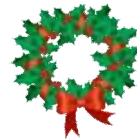




Harbury Surgery Newsletter

Winter 2011



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

Christmas Hours

« We close on Friday 23rd December and re-open on Wednesday 28th December «
« We will be closed on Monday 2nd January 2012 «

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

We have a new member of staff in Dispensary as Sue joined us in early Autumn. She has over ten years experience in a dispensary setting and is qualified in Pharmacy Services to NVQ level 3.



Getting fit in the New Year?

If you are thinking of making a New Year's resolution to get fit take a look at the NHS Choices pages on their get fit project called 'Couch to 5K'. **Taking up running can seem like a scary prospect, especially if you feel out of shape or unfit.** But, did you know that regular running can help reduce the risk of chronic illnesses such as heart disease, type 2 diabetes and stroke, boost your mood and keep your weight under control?

The Couch to 5K plan is designed to get you off the couch and gradually work you up to running 5K or half an hour, in just nine weeks.

What is Couch to 5K?

NHS Choices 'Couch to 5K' is a running plan developed to help absolute beginners get into running. The beginners' running plan was developed by a novice runner, Josh Clark, who decided to write a plan to help his fiftysomething mum get off the couch and start running too. The plan involves three runs per week, with a day of rest in between, with a different plan for each of the nine weeks.

How does Couch to 5K work?

Probably the biggest challenge a novice runner faces is not knowing how or where to start. Often when trying to get into exercise, we can overdo it, feel defeated and give up when we're just getting started. Couch to 5K works because it starts with a mix of running and walking, gradually building up your fitness and stamina slowly. Week One involves running for just a minute at a time, creating realistic expectations and making the challenge feel achievable from day one. Its for anyone, whether you are someone who has never run before or someone who wants to get back in to running. However, if you have any health concerns about starting the programme, please make an appointment with your GP.

The link to the pages and where you can download podcasts to help you on your way is <http://www.nhs.uk/Livewell/c25k/Pages/couch-to-5k.aspx>

Appointments

Remember if you are unable to attend your appointment **please cancel in good time.** In the quarter July to September a total of **30 hours and 30 minutes** of clinical appointments were lost because patients did not attend and did not inform us.

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.

Ever wanted an appointment to see your doctor the same day?

Perhaps we can help you by phone. Our Surgery is taking part in an important research study, called **esteem**, which compares ways that surgeries deal with requests to see a GP on the same day.

From Monday 7th November 2011, if you phone for a same-day appointment, a nurse will phone you back. The nurse will either help you over the phone or make an appointment for you to see a doctor, whichever is best.

We will be sending out short questionnaires to see how patients find our system ... your views are important, so please return the questionnaire if you receive one.

Ask yourself...do I really need to go to A&E?

At a time when seasonal illnesses are on the rise, health chiefs are highlighting which services are available other than A&E services and reminding people to use emergency services appropriately. Every autumn and winter members of the public who have suffered from the diarrhoea and vomiting bug Norovirus come to hospitals unnecessarily either to A&E or to visit friends and family in hospital and inadvertently "share" this with patients and staff. Suffering from Norovirus can be an unpleasant experience especially for young children and the elderly. Stopping the spread of the virus is important through good hygiene levels and staying away from vulnerable people both in healthcare settings and at home until you are clear of symptoms for 48 hours. If your symptoms continue for more than three days or you feel severely dehydrated, seek medical attention immediately. If you've got flu, the best thing to do is stay at home, drink plenty of fluids and take paracetamol. If symptoms persist, ring your GP surgery for advice. Think about contacting NHS Direct on 0845 46 47 or speak to your local pharmacist for health information.

ADVICE AT HOME - From the comfort of your home you can call NHS Direct on: 0845 46 47 who offer free and confidential advice and guidance from professional healthcare staff on how to get the right treatment for all kinds of non-emergency situations. People who live in Warwickshire can call Warwickshire Healthline on 03000 247 111 for health advice and information 24/7.

SELF CARE - Keeping your medicine cabinet well stocked will mean you can easily treat everyday illnesses, such as coughs and colds. So, while tackling the run-up towards some early shopping bargains before the festive season, why not pop in to your local pharmacy and stock up on some home remedies.

OVER THE COUNTER - Pharmacists can offer health advice and remedies over the counter for a range of illnesses such as coughs, colds and flu, pregnancy testing and minor cuts and injuries. You can find details of a pharmacy near you by visiting www.warwickshire.nhs.uk

YOUR LOCAL GP - If you feel unwell and need to see a doctor, contact your surgery to make an appointment. If you need help registering with a GP surgery, contact NHS Coventry on: 024 7652 6805 (office hours only).

ACCIDENT AND EMERGENCY - Open 24/7, 365 days a year. Our nearest A&E Department is at Warwick Hospital, Lakin Road, Warwick. **Or call 999** for an emergency ambulance.