

The Culcheth Medical Centre Newsletter August 09



Welcome to the latest edition of our Newsletter. The aim of this is to be informative about the Practice and any new Health issues that may affect you. So here goes;

Helen to take early retirement.

Helen Philbin, our Practice Manager, is taking early retirement after 20 years of dedicated service to us as a Practice and to you as Patients. She will be greatly missed by us all. I am sure that you would like to join me in thanking her for all her hard work and support that she has given us over the years. Helen's last day at work will be 28th August. We hope that she enjoys her retirement and doesn't have to start working with her hubby on the farm!!

New Practice/Business Manager

Following on from above we are pleased to announce the appointment of our new Practice/Business manager Mrs Jane Banks who has started on 3rd August. She joins us with a wealth of experience and we look forward to many happy years working together.

Office Manager

We have created a special new post of Office Manager and are pleased to announce the appointment of Mrs Lyndsey Weeder who starts on 1st September. Lyndsey has been one of our hard working receptionists for some years now and will be in charge of running the office and staff related duties.

Surgery Web Site

I am pleased to let you all know that our own Surgery website is ready to view. Dr Ghosh is continuing to update the site. You can go on-line and have a look at it at the following address : www.culchethgp.co.uk We hope that you will like the site and find it interesting and informative. This newsletter and several past ones are available to be read on the website.

Mobile Phone Numbers

Please can you all let us know your mobile phone numbers. This is so that we will be able to send you a text to remind you of your appointment date and time with the nurse or doctor. So at the time you next make contact with us at the Surgery either by phone or at the desk or when seeing us face to face, do give us your number.

Your mobile number is always useful if we ever have to contact you urgently, as long as it's switched on!!

Prescriptions

Please remember that when ordering your repeat prescriptions they take 48hrs to be ready. So if order on a Friday, it will be only ready to collect on Tuesday. If order after 4pm, the prescription will only be processed the following day, so the 48hrs that we need will only start from the next working day

Appointments

Summer is upon us or so they tell us!! Like you, we have to have a summer break also, so please bear with us if one of us is on holiday at the time you particularly want to see that Dr. Please also remember that we will make every effort to see you on the day if your problem is urgent and cannot wait. Just make sure that you tell the receptionist this and she will either give you a 5 minute emergency appointment or take your details so that the Duty Doctor can ring you back to make an assessment.

HEALTH INFORMATION TOPICS

Swine Flu NHS information

Swine flu is the common name given to a new strain of influenza (flu). It is called swine flu because it is thought to have originated in pigs, but this is not certain.

The most common symptoms are a fever, sore throat, diarrhoea, headache, feeling generally unwell and a dry cough. In other words, the symptoms are very similar to seasonal (regular) flu. Most people recover within a week, even without special treatment.

As in other countries, most of the cases reported so far in the UK have been mild. Only a small number have led to serious illness, and these have often been in patients with existing health problems, such as cancer, that already weakened their immune systems.

Are you feeling unwell?

If you have flu-like symptoms and are concerned that you may have swine flu, stay at home and check your condition using the online [National Pandemic Flu Service](http://www.pandemicflu.direct.gov.uk), at www.pandemicflu.direct.gov.uk

Phone your GP if:

- you have a serious existing condition that weakens your immune system, such as cancer,
- you are pregnant,
- you have a sick child under one,
- your condition **suddenly** gets much worse, or
- your condition is still getting worse after seven days (five for a child).

Note: the National Pandemic Flu Service is a new online service that will assess your symptoms. If required, it will provide an authorisation number that can be used to collect antiviral medication from a local collection point.

For those who do not have internet access, the same service can be accessed on:

- Telephone: 0800 151 3100.
- Minicom: 0800 151 3200.

For more information on Swine flu go to www.nhs.uk or www.direct.gov.uk or ring 0800 1513513.

To stop the virus spreading

Although the UK has moved to a treatment phase for swine flu, it is important that people continue to do everything they can to stop the virus from spreading.

The most important way is to have good respiratory and hand hygiene. In other words, always sneeze in to a tissue, and quickly put it in a bin. Wash your hands and work surfaces regularly and thoroughly to kill the virus. You may have seen the posters about sneezing “Catch it Kill it Bin It” on the bus or train etc encouraging us all to be more hygienic when coughing or sneezing.