

WHITCHURCH SURGERY NEWSLETTER - AUTUMN 2010

Volume 3 Issue 3

SURGERY NEWS

www.whitchurchsurgery.co.uk



Surgery Hours

Morning Surgery will be from 8.15 to 10.15 each weekday. After 10 a.m. no choice is available as to which doctor you can see

Dr. K. Elphinstone

Dr R McKenzie will be working instead of Dr. K Elphinstone on Tuesdays from the beginning of October 2010.

Autumn Recipe

Minestrone Soup

Ingredients

- 1 -15oz can white cannelloni beans
- 1 onion chopped
- 1 clove garlic crushed
- 2 tblsp oil
- 4 rashers rindless bacon, diced
- 1 -15 oz can tomatoes
- 2 pints chicken stock
- 1 leek, cut into rings
- 2 carrots diced
- 1/4 small white cabbage finely shredded
- Salt and pepper
- 2 oz pasta shapes
- 1 tblsp grated parmesan cheese to serve

Method:

1. Fry the onion and garlic in the oil in a large saucepan, then add the bacon and continue cooking for a further few minutes.
2. Stir in the tomatoes, stock and cannelloni beans, then bring to the boil and simmer gently for 45 minutes
3. Add the leek, carrot and white cabbage and continue simmering for a further 15 minutes. Season to taste, add the pasta and cook for 10 minutes, or until the pasta is tender but firm.
4. Pour the minestrone into individual soup bowls and sprinkle each serving with Parmesan cheese.

Gardening Tips

September

1. Lay a new lawn, or if your lawn needs thickening up, scarify then sprinkle on grass seed.
2. Plant spring flowering bulbs.
3. Divide overgrown perennials

October

1. Collect seeds and store in a paper envelope.
2. Lift rhubarb and divide as necessary.
3. Give conifer hedges a final trim

November

1. Prune gooseberries and currents to encourage fruit
2. Spread compost on borders
3. Feed the birds

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CHLAMYDIA

MORE THAN A HUG?

BEWARE THE BUG?

Are you under 25 years old? Do you know about Chlamydia? There is a Chlamydia screening service in Bucks. It is free, painless and confidential. You can do it yourself.

Please speak to one of the Practice Nurses, Dee, Angela or Marilyn for more information.

Nebulisers and Blood Pressure Monitors

If you have been loaned a nebuliser or blood pressure monitor by the nurses or doctor, could you please inform the surgery as soon as possible. If these are no longer required could they be returned, as they may be required for other patients.

Friends of Whitchurch Surgery

Books donated to the surgery contribute greatly to the Friends of Whitchurch Surgery fund. Please do not leave bags of books in the foyer, they may be handed to the reception staff.

Friends of Whitchurch Surgery are attending the flu clinics on Saturday 9th and Saturday 16th October therefore, tea/coffee and biscuits will be available. A raffle will also be taking place. If you would like to donate a raffle prize, please contact Rachel Brice, the Practice Manager.

Medication Reviews

It is important to keep up to date with medication reviews, to ensure you are on the most beneficial medication and dose.

Reviews can be in depth and can take up a whole appointment slot. So please try to make medication review appointments separately from any other problem you may have.

Appointments

Routine doctors appointments are for 10 minutes only. If you feel you may need longer, please inform the receptionist. Please remember to cancel any appointments you are unable to attend so we can offer your appointment to other patients. Please make an extra effort to cancel appointments with the nurses, as these tend to be more than 10 minutes.



Dispensary News

You can now order your repeat prescriptions on line by emailing the dispensary on: **whitchurchdispensary@nhs.net**. Please give 48 hours notice or 2 working days before collection. Please remember to give plenty of notice when ordering holiday medication.

When paying for prescriptions by cheque, the dispensary will now need to see a cheque card.

The Practice has recently looked into the option of installing a Chip and Pin payment service in the dispensary. Unfortunately, as we are a smaller practice and have a high percentage of exempt from payment patients, this service is not viable.

When a private prescription is issued by the doctor for collection at a chemist of your choice, there will be an admin fee of £10.00 . However, if you choose to have your private prescription dispensed at this surgery, the £10.00 admin fee will not be charged.

Protected Time

The Surgery will be closed on the following afternoons from 1 p.m. for training:

September 16th—Thursday

October 20th—Wednesday

November 18th—Thursday

The out of hours service (Bucks Urgent Care) will be covering the practice on these afternoons and they can be contacted on 0300 130 3035

Doctor Training Dates—Surgery Closed

On the 23rd September and 2nd November the surgery will be closed from 12.30 in the afternoon for Doctor Training.

Contact Details

Please can you let us know if your contact details change. From time to time we might have to speak to you urgently and this can be very difficult if we don't have an up to date telephone number.

If you need to change/book an appointment, ask for test results, need copies of immunisations etc. , please do this yourself. It can place the receptionist in a difficult position to give information to a third party.

WHITCHURCH SURGERY

ANNUAL FLU CLINICS 2010

Saturday 9th and 16th October

9.00am – 12.00pm

No appointment necessary

Flu vaccinations are **only available** for patients who:

- Are aged 65 or over

Aged under 65 with one of the following conditions:

- Have any ongoing lung diseases
- Have a chronic heart disease
- Have a serious kidney disease
- Have a serious liver disease
- Have diabetes
- Have a poor immune system
- Live in a nursing home or other long stay residential care accommodation

You should have the flu jab if you are the main carer of an elderly or disabled person whose welfare may be at risk if you fall ill with influenza