

# EMPEROR'S GATE SURGERY

## NEWSLETTER JANUARY 2018

### Volunteering opportunities in K and C

Whether you want to volunteer in local sports, youth work, befriending and activities with older people, become a trustee or have talents in IT or music that you want to share with others, register with Volunteer Centre Kensington and Chelsea and search their database for the right opportunity for you.

Email the Centre: [registrations@voluntarywork.org.uk](mailto:registrations@voluntarywork.org.uk), telephone: 020 8960 3722, or visit: [www.voluntarywork.org.uk](http://www.voluntarywork.org.uk)

People choose to volunteer for a variety of reasons. Volunteering England has produced a campaign on YouTube which tells five inspirational stories from people who volunteer. The films can be viewed at: [www.youtube.com/user/volunteeringengland](http://www.youtube.com/user/volunteeringengland)

We welcome Dr Siraj back to Emperor's Gate Surgery. Dr Siraj worked with us in 2016 and has returned to offer surgeries on Mondays and Wednesdays. We also welcome Marta Karas as a new member of our administrative team. We say goodbye to Marta Krokosz and thank her for her hard work as part of the admin team.

**New Year Resolutions** are always forgotten by mid-January. Make a difference in 2018, come and see our Specialist Stop Smoking Advisor at the surgery. Please call 02072445670 to book an appointment for free advice and support to quit smoking.

**Mutiati Oladejo**  
Specialist Stop Smoking Advisor  
(Kensington and Chelsea)

Direct line: 07860 750 705  
Office : 020 3434 2500 | Fax: 020 8741 1600  
Web: [www.kick-it.org.uk](http://www.kick-it.org.uk)



*Online Access to my medical Record for the purpose of viewing results, booking appointments and requesting repeat prescriptions is encouraged by the surgery. To arrange access, please attend reception in person to complete an application form and show photo ID to confirm your identity.*

## Shingles Vaccines

You are eligible for the shingles vaccine if you are aged 70 or 78 years old. Please book an appointment with our practice nurse via reception for this one off vaccine.

In addition those aged over 65 are entitled to a one off pneumococcal vaccine and yearly flu vaccine.

## Medicines and products that can be bought without a prescription

In 2016, the NHS in Brent, Ealing, Harrow, Hillingdon, Hounslow, Hammersmith & Fulham, Kensington & Chelsea, and Westminster spent over £13 million on products that can be bought without a prescription at community pharmacies.

The NHS is under pressure. Our budgets are not large enough to pay for all the treatments we would like to purchase.

We would like to spend less on medicines you can buy without a prescription so as to free up funds for other valuable NHS services.

Emperor's Gate surgery is involved in the 'Prescribing Wisely' campaign to try and reduce spending on medicines and to reduce waste. If a medicine you need can be bought without a prescription, your GP may ask if you are willing to buy it. If you are not, it will be prescribed.

This also means that if you require that medicine again you don't need to make a doctor's appointment but can get it straight from your community pharmacist, saving both you and the doctor time.

### THE FOLLOWING GROUPS WILL NOT BE ASKED IF THEY WILL PAY FOR A PRESCRIPTION:

- School children, if the product needs to be given at school
- Care home residents
- Individuals with funded care packages where a carer is required to administer a medicine or product
- Anyone officially declared homeless
- People with a diagnosis of dementia
- People with a diagnosed learning disability.

When you buy one of these medicines at a pharmacy, it is worth asking for the least expensive form of the medicine.

### REPEAT PRESCRIPTIONS

Another aspect of the **Prescribing Wisely** campaign is to try and reduce the number of medicines that are wasted. Some of this waste can be reduced if people request their repeat prescriptions directly from the surgery, rather than allowing a community pharmacy to request prescriptions on their behalf. Nobody knows which medicines you are really running out of better than you (or your carer).

