

WHITCHURCH SURGERY NEWSLETTER - WINTER 2009

Volume 2—Issue 4

SURGERY NEWS

www.whitchurchsurgery.co.uk

Christmas Opening Hours

December 24th -Thursday	8 -1 and 2 - 3
December 25th - Friday	Closed
December 28th -Monday	Closed
December 29th -Tuesday	Normal Surgery
December 30th -Wednesday	Normal Surgery
December 31st -Thursday	Normal Surgery
January 1st -Friday	Closed
January 4th -Monday	Normal Surgery



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.

<p style="text-align: center;"><u>Winter Recipe</u></p> <p style="text-align: center;"><u>Vegetable and Chicken Soup</u></p> <p><u>Ingredients</u></p> <p>10 ozs skinned, boneless chicken thigh fillets (approx 4) cubed. 2 tsp sunflower oil 1 onion, chopped 1 leek, thinly sliced 1 stick celery, chopped 2 carrots sliced 2 ozs easy-cook long grain white rice 1 1/2 pints chicken or vegetable stock 1 tsp dried mixed herbs Freshly ground black pepper</p>	<p>Method:</p> <ol style="list-style-type: none"> Heat oil in a large, non stick saucepan; Add onion, leek and celery and cook over a medium heat for approx 5 mins, stirring occasionally. Add chicken, carrots and rice, cook for 2/3 mins stirring frequently. Stir in stock, herbs and black pepper and bring to the boil. Reduce heat, cover and simmer for 20-25 mins (until tender) stirring occasionally. Serve in warmed bowls with fresh crusty bread. 	<p style="text-align: center;"><u>Gardening Tips</u></p> <p>December:</p> <ol style="list-style-type: none"> Lift and divide clumps of rhubarb. Prune down to soil level all canes of autumn fruited raspberries Pinch tips of wallflowers to encourage branching. <p>January:</p> <ol style="list-style-type: none"> Clear away remains of flowering perennials. Dig over vacant beds then condition the soil by digging in garden compost. Prune Wisteria, shortening all side-shoots growing from the main framework to about 1" of their base. <p>February:</p> <ol style="list-style-type: none"> Pick dead flowers and seed pods of dead pansies.
--	---	--

WHITCHURCH SURGERY NEWSLETTER



SWINE FLU (H1N1) VACCINATIONS

THE PRIORITY GROUPS TO BE TARGETED FOR VACCINATION AGAINST SWINE FLU WILL BE:

- THOSE IN A CLINICAL AT RISK GROUP AGED **6 MONTHS UP TO 65 YEARS**
- ALL PREGNANT WOMEN
- HOUSEHOLD CONTACTS OF IMMUNOCOMPROMISED PATIENTS
- PEOPLE AGED OVER 65 IN A CURRENT AT RISK GROUP

CLINICS WILL BE EXTRA TO OUR NORMAL WORK, SO THERE WILL BE A LIMITED CHOICE OF DATES.

IF YOU **DO NOT** WISH TO HAVE THE VACCINATION PLEASE INFORM RECEPTION SO WE CAN UPDATE YOUR MEDICAL RECORDS.

YOU WILL ONLY RECEIVE ONE INVITE, SO PLEASE BE SURE TO ACT ON IT.

PATIENTS WILL BE CALLED IN PRIORITY ORDER AS OUTLINED ABOVE AND WILL ALSO BE SUBJECT TO THE AMOUNT OF VACCINE DELIVERED TO US BY THE DEPARTMENT OF HEALTH.

If you feel you should be given the swine flu vaccination and you have not received an invitation, please contact us.

WHITCHURCH SURGERY NEWSLETTER



SWINE FLU

Fortunately so far the symptoms of swine flu seem to be relatively mild to moderate and most infected persons will recover without needing to see a doctor.

If the virus starts to spread rapidly in the UK then it is likely our practice may have to face a sudden increase in workload, coupled with the prospect that they may be reduced staff numbers due to illness.

If this scenario happens we have some contingency plans that we will put into practice for several weeks as follows:-

- Some clinics will be cancelled temporarily
- The drop-in morning surgery will not be available
- There will be a daily clinic, in a segregated area, for seeing patients with suspected flu (appointment times)
- Daily appointment slots for non-flu problems will still be available
- Increase in number of staff to man the phones and deal with enquiries
- Some infection control measures will be put into practice e.g. masks offered to any coughing and sneezing patient who visits the surgery

If someone suspects that they may have the flu then do not visit the surgery or the hospital, but use the following numbers for advice if needed:

Swine Flu Information Line—0800 1513 513 to hear the latest advice

NHS Direct on 0845 4647 (all hours)

Whitchurch Surgery—01296 641203

Bucks Urgent Care—0300 130 3035

WHITCHURCH SURGERY NEWSLETTER



How to limit the spread of virus infection

Every year, during the autumn and winter months, we are reminded of the various infections that are prevalent, usually caused by viruses i.e. common cold, sore throats, laryngitis, influenza and vomiting episodes.

The following general advice is useful for preventing the spread of a virus infection (if you are infected) or reducing the risk of catching it (if you are still well).

Some common sense actions (but no need to get obsessed) can help reduce the risk of passing on or getting an infection whether at home or in a community setting.

1. covering your nose and mouth when coughing or sneezing, using a tissue (not handkerchief) or if no tissue available covering the mouth with the back of the hand.
2. Disposing of dirty tissues promptly if possible and carefully putting in a bin is ideal.
3. Maintaining good basic hygiene, for example washing your hands frequently with soap and water to reduce the spread of the virus from your hands to your face, or to other people.
4. Avoid touching your face unless hands have been washed (understandably this is the most difficult advice for young children to follow)
5. Cleaning hard surfaces (e.g. kitchen worktops, door handles) more frequently than normal, using a normal cleaning product.
6. Educating your children to follow this advice.
7. Get advice if concerned (NHS Direct, doctor's surgery or out of hours service)

If you do catch an infection such as flu or vomiting, particularly with a temperature:

1. Stay at home and rest
2. Take medicines such as aspirin, ibuprofen or paracetamol to relieve the symptoms (following the instructions with the medicines and so long as there is no contraindication e.g. allergy). Children under 16 must not be given aspirin or ready made flu remedies containing aspirin.
3. Drink plenty of fluids (if vomiting then tiny sips are preferable)
4. Avoid smoking
5. Throat lozenges for sore throat
6. Blocked nose-saline drops or spray or if severe short term use of nasal decongestant

WHITCHURCH SURGERY NEWSLETTER



New Surgery Hours

Morning Surgery will be from 8-15 to 10.15 each weekday. After 10a.m. no choice is available as to which doctor you can see.



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.

Christmas Opening Times for Whitchurch Dispensary

December 24th	9 -1
December 25th	Closed
December 26th	Closed
December 27th	Closed
December 28th	Closed
December 29th	9 -1 and 2 -6
December 30th	9 -1 and 2 -6
December 31st	9 -1
January 1st	Closed
January 2nd	Closed
January 3rd	Closed
January 4th	normal opening hours resume.

Please ensure that you have adequate supplies of your medication to cover the holiday period

Please note that the last day to order repeat prescriptions for completion before Christmas is 16th December 2009.

WHITCHURCH SURGERY NEWSLETTER



Protected Time

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

January 13th—Wednesday

February 11th—Thursday

March 10th—Wednesday

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

Friends of Whitchurch Surgery

The Annual General Meeting will take place on Saturday 6th February 2010 at 10 a.m. at the Surgery. All are welcome. If you wish to become a member of the Friends of Whitchurch Surgery Committee, please attend the meeting or contact the Practice Manager.

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.