

WHITCHURCH SURGERY NEWSLETTER - SUMMER 2010

Volume 3—Issue 2

SURGERY NEWS

www.whitchurchsurgery.co.uk



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.

Travel

When thinking about your summer holidays, remember to book early for your travel advice and vaccinations.

A Travel Health Questionnaire can be obtained from reception. Please complete this and hand back to the reception team **before** making an appointment to see the Travel Health Nurse.

Summer Recipe

Fruity Gammon

Ingredients

Serves 2

2 Gammon Steaks

1 Orange

1 Dessert spoon Runny Honey

2 Spring Onions

1 Small Pineapple—2 slices required

100g Baby corn

Olive Oil

1/2 Red Chilli

Freshly ground salt and pepper

Method:

1. Place the gammon in a large shallow dish. Pour over the juice of 1 orange and trickle the honey over. Sprinkle the spring onions on top and season with pepper.
2. Cover and set aside to marinate for 20-30 minutes.
3. Prepare the pineapple. Cut into slices. Grill the pineapple and baby corn for 2 minutes each side. They should be slightly charred and heated through. Remove and keep warm.
4. Heat some oil in a frying pan and cook the gammon steaks for 3 to 4 minutes each side. Remove and keep warm. Add the reserved marinade to the pan and heat until bubbling. Add the chilli and season.
5. Serve the gammon, pineapple and baby corn with the sauce drizzled over, accompanied by a green salad

Gardening Tips

June

1. Regularly prune off faded spikes of lupins to encourage a second flush of flowers.
2. Trim back spring flowering alpinas.
3. Fill in gaps with dahlias.

July

1. Remove suckers from roses and trees.
2. Prune stems carrying faded flowers of lilac, weigela and forsythia.
3. Sow biennials like wallflowers, canterbury bells and sweet william.

August

1. Pinch off side shoots of tomatoes
2. Prune phiadephus after flowering.
3. Thin out crops of apples and pears for better quality fruit.



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.

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.

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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.

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.

August Bank Holiday

The surgery will be closed on Monday 30th August. Please remember to give extra time for your repeat prescription to be dispensed.

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

Protected Time

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

June 17th—Thursday

July 21st—Wednesday

September 16th—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



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.

Coffee Morning

The Friends of Whitchurch Surgery are holding a coffee morning on the 19th June from 10-12 noon at Hardwick Place, Hardwick by kind permission of Mr and Mrs Bowman-Shaw. There will be a Bring and Buy and a raffle.