

The Culcheth Medical Centre Newsletter Jan 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;

Thanks!!!

The Doctors and all the Staff would like to say a huge thanks for all the cards and gifts received by the practice at Christmas. It is very much appreciated, especially at a time when there is so much “doctor bashing “
in the press.

Happy New Year

We hope that you all had a great time over the Festive Period and didn't over indulge too much!!! It's that time of year when we often think about making changes in our lives, I have put a few suggestions on the back page that you may find useful.

A New Year, a New Name!!

The sharp-eyed will have noticed that we have decided to change the name of our surgery from “The Thompson Ave Surgery” to “The Culcheth Medical Centre” and new display boards have gone up outside. With the help of our new partner Dr Ghosh we are in the process of building a web site that will include pictures of all staff and maybe a Dr's Blog page {whatever that is!!}, it will also have this monthly newsletter on-line and other informative items. I will let you know more next month on when it will be ready and the web address.

Health Checks

If contacted by us or the Practice Nurse to attend for your annual review, please book in so that we can complete your health review for this year and review your medications.

Flu and pneumonia vaccines

We still have a number of Flu Vaccines left and if you have not yet had yours due to being on holiday or having a bug at the time it was due then please book in to see the Practice Nurse to have it. We stock the Pneumonia vaccine all the time and this can be given at any time of year and is a one-off jab that gives at least 10 year protection against a strain of bacteria that can cause infection. If you are over 65 and have not had this vaccine then please contact the Practice Nurse to arrange it, as they say Prevention is better than cure!!!

Telephone enquiries

If you feel that you just need to speak to the Doctor rather than make an appointment we do have provision for this but for it to work properly the receptionist will need to ask you details of your query so that we can help decide if it is something that can be dealt with quickly over the phone rather than a face to face appointment.

Privacy

If when you arrive at the reception desk you need to ask or tell the receptionist something in private just ask and we will make sure that you are accommodated in this respect. We realise that there is not much space at times in the waiting area especially at busy periods.

Missed Appointments

With being able now to book up to 4wks in advance it is vital that you cancel your appointment if you either can't make it or no longer need it so that we can give it to another patient.

New Year Resolutions.

Yes it's that time of year when we all have good intentions to improve our health either by giving up smoking, losing weight or getting fitter.

Stopping Smoking has never been easier with a wide range of nicotine replacement therapies {NRT'S} available on prescription. If you would like help to quit see your doctor, practice nurse or ask one of our receptionists to refer you to the local Smoking Support clinics.

Healthy Eating is often the first step to losing weight. The way to reach a healthy weight –and stay there-is to adapt your lifestyle gradually to reduce the amount you eat, improve your overall diet and be more active. Crash diets aren't good for your health and they don't work in the long term. If you would like help and advice on diets and healthy eating do make an appointment with one of our Practice Nurses.

Otherwise look at www.eatwell.gov.uk for more advice.

Regular Exercise is key to a healthy lifestyle and is a good way of losing weight and keeping it off. If you are not used to regular exercise it's better to start to become gradually more active in ways that you find enjoyable such as walking or swimming rather than trying to run a marathon!

And Finally!

We wish you all a Very Happy and Healthy New Year!

For all those Derby County fans out there {I have met at least 1 other in Culcheth!!}, Best Wishes to Nigel Clough for a successful 2009!