

ASPLANDS MEDICAL CENTRE & WOBURN SURGERY NEWSLETTER

Spring
2018

By The Patient Participation Group (PPG) a newsletter prepared by patients for patients

Having seen the back of the Beast from the East, it's time to plan for the summer. If you're travelling abroad Asplands can advise you what vaccinations you'll need and give you any relevant health information. About 6-8 weeks before you travel you should complete a Travel Assessment. You can either do this online through the Asplands website (visit the Travel Room at

www.asplandsmedicalcentre.co.uk)

..or you can pick up a paper copy from either the Asplands or Woburn surgery.



You should then complete this and hand it in well before your appointment with a nurse for the vaccinations.



Summer also brings problems such as hay fever, insect bite and cuts and grazes. You can find advice on dealing with these in the Common Illness Room on the website.

Minor Eye Condition Service

Patients can phone Specsavers at Milton Keynes Centre 01908 662116 and make an appointment to see an optician regarding conditions such as conjunctivitis, dry eyes, red eyes, inflammation of the eyes etc. There will be a link on the help and advice zone on our website. There are other opticians included and **there is no charge to be seen.**



PRESCRIPTION CHARGES

Increased prescription charges came into effect on 1st April 2018 and are now £8.80 for each medicine or appliance.

If you do not qualify for free NHS prescriptions, are you aware that there is an option to pre-pay for your prescription which will become financially advantageous if you regularly require at least two items every month throughout the year? This is known as the Prescription Pre-Payment Certificate, or PPC, & covers all of your NHS prescriptions, including dental prescriptions, regardless of how many items you need. It does not however include wigs or fabric supports, which are provided through the hospital services.

You will save you money if you regularly need more than twelve prescribed items a year. Two items a month will give savings of more than £100 with a twelve month PPC, rising to more than £305 per month for four items or more.

There are two PPC options, the first being a pre-payment of £29.10 for 3 months. This will provide savings if you need more than three prescribed items in three months.

The second option is a pre-payment of £104.00 for twelve months, & will provide savings on more than twelve prescribed items throughout the course of the year.

Savings with this option can be considerable, ranging from more than £100 over the year for two items a month, to more than £300 if you require four items or more each month.

There is a variety of payment options, including being able to buy a twelve month certificate in 10 monthly instalments.

For further information please visit the online website:

www.nhs.uk/NHSEngland/Healthcosts

and see the heading "Help with Prescription Costs".

Alternatively you can telephone:

0300 330 1341

CANCER AND BEYOND: Care in the community for the whole cancer journey ... and beyond

In the near future we will invite our current and past cancer patients, plus their carers and close family members, to attend an informal workshop at Asplands in Woburn Sands.

This will allow these cancer patients and their families to learn about the resources available for them in MK and beyond from the moment they are diagnosed right through to when their treatment is complete and they are recovering.

Workshops like these have been taking place in other MK places over the last year and have been very popular, mainly because they permit patients and families to "network" about cancer – and beyond - with health professionals from MKUH and from Asplands, plus numerous other local cancer support and rehabilitative groups, in an informal and social environment.

If you're interested please contact info@mkcpp.org