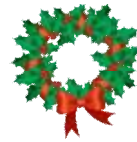




Harbury Surgery Newsletter

Winter 2010



****Seasons Greetings from the Surgery****

Christmas hours

« We close on Friday 24th December and re-open on Wednesday 29th December «
« We will be closed on Monday 3rd January 2011 «

If you become ill when we are closed you should contact either NHS direct on 08454647 or www.nhsdirect.nhs.uk for advice, the Out of Hours Service at Warwick Hospital on 03001 303040 or if necessary call 999 for an ambulance.

Staff News

At the beginning of August 2010 Practice Nurse Janet Wilkinson retired after 23 years service to the Surgery. Janet will be missed by Doctors, staff and patients, but we all wish her a long and happy retirement. Our two new nurses are Sarah Hill and Corinna Butler who have both joined the Surgery this year.

Sarah has been a Practice Nurse in Coventry for the past 8 years and has lots of experience in all aspects of primary care. She is especially interested in asthma as she is about to start her diploma in asthma management.

Corinna, who lives in the village, has worked at various hospitals including Warwick and UHCW (Walsgrave) and for the past three years has worked as a District Nurse. Corinna is particularly interested in wound management, but enjoys all aspects of nursing.

Appointments

Remember if you are unable to attend your appointment **please** cancel in good time. In the quarter July to September a total of 22 hours of clinical appointments were lost because patients did not attend and did not inform us.

The Well Carers Afternoon

This proved very successful with a relaxed and informative time had by all. Carers who attended enjoyed tea and cake before a quick health check with Bev and a mini therapy session with Lista, the therapist. Advisors from South Warwickshire Carers Support were on hand all afternoon to give advice. Thank you to all those who attended.

If anyone relies on you for support and to help with their daily living, please register with the Surgery as a Carer (forms available in the waiting room and at reception).

Reminder of Dispensary Hours

The Dispensary is closed between 12.30 and 1.30pm each day and the Dispensary phones are off between 12.30 and 2.30pm each day. Reception staff **do not** have access to the Dispensary when it is closed, so please only order and collect medication during the opening hours. There is a repeat prescription ordering box located just inside the main doors to the Surgery, where requests can be left at any time the Surgery is open and you can also order online via the prescriptions option on our website www.harburysurgery.org.uk/



Please collect any medication in good time before we close for the Christmas and New Years holidays.

Keep Warm Keep Well

The government web site <http://keepwarmkeepwell.direct.gov.uk/> has lots of tips to help you stay warm and well throughout the cold season, including:

- How to heat your home in the most efficient way
- Where to find help about any financial support that may be available to you
- Tips for eating healthily in the cold weather
- How best to look after yourself and your neighbours or relative that might need some extra help.
- Don't forget that if you are over 65, or have a long standing health condition, or are a carer you can have a free flu jab here at the Surgery.

Are you thinking of Quitting Smoking in the New Year?

Smoking kills over 1000 people in Warwickshire every year and remains the leading cause of disability and death in the county. **A fresh start starts here at the Surgery! Make a smoking cessation appointment with our Healthcare Assistant Bev.**

- A Stop Smoking programme lasts between 10 and 12 weeks depending on which product you use and consists of fortnightly appointments.
- The initial appointment is for 30 minutes, where we talk about what help is available, and the benefits of giving up cigarettes. We also take a blood pressure reading and a carbon monoxide reading (just blowing into a monitor) to check the carbon monoxide levels in your lungs and also completion of a registration form. We usually try and set a quit date at this time. Subsequent appointments are then 10 minutes long.
- Nicotine replacement products available include patches, inhalator, gum, nasal spray etc, or Zyban and Champix tablets that you take daily to reduce the cravings.
- We also have a 'Count down and STOP programme' if you feel that you would benefit from reducing your cigarettes gradually whilst using nicotine replacement products
- A fortnight supply of the chosen medication is just the cost of a prescription charge or free if you are in receipt of benefits.



10 Health Benefits of Stopping Smoking

Longer Life	Half of all long-term smokers die early from smoking related diseases. Men who quit smoking by 30 add 10 years to their life and if you kick the habit by 60 you add 3 years to your life. Its never too late to benefit from stopping.
Less Stress	Scientific studies show peoples stress levels lower when then give up smoking. Nicotine addiction makes smokers feel stressed between cigarettes.
More Energy	Within 2 to 12 weeks of stopping smoking, the circulation improves, making all physical activity much easier.
Better Sex	Stopping smoking improves the body's bloodflow, so improves sensitivity. Non-smokers are three times more appealing to the opposite sex than smokers.
Improved Fertility	Non-smokers find it easier to get pregnant. Quitting smoking improves the lining of the womb and can make men's sperm more potent. Non-smokers have improved chances of conceiving with IVF and a reduced likelihood of miscarriage. Most importantly, quitting smoking improves the chances of giving birth to a healthy baby.
Better Breathing	People breathe more easily and cough less when then give up smoking. Lung capacity improves by 10% within 9 months.
And also	You will also benefit from younger looking skin , as smoking speeds up facial ageing; whiter teeth , tobacco stains teeth and increases the chances of gum disease; and by stopping smoking your loved ones will also benefit . Passive smoking increases the risk of lung cancer, heart disease and stroke in non-smokers and for children doubles the risk of chest illnesses and means more ear infections, wheezing and asthma.

Wasted Medicines Waste Money

The NHS is aiming to raise awareness of the serious problem of medicine waste. This is a growing problem that not only wastes huge quantities of medicines, but it is estimated to be costing the NHS approximately £600 million per year, £6.5 million in Warwickshire alone!

- Waste medicines cannot be re-used and must be destroyed.
- Most medicines are wasted due to over ordering and stockpiling of medicines within patients homes.
- Over half of Warwickshire patients do NOT return their surplus medication to a pharmacy or doctors surgery.

How can you help?

- Think carefully before ticking all the boxes on your repeat prescription forms and only tick those you really need.
- Check what medicines you still have at home before re-ordering.
- Let your GP or Pharmacist know if you've stopped taking any of your medicines.
- If you don't need the medicine now – don't order it! If you need the medicine in the future you can still request it.
- If you need to go to hospital, please take all your prescription medicines with you.

- **Everybody has a part to play** - **Together we can make a difference** -