



Staunton & Corse Surgery

Patient Group Newsletter

No. 21 Winter 2012 (www.stauntonsurgery.co.uk)

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Winter is upon us again and so far compared to last year we have been very lucky with the weather. This Christmas we have been able to visit friends and family with very little hindrance from the elements. Hopefully, the mild spell will continue into January which will help those who need to visit the surgery to update their records and make sure their 'Season Tickets' are still valid.

There have been changes to the staff since the last update of Surgery News and we have asked Maggie, the newest member of the nursing team, to write her Tips for Winter and give Rachel a small respite from her usual contributions.

The Patient Group have had a busy 2011 and start the New Year with three new members. However, we have lost both Brian Cobb and Iain Collinson from our committee and are in dire need of at least two male members to fill their places and to represent the male patient's points of view. So please will all the ladies out there, who we know read the newsletter, ask your husbands to give up a few hours and volunteer to keep the men's flag flying!

Sheila Golightly (Chair of Staunton & Corse Patient Group)

GENERAL REMINDERS FOR THE NEW YEAR

Please update your contact details held at the surgery, and also your Next of Kin Details.

Check that your pre-payment dispensary card (Season Ticket) is still 'In Date' and ask for the expiry date to be registered at the dispensary. They will then be able to remind you to renew it in good time.

Also if you have a DSS Exemption, check the date when this runs out.

If you are a Carer for a friend or relative – please let the surgery know. The Patient Group would like to set up a Carer's Support Group, if Carers would find this helpful and supportive.

SURGERY NEWS

We apologise that some of the Surgery News is 4-5 months old, due to lack of space in the Autumn Newsletter. Practice Nurse Michele Astley retired in August and Maggie Etheridge has taken her place in the Nursing Team. Iain Collinson the Practice Manager retired at the end of December and we welcome Caroline Charles, the new Manager. *Caroline has asked us to remind patients to phone for test results after 11.00am and not between 10.30am and 11.00am when Doctors are taking calls.*

Also a reminder that the Dispensary is closed between 12.30pm and 1.30pm and the Reception staff CANNOT help during this closure.

Update on Evening and Weekend Surgeries

The NHS now provides Easy Access Centres in each area. Our centre is at Eastgate House, 121 Eastgate Street, Gloucester. It is open 8.00am to 8.00pm, 7 days a week including Bank Holidays and is available to patients from any GP practice and for visitors to the area. Telephone before you visit as the centre is often very busy. They will then advise you of the time you can be seen. The number is 01452 336290. Patients will be seen by a doctor or nurse as appropriate but it may not be the same doctor as you see on subsequent visits.

Alternatively, there are minor injuries units at Tewkesbury, Gloucester Royal and Dilke Hospitals.

Out of hours cover is offered by Gloucester Royal A&E

PATIENT GROUP NEWS

Good Wishes to Matthew Holland who has resigned to start his first term at university.

Good Wishes also to Brian Cobb who has moved out of the area to be nearer to his grandchildren.

Welcome to three new group members - Anne Watkins, Jane Rose and Jan Flattley.

The committee are very pleased to accept new volunteers and we still need more young members.

Male volunteers as already mentioned are also *VERY* under represented.

SIGNS of a STROKE

Ask the person to smile

Ask the person to talk and speak a simple sentence

Ask him/her to raise both arms

Ask the person to stick out their tongue.

If the tongue is crooked or it goes to one side or the other, this also indicates a stroke.

CALL FOR HELP AND DESCRIBE SYMPTOMS.

Brian Cobb's last action for the Patient Group was to send us this paragraph which has been approved by Dr Whittle as useful information for us all.

Self-Care Health Tips For Winter

Getting enough regular exercise can sometimes seem quite a task and this seems even more of a challenge during the winter months when cold wet and windy days can test the reserve of even the bravest of us.

Getting the recommended daily amount of exercise of 30 minutes five times per week is undertaken by only three out of ten of us and therefore the majority do not benefit from the effects of moving our bodies. People who do manage the desired activity levels may benefit from knowing that they are helping to reduce their risk of getting diabetes, or reducing the risks associated with diabetes, also in improving overall muscle tone and bone strength, improving cholesterol levels, helping to regulate blood pressure and (thinking of Christmas delights), can help control your weight and generally give an improvement in your mood.

Finding an exercise that you enjoy is the key to keeping fit. Some people will find the challenge of a gym worthwhile, but for many the thought of this type of exercise will be of no inspiration! Cycling and swimming are also excellent forms of anaerobic exercise, but walking is free and can be taken almost anywhere and for those who own dogs know, can be undertaken on almost a daily basis. Try to aim for 20-30 minutes on at least 5 days per week. Even 10 minute 'bursts' of exercise are still considered useful.

At the surgery we have some useful leaflets on exercise and especially one entitled '101 things you can do without setting foot in the gym'. This has some interesting alternatives that give a 'fun' side to exercise and include cleaning windows, cleaning the bath and scrubbing the floor! Who would have thought house-hold chores could have been so useful.

If you suffer from any heart conditions remember to exercise by building up gradually and if exercising outside, to wrap up warm and don't exercise if you feel unwell.

M .Etheridge January 2012

STOP PRESS. There will be another free Heart-Start Course on Monday 12th March 2012 in Ashleworth Memorial Hall. 7.00pm - 9.00pm.

To book a place, contact Sheila Golightly on 01684 833144 or Mary Edge on 01452 700493. If you have already expressed an interest in attending a course, we will be contacting you. Numbers are limited so apply early to ensure a place. Light refreshments will be provided during the evening. Certificates of attendance will be given. Wear loose comfortable clothes, including trousers and bring a notebook and pen.

CONTACT NUMBERS

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Tegwen Harrison (Treasurer) 01531 650416 Redmarley

Sally David-Bond 01452 840900 Corse

Pat Davies 01452 700454 Hartpur

Mary Edge 01452 700493 Ashleworth

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Jan Flattley 01452 840753 Corse

Judy McCarthy 01531 650114 Bromsberrow

Jane Rose 01452 849535

Anne Watkins 01531 650321 Redmarley

Please contact any Group Member if you are interested in our work and would like to join our committee. We hold 8 – 10 meetings a year. Four lunch-time meetings with Surgery Staff, held at the surgery, alternating with meetings held at member's houses, usually lunch-time meetings, but the time can be changed to suit member's requests.