

SPINNEY NEWSLETTER

Summer 2002 EDITION for patients of Spinney Surgery

Womens Health Evening.

**Crossways Church Hall,
at the Junction of Ramsey
Road and Houghton Road.**

**Thursday 27th June
7.30pm**

**Guest Speakers – Jane
Wool – Cytology
Technician at
Hinchingsbrooke: Find out
what happens to your
smear test and what it all
means.**

**Dr. Clare Henderson – GP
talks about Womens
Health Issues.**

Contraception and family planning

Smear tests (information)

blood pressure Menopause

HRV Exercise info

healthy snacks! Osteoporosis

smoking cessat'on, alcohol 'info

Cholesterol and glucose testing

**It would help us if you could let
us know if you are able to come.**

PRO ACTIVE STUDY

**The study is going well. If you have
not returned your questionnaire, please
do so as soon as possible.**

**If you read the last newsletter, you will
know that the University of Cambridge
are interested in approaching patients
with a family history of diabetes to see
if they can join the study too. Don't
worry if you have not heard about this
yet, the University have to get ethical
permission to undertake this part of the
research and I am assured it will be
coming soon.**

Spinney Patients Association.

Mens Health Evening - A Report.

Firstly a big thank you to

- all the patients who came to make this event such a success
- all the organisations and individuals who gave up their time to attend the event and to provide help advice leaflets and information and to help make the evening so interesting and enjoyable
- The practice staff and SPA Members who helped with the organisation

Estimates vary but between 70 and 100 male patients came to the Mens Health Evening. It opened with a short talk by Dr. Sean Culloty followed by visits to various "stalls" where a wide variety of organisations and individuals were able to give advice, leaflets, information and even tests on smoking, diet, cholesterol levels, weight, exercise, alcohol intake and a whole range of other issues affecting men today. Much to the surprise of everyone, the caterer provided not only a sample of healthy foods but an abundance and despite the best efforts of all those present, there was plenty left at the end of the evening.

Patients were invited to fill out an "MOT" chart on which they were able to record information about such issues as weight, alcohol intake, cholesterol levels and other information and copies of these were

returned to the Surgery so that any necessary follow-up could be undertaken.

At the end of the evening, most if not all of the patients left with a goodies bag full of useful items, leaflets and even flavoured soya milk and desserts.

What did we achieve?

We certainly raised with a large number of male patients who do not usually or regularly attend the Surgery a whole range of health issues and informed and encouraged them to take care of themselves. The feed-back we received has been very positive as to the value of the evening which will be repeated in the future. In the process we all had a really enjoyable evening.

The next event is the Womens' Health Evening on 27th June at the Crossways Centre at the junction of Ramsey Road and Houghton Road, St.Ives, further details of which appear elsewhere in this Newsletter.

Ian Lang worthy – Chairman – SPA

**DON'T FORGET OCTOBER AGM
FEATURING "STRESS" TO BE
HELD ON 3RD OCTOBER AT THE
METHODIST CHURCH HALL, THE
WAITS, ST IVES.**

**Spinney Website
It's coming soon!**

www.spinney-surgery.org.uk

**Links for ordering repeat prescriptions,
medical certificates, change of address.
Helpful information about services, links
to other organisations, Practice and Staff
Information**

SPINNEY CARERS PROJECT EVENT -

An early notice for all patients about a WELFARE BENEFITS Day at the Spinney Surgery. It is being arranged for the 25th September and is an opportunity for all patients to check entitlements - if you are off work, or a Carer, or disabled or... Fliers will be available at the Surgery with more details nearer the time of the event.

Calling all Carers

Huntingdon Parent Carer Forum

" The newly formed Huntingdon Parent Carers Forum held its first meeting on Tuesday 15th January at the Primrose Centre in Huntingdon. The group has been formed to give a voice to parents of children with disabilities, and is open to any parent or carer of a child under the age of 19 years who has a physical disability, special educational needs, learning disability or complex multiple disabilities.

We have a core group of 8 parents who are committed to taking the group forward.

At the moment we are meeting once a month and have the support and expertise of Estelle Mitchell Carers Project worker, and Sally Tubberdy from Hunts Forum.

We are in the process of setting up a telephone line and e-mail address. In the meantime patients of the Spinney Surgery can contact the group via Sue Bellamy, Tel 01480 352641, e-mail bellamysue@aol.com

I am a parent of a child with severe multiple learning disabilities and my family have been patients of the Spinney Surgery for 14 years. "



The Young Carers Project has extended its activities - contact Jo on 456170.



Minor Illness Clinic

The Spinney Surgery Health Visitors, Anne Considine and Mandi Lewis have set up a Minor Illness Clinic every weekday for minor illness in children such as diarrhoea and vomiting, rashes and high temperatures etc.

**MONDAY AND TUESDAY – 8.30 AM –
10.00 AM
WEDNESDAY, THURSDAY AND
FRIDAY 9 AM – 10 AM**

Please feel free to contact reception to be booked for a telephone call and the Health Visitor will ring you back. If you wish to ring direct their number is 01480 356238

Dr. Nicky Butler (GP registrar) writes.....

Thank you very much for the welcome that I have received from both staff and

patients. As part of my training I am required to video some surgeries and also to carry out an audit project. You may therefore be asked to consent to a video consultation or to fill in an anonymous questionnaire when you come to see me. Thank you very much indeed for helping me in this way.

Direct Dial Numbers

Managing Partner – 484007
Repeat Prescriptions - Pam – 484003
Secretaries
 484015 (Jean)
 484001 (Lorraine)
Caroline (Insurance Reports, Antenatal patients) - 484008
Health Visitors -356238
District Nurses -460527
Dispensary – 484006

DNA' s -- Patients Who Do Not Attend

Can't get an appointment when you want one? Obviously there are a whole host of reasons why this might be, but one regular reason seems to be the patients who book an appointment, but don't cancel it or turn up.

This makes it impossible to fit other patients in and lengthens the wait for a routine appointment.

From January this year until the end of May, over 325 doctors appointments and 323 nurses appointments were lost. That's over 109 hours of clinical time, which other patients could have accessed. Please, let us know if you can't make your appointment as early as possible.

NEW STAFF MEMBERS

GILL INNES – joins our Admin and Support team this month. She will spend a few hours each day working with Sue our dispenser and maintaining recall registers for some illnesses such as coronary heart disease and diabetes.

JAMES RODGER & ANDREA LINNELL – Two physiotherapists from Hinchingsbrooke are now based at the Spinney and some patients may have met them already. The rate of patients not cancelling their appointments for Physiotherapy is really high – so as before please let us know as soon as possible if you can't attend.

JIM HOLLOWAY joins us as a trainee Counsellor in October. Jim has worked at Centre 33 in Cambridge and makes a welcome addition to our counselling team.

SUMMER TIME.....

Holiday time is here. If you are going abroad make sure you are fully immunised against diseases such as Hepatitis A, typhoid, cholera, polio and tetanus. Phone our enquiries line or visit our website soon, to give details of your holiday destination and we will let you know what immunisations you need.



Sunburn

Over-exposure to sunlight causes sunburn, premature skin ageing and an increased risk of skin cancer. Even in the UK, ultraviolet (UV) radiation can damage skin. UV is much more powerful at holiday destinations nearer the equator. A separate risk of over-exposure to strong sun is sunstroke or heatstroke caused by overheating. Travellers are advised to avoid strenuous activity during the hottest hours, and to drink plenty of safe, non-alcoholic liquids to replace body fluid lost through perspiration. Use an effective sunscreen and apply it often. Do not sunbathe during the hottest part of the day and wear a wide brimmed hat.

Website Watch.....

Patients might like to visit
Hinchingbrooke Hospitals website –
www.hinchingbrooke.org.uk

Other useful websites are:-

www.nhsdirect.nhs.uk

www.patient.org.uk

www.relate.org.uk

www.hunts-pct.org.uk

www.addenbrookes.org.uk

www.papworth.org.uk

Newsletter

If you wish to contribute to the newsletter
or have any comments, please let Debbie
Wheatley know.



Contraceptive Drop In Clinic

(Completely Confidential)

Would you like to:-

- *Start the Pill or Contraceptive Injection?
- *Request Emergency Contraception?
- *Avoid Sexually Transmitted Diseases?
- *Collect Free Condoms?
- *Have a Free Pregnancy Test

YES?????

Drop in 4 – 5pm on Thursdays
and see Jane Bryson (Contraceptive
Nurse)

For Spinney Patients aged 25 and under



MEDICAL CERTIFICATES AND SICK NOTES.

We thought it might be helpful to give
patients information about when to
use a self certificate (SC2) or request a
doctors certificate (Med3).

1. The law says you may self-certify your illness for seven days before any need for an official Department of Health sick note.
2. Your employer should provide you with a self certification certificate (SC2) so that you can declare your illness (legally you do not need this for the first three days of your illness)
3. If your illness continues for more than seven days, under the NHS your doctor can issue an official Department of Health statement called a Med 3 as a statement of your illness. Please note: if you require a “sick note” for an illness of fewer than 7 days duration, a private doctors statement may be requested. The fee for this is £10, which is a set rate, to be met by the patient or the employer.

Medication Reviews:

Don't forget if you are taking regular asthma, diabetic, blood pressure, thyroid, epilepsy treatments you need to be reviewed regularly. See your repeat prescription information to see when your next check needs to be....