wednesday and Thursday and she can offer you advice, support and nicotine replacement therapies to support you through the process. Call reception to book an appointment.

HIV Quick Test

Sexual Health MK are now running a drop in clinic at the Grove Surgery every Tuesday from 2pm – 5pm. Appointments are not necessary and a result are given in 60 seconds, tests for other sexually transmitted infections are also available on request. For more details visit www.sexualhealthmk.nhs.uk

Patient Participation Group Meetings

Monday 13th October

Thursday 15th January

Tuesday 14th April

Monday 13th July

Please see the surgery noticeboard for times.