

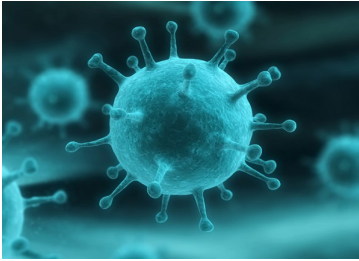
Symonds Green Health Centre

Where Patients Come First

Welcome To The Winter/Spring Newsletter.

January 2015

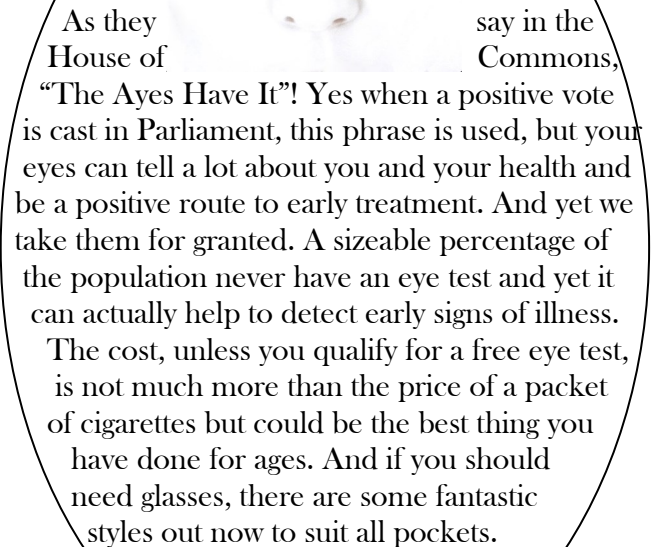
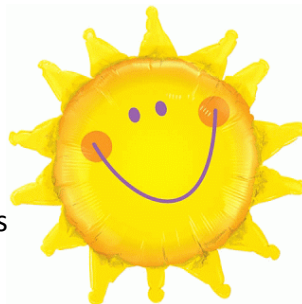
We are experiencing a particularly nasty



cold virus in our area at the moment and the symptoms are causing misery for thousands. However,

with the exception of a few cases, this is not influenza and our advice from the last newsletter should be followed: stay at home, keep warm and drink plenty of warm drinks to keep hydrated. A couple of paracetamol or similar every 4 hours will help relieve the worst of the symptoms and aid your recovery. Unless there is no improvement after 4 days or so, it should not be necessary to contact NHS111 and you should not go to the local A & E Department; This service is for acute medical emergencies only.

Ah, we all hope that the sunny days will return soon but did you realise that the sun is now actually closer to us now than at any other time of the year. As a consequence, the sun's rays can do damage to fair skin and people who have had any form of melanoma. So ensure that you take the same precautions during the winter months as you would in the summer. Keep sun cream to hand and use it if it is a particularly sunny day, especially when snow is lying on the ground as this can increase the effect of the sun's rays significantly.



As they say in the House of Commons, "The Ayes Have It"! Yes when a positive vote is cast in Parliament, this phrase is used, but your eyes can tell a lot about you and your health and be a positive route to early treatment. And yet we take them for granted. A sizeable percentage of the population never have an eye test and yet it can actually help to detect early signs of illness. The cost, unless you qualify for a free eye test, is not much more than the price of a packet of cigarettes but could be the best thing you have done for ages. And if you should need glasses, there are some fantastic styles out now to suit all pockets.

Don't forget, if you need to see a Dr or Nurse Practitioner quickly, you can ring at 8am and we will try and fit you in. It may not be your regular GP, but for us, getting you better is our priority. If ringing on behalf of somebody else, make sure you have their date of birth to hand.

A New Year and the time for that New Year Resolution. Here is an easy one to keep. Have you had a prescription review in the last 12 months?. If not, it may be worth having a chat with our Nurse Practitioner to ensure that you are only taking the medication you require.

FRIENDS & FAMILY

During your visit to the surgery, you may be invited to participate in a "Friends & Family" test.

It only comprises a couple of questions and your assistance will prove invaluable.

Do you have something to include In the Newsletter? It can be a moan or a bit of praise or just something that you would like to share. e-mail us at: e82111.symondsgreenhealthcentre@nhs.net or pop it in the suggestion box and we will do our best to include it in a future issue. All comments are kept strictly any-

We like our patients to feel that the atmosphere in the surgery is welcoming, as it can be a bit daunting having to turn up and wait to have your appointment. At times you may think we have forgotten you, but no, we would never do that. It is just that occasionally something will crop up that has to take priority over everything else. So thank you for your patience and understanding.

This is the time of the year when our pavements can start to resemble an ice rink. Snow and ice are great for the youngsters but a potential hazard for older people and the less sure footed. However, here are a couple of tips to hopefully not end up doing a poor impersonation of Torville & Dean.

If there has been a heavy frost or the surfaces are icy, where possible, walk where there are signs that ice has started to break up.



If there is snow laying on the ground, walk in the fresh snow as it will not have been compacted by other peoples footsteps and will provide a better walking surface. If you have a walking stick, use it to help maintain your balance.

And finally, if you do see somebody fall, especially if they are one of our older generation, **DO NOT TRY TO GET THEM BACK ON THIER FEET!** If they are able to talk, ask if they have any pain, try to assess if they look as if they may have broken a bone. The elderly are very prone to broken hips and pelvis bones if they fall badly. Re-assure them and dial 999 for an ambulance. Your action could save them a lot of time in hospital.

When you ring to make an appointment, it may be with our Nurse Practitioner. But, you will get the same high quality of care and she can give you a prescription if required.

Were you aware that the surgery has a Patients Participation Group? Everybody is welcome to come along and join us for informal discussions about the running of the surgery and what we can do to make things easier for patients and staff alike. Ask at reception for details of our next meeting.

And Finally,

2014 was a year to

Remember:

Since the surgery was formed way back In the 1970's there have been many changes and in 2014 this was a few of them:

One of our founder Doctors, Dr Badwarj retired.

Dr M Masood became Senior Partner.

Dr N Shazeb. Joined us.

In May The Patient Participation Group was formed and we started to Produce our Newsletter.

We are proud of our surgery and what has been achieved by our dedicated staff.

*We wish all of our Patients
A Very Happy
And Healthy 2015.*