



Harbury Surgery Newsletter

Spring 2012



Opening Hours

We will be closed for the Easter Bank holidays on Good Friday 6 April 2011 and Easter Monday 9 April 2011. We are also closed for May Day on Monday 7 May, Spring Bank holiday on Monday 4 June and the Diamond Jubilee holiday on Tuesday 5 June. Please order medications in good time and remember to pick up before the holidays.

Staff News

As many of you may know, Dr John Hancock carried out his last surgery on Wednesday 25 January. Dr Hancock formally retired 8 years ago, but has been working at both Surgeries on Wednesdays and helping with cover over the holiday periods. Dr Hancock is a well respected and well liked GP and will be missed a great deal by all staff at the Surgeries and I am sure by all his patients. We wish him a long and happy retirement, where he can indulge all his hobbies and interests.

Missed appointments

In the quarter October to December a total of **42 hours and 40 minutes** of clinical time was lost as a result of patients not attending their appointments and not cancelling. This is almost double the usual amount and by far the most 'unattended appointments' since we have been issuing a newsletter. **Please cancel if you cannot attend your appointment.**

Some timely reminders

Hayfever medication is available without consulting a GP if you have had it before on your repeat prescriptions. Please telephone dispensary to order for this season, but bear in mind if you pay the normal prescription charge, some hayfever medication may be cheaper to buy over the counter.

If you are **going abroad**, please consult with a Practice Nurse in plenty of time to find out if you need any inoculations or malaria medication. Some inoculations need to be administered up to three months before you travel, depending on the destination. You should pick up a travel risk assessment form and return it completed to us before you make an appointment and only one member of the family need attend the initial consultation.

What's pants, but could save your life? 
Free cervical screening saves the life of one woman in our region every day.



Over 25? If you didn't go for your last smear test make an appointment today!
www.pants.nhs.uk

The NHS are running a national campaign to improve the uptake rate for cervical cancer screening with a campaign "what's pants, but could save your life?".

www.pants.nhs.uk for more information



National No Smoking Day - Wednesday 14 March 2012

We all know the health benefits of quitting smoking but have you ever thought about the money you would save if you gave up? Perhaps this is the incentive you need.

No of cigarettes a day	5	10	20	40
Daily Cost	£1.62	£3.25	£6.50	£13.00
Weekly Cost	£11.38	£22.75	£45.50	£91.00
Monthly Cost	£49.29	£98.58	£197.17	£394.33
Yearly Cost	£591.50	£1183.00	£2366.00	£4732.00

These figures are calculated on an average packet of 20 cigarettes costing £6.50.

If you smoke 10 cigarettes a day, you will spend £33 more in 2012 than you did in 2011.

Here at the Surgery we can provide support and treatments to help you give up smoking for good. If you would like help to quit, please phone the Surgery and make an appointment with Bev for smoking cessation. Further information can be found at taketheleap.co.uk.



Carers News

Many people assume being a carer is giving 24 hour care to a close family member and often giving up paid employment to do so. This is not the case. A caring role takes many forms so please ask yourself:

1. Do you look after anybody or do things for other people, whether family member, relative, neighbour or friend (whether you work or not)?
2. Are you a young person (under 18) looking after or regularly helping someone else (family member or other person)?

The Surgery likes to register all our carers so our clinical staff are aware of your caring role and are able to support you in this. We also hold Carer's afternoons where there is lots of information available and people to talk to from Guidepost Trust over a cup of tea and a piece of cake, as well as a complimentary therapy session. We have a notice board in the Surgery dedicated to Carers issues.

We are holding our next Carer's Afternoon on Wednesday 25th April – please register as a Carer to obtain details of the event nearer the time and if you are registered, look out for your invitation. The event will include a health check, free mini session with a therapist (eg hand massage, etc) and the chance to gain information and talk things over with the staff from Guidepost Trust (carers support service).