

News from Holbrook and Shotley Surgery

Training days

Our next training afternoons will be on Wednesday 10th February and Thursday 10th March when we will be shut from 1pm. Please ring 111 for advice if your query cannot wait until the following day. In an emergency, dial 999.

Returned drugs campaign

Three patients all guessed an amount very close to the correct amount on our competition to highlight the value of the returned drugs. The exact amount was £5,040.39 and guesses ranged from £643 to £953,000! Whilst this may not seem a huge amount, when you start to double this for a whole year and then double that for both our sites this equates to over £20,000 per year for our practice alone. Remember this is only what has been returned, not anything that has been thrown away or what may be lurking in your drugs cupboard at home. Please only order the drugs you need to avoid further wastage.

Branded v generic medication

Our Clinical Commissioning Group has asked us to reduce our spending on prescribed medication as part of a National cost reduction process and we are being tasked with changing branded medication to a generic equivalent. It may be that over the next few months your medication is changed but please be reassured that the ingredients are the same and there should be no difference in the efficacy. If you have any queries please contact the Patient Advice and Liaison Service (PALS) on 01473 704781.

Knitting/sewing for dementia

Ipswich Hospital Dementia unit are taking 'fidget quilts', which they find help patients with dementia to reduce anxiety and stress. They should be brightly coloured and have various textures. They may have items firmly attached such as zips, buttons and lightweight keys and can be knitted or sewn. Once a quilt has been chosen by a patient, they keep it and take it home so plenty are needed. More information can be found at <http://www.ipswichhospital.nhs.uk/news/Fidget-quilts-and-music-make-hospital-stay-more-comfortable-for-dementia-patients.htm> Our previous knitting project was well received so we hope you enjoy this one too. Any completed quilts (or surplus wool, buttons, ribbons etc) can be left at either surgery and we will take them to the hospital.

Julia Smith
Practice Manager