

# Haddenham Health News



NOVEMBER 2014

## STAFF UPDATE

There have been some recent staff changes; this has resulted in a shortage in the Nursing team, although the team has worked extremely hard to reduce the impact on patients it may mean that patients may need to wait slightly longer for routine appointments. However, we are pleased to announce that Christine Eldridge who has been working with our Practice Nurse team to support our Diabetic patients will be joining us permanently on 2 January 15.

We are currently recruiting for a third Practice Nurse to join our team.

We also have a new secretary who will be joining us on 10 November 14.

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## FLU CAMPAIGN 2014

**We will not be sending reminder letters.** If you are over 65 years of age or are in an at risk group (see below) please contact the Health Centre to book your flu vaccination.

We do not provide private flu vaccinations; these are widely available from pharmacies and supermarkets.

### At Risk Groups

Chronic Respiratory Disease	Aged 65 and over
Asthma	Chronic Liver disease
Chronic Heart Disease	Main carers for the elderly or disabled
Chronic Kidney Disease	Low Immunity
Chronic Liver Disease	All pregnant women (At any stage of pregnancy)
Chronic Neurological Disease	
Diabetes	

## Charity News

### Tough Mudder

On Sunday 26 October Dr Kaiser Munir undertook the Tough Mudder challenge as part of a team of five. Tough Mudder is an endurance event series in which participants attempt 10–12-mile-long military-style obstacle courses. Designed and created by British Special Forces to test mental as well as physical strength, obstacles often play on common human fears, such as fire, water, electricity and heights. The main principle of the Tough Mudder revolves around teamwork. The Tough Mudder organisation values camaraderie throughout the course, designing obstacles that encourage group participation. Participants must commit to helping others complete the course, putting teammates before themselves, and overcoming fears. The events are untimed, and an average 78% of entrants successfully complete the course. There were 26 obstacles in total.

The team were determined to complete the challenge in order to raise funds for their chosen charity the British Heart Foundation. The course was packed with participants and some very interesting obstacles. The weather was ideal for the event, dry and bright but with enough mud on the ground to make it interesting.

### Doctors in Practice

Dr Mark Howcutt  
Dr Kaiser Munir  
Dr Nicola Wells  
Dr Karen West  
Dr Kaye Smith  
Dr Matt Mayer  
Dr Paul Ch'en  
Dr Neha Singh

### Practice Manager

Ellen Solley

### Reception Manager

Judy Akerman

### Medical Centre Opening Hours

Mon - Fri 8am - 6pm  
Closed 12.30 - 1.30pm

### Medical Centre

Tel: 01844 293 300  
Fax: 01844 293 301

### Smoking Cessation Clinics

Do you want support to try and give up smoking?

Nikki our Health Care Assistant is available to support you. Please book an appointment at reception.

### Tyrefighters

When the surgery is open on a Saturday a weight loss support group meets in the Health Education Room. Attendance is free and the group session starts at 9 am. This group is run by volunteers.

### Dr Kaye Smith

Dr Kaye Smith has decided to retire in January 2015. We will all be very sad to see her leave us after so many years of loyal service to the Practice and our patients. We are already recruiting for a replacement and hope to have details shortly. There is a book at the reception desk for patients to make their farewell comments to Dr Smith.

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## **Tough Mudder (cont.)**

There was a set route for spectators so the support team followed them around to as many obstacles as they could to take action shots as the team tackled the obstacles along the way. The obstacles included Walk the Plank – into a very cold pool of water, after which the interesting Arctic Enema meant diving under a wall in a skip full of ice, some of the expressions on the participants were priceless. Boa Constrictor was definitely a tight squeeze for some participants whilst Hangin' Tough needed a certain technique to complete unless you wanted another dip in the water. The energy and enthusiasm of all the participants was very impressive, despite being wet and muddy. A common theme shone through and that was teamwork, everyone helped each other, even if they were not running with you. The participants all had scrapes and knocks but still persevered. Everest was definitely a challenge; this obstacle demonstrated the true grit and determination of the participants as they continued to attempt the run up the almost vertical slope to the top until they conquered it – with team support from above and below. There were some interesting sights as some participants were in fancy dress and one was even in a mankini – ouch!

The last obstacle raised the most laughs from the support team, watching our team go through Electroshock Therapy – this was the least favourite obstacle for them but very funny to watch the expressions on their faces.

A huge achievement by all the team and only a few scrapes and bruises. So far they have raised £202.25 for the British Heart Foundation.

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## **Patient Participation Group (PPG)**

The Patient Participation Group continues to meet on a regular basis and they are keen to communicate with all of our patients. Patients are welcome to join meetings or if they would like to receive updates by e-mail please contact Barry Lynch on [barrylynch@gmail.com](mailto:barrylynch@gmail.com).

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## **Medical Centre Flood update**

After the flood on 26 August the team have been busy continuing to dry out the medical centre before remedial work can take place. This has involved moving the drying equipment in and out of areas before we open and after we close to avoid any disruption to patients. We have taken up the carpets in some clinical rooms to aid the drying process and then had a temporary carpet put into place until we are issued with a "dry certificate". Once we get the certificate then the rest of the remedial work can take place, however some suppliers will be unable to complete their works until early 2015. The skirting and plaster work will be done, then the reception area and clinical rooms will have new flooring and the whole area will be repainted. We had to remove cupboards in some clinical rooms and these will be replaced. We have continued to operate normally but with lots of work going on in the background or out of hours.

## **Advertisement**

### **Support Your Local Pharmacy - Yogesh Patel, JMW Vicary Pharmacy**

It has been brought to our attention that leaflets are being distributed around the village advertising "Free Collection and Delivery of Prescriptions" by the company in the name of Pharmacy2U. This internet based pharmacy is not in any way connected to JMW Vicary Pharmacy or Haddenham Medical Centre. Pharmacy2U is not a local pharmacy, it is based in Leeds. They will not be in a position to deal with any patient queries or give any advice required face to face. As you are aware we work very closely with the local GP surgery and this enables us to sort out any patient queries quickly. As we hold full medication history records for our current customers registered with the practice, we are able to offer well informed advice regarding any over the counter medicine purchases. More importantly we are able to offer this on a personal level. The pharmacy also has a private consultation area allowing patients to sit down with their pharmacist and discuss their medications in detail. This information can then be relayed to the surgery if changes are required.

If delivery of your dispensed medication is required, the pharmacy operates a free prescription delivery service which is available to all patients as advertised in store. Please inform us if you wish to take advantage of our delivery service.

If you have unknowingly signed any documentation from Pharmacy2U and would like us to change this for you, please contact the pharmacy urgently on 01844 291960

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## **Winter survival tips**

Treating flu - source NHS Choices

If you have flu, it will usually be possible for you to treat yourself effectively at home.

If this is the case, you should:

- rest
- keep warm
- drink plenty of water to avoid dehydration

If you feel unwell and have a fever, you can take paracetamol or anti-inflammatory medicines such as ibuprofen to lower your high temperature and relieve aches.

If you are in a high-risk group and are more likely to suffer complications from flu, your doctor may prescribe antiviral medication.

Antivirals will not cure flu, but they will help to:

- reduce the length of time you are ill by around one day
- relieve some of the symptoms
- reduce the potential for serious complications

Antibiotics are not prescribed for flu as they have no effect on viruses. However, occasionally it may be necessary to treat complications of flu, especially serious chest infections or pneumonia, with a course of antibiotics.