



Staunton & Corse Surgery Patient Group

www.stauntonsurgery.co.uk

NEWSLETTER No. 14

Spring 2010

With the coming of Spring, thoughts turn to relaxation and exercise outdoors, in our gardens and the surrounding countryside and forthcoming summer holidays. This provides the focus of our latest newsletter, full of advice and tips for health and well-being at this time of year. Meanwhile, we would welcome your comments on the Newsletter and suggestions for future editions: please contact the editor, Carole Magloyden 01452 840867 or email carole@nutshellcottage.net (annotate with "PPG Newsletter" in subject line).

Walking for Health

Did you know that walking is the easiest, most accessible, cost effective and enjoyable way for most people to increase their physical activity? Walking is easy – it requires no special expertise or equipment, other than a sensible pair of shoes – and it is a wonderful way of exploring the delights of the local area. It brings you in touch with nature and the changing seasons and has enormous health benefits as well. According to the Local Government Information Unit:

- Walking more than four hours a week reduces hospitalisation for heart disease by 30 percent.
- Changes in diet and daily walking are more effective in treating type 2 diabetes than medication.
- Walking can improve self-esteem and relieve symptoms of depression and anxiety.

- People with chronic obstructive pulmonary disease (COPD) who walk, more than halve their risk of an emergency admission.

Why not join a local rambling group on one of their short walks. Staunton and District Rambling Club welcomes new members or those who would just like a walk with them occasionally. The group meets on the 3rd Sunday of every month for a 4-5 mile walk. Please contact David Redmond on 01452-780719 for further information. Leaflets and maps of walks are also available in some local stores and pubs.

Some useful websites: www.naturalengland.org.uk, www.walkengland.org.uk, www.walking-uk.com.

Happy Rambling!

Sheila Millichap

Rachel's Tips



After the long hard winter look forward to a Barbeque Summer we hope this year! The evenings are lighter so dust off the walking boots and start getting out and about or if this does not appeal think about taking up a new hobby like tennis/cricket/swimming we would love to see you at the Lido outdoor pool in Cheltenham, opening day 1st May at 1 am, think of the calories this will reduce and give you a healthy body.

Summer allergies can be a nightmare for some, so prepare for the summer season by stocking up with the wide range of effective treatments eye drops/nasal sprays/creams and antihistamine tablets all available in the supermarkets. Hay fever and allergy sufferers think back to when you first noticed your symptoms in previous years and start treatments early and take regular medication this way it is most beneficial. I realise our weather is very unreliable so it can be difficult to plan.

Keep well hydrated with plenty of water and fluids to drink, remember to wear sun factor at all times yes even on dull days also sun glasses and a hat.

Rachel J Jacques

IMPORTANT: Please note the following amendment to the contact information given for the **Gloucester Health Access Centre** in the Winter Newsletter. The centre moved to new premises at **Eastgate House (121 Eastgate Street)** in February. The telephone number remains the same **01452 336290**.

Gloucestershire Podiatry Services

With thoughts turning to walking (and feet!), some of you may be interested in the podiatry services offered at the Gloucestershire Royal Hospital. Podiatry is a branch of medicine devoted to the study, diagnosis and treatment of disorders of the foot, ankle and lower leg.

Many of us are already familiar with the services of a chiropodist (also now known as a podiatrist), qualified to diagnose and treat foot problems by non-invasive methods (removal of dead skin & treatment of corns, toe-nail clipping, etc.). However, the podiatry service provides specialist treatments by musculoskeletal podiatrists and podiatric surgeons to assess and treat more complex problems.

Your first appointment will involve an assessment and initial diagnosis, along with a plan of treatment. You will be asked about your general health, medical history, allergies, medications and your work and leisure activities, along with more specific questions about your foot condition. This will be followed by an examination of your feet, which may involve standing and walking and include discussion of footwear.

The Podiatry Department always aims to try conservative treatment, by a musculoskeletal specialist podiatrist, before considering surgical intervention. You may be treated with the use of foot supports, splints or specific physical therapies, exercises, etc. You may also receive advice regarding footwear. However, if a surgical solution is recommended, this will be discussed in detail and you will be referred to a podiatric surgeon for consideration of options and for further treatment.

Further information is being sent from the Trust and will be available on the Patient Group Notice Board at the Surgery shortly. Contact details for the Podiatric Practitioner Service: Tel: 08454 228400 or email podiatry.info@glos.nhs.uk

Suggestion Box

No suggestions have been received since our last Newsletter. The Patient Group meets quarterly with members of the Surgery to represent the patients and support the Surgery in improving the service they provide for you, with further informal meetings to review and discuss items of interest. Current work includes organising the additional Heart Start classes.

Your input and support are vital to ensure our work is truly representative of your views and requirements, so please make us aware of any thoughts you may

have for improvement to your medical care and to the activities of the Group and the Newsletter.

Your suggestions may be posted in the Suggestion Box at the Surgery or you can contact your local committee member, who would be pleased to raise any ideas or issues at our next meeting (see contact details below). Further details about the Group and copies of our newsletters can be found in the surgery lobby and on their web-site.

Fake Britain

Some of you may have seen the recent BBC programme “Fake Britain”, which investigated the huge market in unlicensed and fake medicines and showed how easy it is to purchase a wide range of prescription drugs online without a prescription. For those who missed it, the advice was clear:

DO NOT BUY ANY MEDICATION OFF THE INTERNET.

An analysis of drugs bought by the programme to see what they actually contained revealed shocking results. Many are fake but use well known brand names to make a sale. At best they could be useless and at worst, you could become very ill or even die!



Alcohol & Tablets! When your medication states ‘**NO ALCOHOL WITH MEDICINE**’ it does mean for the whole course - not just when you actually take it.



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