



# Harbury Surgery Newsletter

## Autumn 2012



### Be one of the first to read our newsletter!

If you would like a copy of the quarterly practice newsletter emailed to you, please send an email requesting this to [Mandy.Brain@harburysurgery.nhs.uk](mailto:Mandy.Brain@harburysurgery.nhs.uk).

### Sad News

It is with deep regret that recently we received the news that two of our retired Practice Nurses have passed away. June Luke worked at Harbury for many years, while Nesta Commander would be remembered more by our old Bishops Itchington patients. Nesta, in the old days, worked both as a Receptionist and Nurse.

Both June and Nesta were a tremendous asset to the Practice and we have, and will keep, fond memories of them. Our deepest sympathies go out to their families at this very sad time.

### Carers News

- Ø A new support group for carers of people with mental health problems has been launched in the Stratford on Avon District. If you care for someone with a mental health illness and would like to come along to the new group (or any of our other mental health carer support groups) please contact Vicki Farley (Mental Health Specialist Support Worker) at Guideposts.
- Ø Carers of sons and daughters with a learning disability have formed a completely independent support group, Warwickshire Learning Disability Forum (WLDF). The aim of the Forum is to address the issues which are causing concern to carers and people with a learning disability. Membership of the Forum is free because email is used as the principal means of communication. To join the Forum you can obtain a membership form by calling Guideposts in the first instance.
- Ø A relaxation course is being offered at Southam Clinic on 5 September aimed at helping carers with meditation and relaxation techniques that can be tried at home to help relaxation. It's a seated activity and refreshments are provided. Phone Guideposts on 0845 600 9980 for details.
- Ø Alzheimer's Society, Southam Dementia café at Wattons Lodge, Southam. Held on the 4<sup>th</sup> Wednesday of the month. Call Gary Stanley for details on 07827 940844.

### Change 4 life

Change4Life has developed a new summer initiative called '[Games4Life](#)', designed to capitalise on the interest sparked by this summer's major sporting events and inspire adults and families to get active and develop healthy habits to take into the future.

The campaign is supported by TV, print and online advertising, CRM and partnership support - as well as a full PR campaign and national media partnership.

The campaign will centre around distributing millions of Games4Life 'activity check' questionnaires. Each individual who responds will receive their own **free** personalised activity plan, specific for adults or children, to help them make healthier changes in their lives.

Change4Life support materials are **free** and can be ordered online from the Department of Health Orderline (you will need to register as an Orderline customer) **or by calling** 0300 123 1002. You can link to the Orderline via the Change4Life pages on the DH website at: [Change4Life](#)

Visit [www.change4life.com](http://www.change4life.com) to see all the new resources and tool kits



## **Seasonal Flu Clinics**

You are eligible for a vaccination against flu if you fall into the following groups:

- over 65 years old
- asthmatic or have a chronic respiratory disease
- chronic renal disease
- chronic liver disease
- chronic heart disease
- chronic cardiovascular disease, including stroke and transient ischaemic attack (TIA)
- diabetes
- impaired immunity due to disease or treatment (immunocompromised)
- multiple sclerosis and related conditions or those with hereditary and degenerative diseases of the central nervous system
- carer

\*\*\*\*\* **PLEASE NOTE, THERE ARE NO SATURDAY CLINICS THIS YEAR** \*\*\*\*\*

**2012 Flu clinics will be held at Harbury Surgery and at Bishops Itchington Surgery at the following times:**

### **Harbury Surgery**

Wednesday 7<sup>th</sup> November from 11am – 2pm  
Wednesday 7<sup>th</sup> November from 4pm – 6.30pm

### **Bishops Itchington Surgery**

Wednesday 14<sup>th</sup> November from 9am – 12 noon  
Wednesday 14<sup>th</sup> November from 4pm – 6.30pm

There is no need to book an appointment, just come along. The earlier clinics tend to be busier, but as we have plenty of flu vaccines, you can safely attend one of the later and quieter clinics. A flu vaccination is required every year to ensure you are fully protected. In addition to the flu jab, we also offer a vaccination against pneumonia. This is generally only required once in a lifetime, (in exceptional circumstances a booster may be required), so if you have not had one before, please ask for it when you have your flu jab, or you can arrange an appointment to have this at any time of the year.

## **Be Clear on Cancer**

The Be Clear on Cancer campaign is focussing on bowel cancer over the next few weeks. The campaign is supported by a national TV and radio advertising campaign throughout September, but here are the symptoms to watch out for:

- Blood in poo or looser poo for three weeks or more
- A pain or lump in your tummy
- Feeling more tired than usual for some time
- Losing weight for no obvious reason

And remember, even if you have recently been screened in the national screening programme, if you then suffer any of the above symptoms, please visit your GP.

And some facts:

- Around 34,000 people are diagnosed with bowel cancer in England every year and around 13,200 people die from the disease
- Over 93% of bowel cancer patients diagnosed with the earliest stage of disease survive five years compared with less than 7% of those diagnosed with advanced disease
- An estimated 1,700 deaths from bowel cancer could be avoided each year if survival rates matched the best in Europe

For more information visit [www.nhs.uk/bowelcancer](http://www.nhs.uk/bowelcancer) and [www.bowelcanceruk.org.uk](http://www.bowelcanceruk.org.uk)