



# Beaconsfield News

www.beaconsfieldmedicalpractice.co.uk

NEWSLETTER NO 11

WINTER 2010

## NOTICE BOARD

- We can now text you with appointment reminders and invitations for your annual review. In order to do this we need your consent. Please let reception, Nurses or Doctors know if you are happy to receive text messages to your mobile, and ensure that you keep us informed of your latest phone number.
- We currently inform patients of blood test results if they need follow up tests done, but if you have had a blood test and would like to know the results, or need more details, please phone.
- Get Fit for New Year! Contact the nursing team for health check and weight management advice.

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*The Beaconsfield Team would like to wish their patients and colleagues a very Merry Christmas and a Happy New Year!*

## May all your Christmas's be White

### The White Paper on proposed NHS reforms, published in July, incorporates the following key issues:

It is proposed that up to 80% of the NHS budget will be in the hands of family doctors and the Boards that represent them, as it is hoped that family doctors are better placed to hear patients' concerns and wishes.

The aim is to put patients at the heart of the NHS, through an information revolution and greater choice and control.

Shared decision-making will become the norm: *no decision about me without me.*

Patients will have access to the information they want, to make choices about their care. They will have increased control over their own care records.

Patients will have choice of any provider, choice of consultant-led team, choice of GP practice and choice of treatment. We will extend choice in maternity through new maternity networks.

The Government will enable patients to rate hospitals and clinical departments according to the quality of care they receive, and we will require hospitals to be open about mistakes and always tell patients if something has gone wrong.

The system will focus on personalised care that reflects individuals' health and care needs, supports carers and encourages strong joint arrangements and local partnerships.

We will strengthen the collective voice of patients and the public through arrangements led by local authorities, and at national level, through a powerful new consumer champion, Health-Watch England, located in the Care Quality Commission.

We will seek to ensure that everyone, whatever their need or background, benefits from these arrangements.

### XMAS OPENING HOURS

Xmas Eve, 24 Dec, closed at 12.30pm

Mon 27 and Tues 28, closed.

Normal hours Wed 29 and Thurs 30.

New Year's Eve, 31 Dec, closed at 12.30.

Mon 3 Jan closed.

Normal hours resume on Tues 4 Jan.

When the Surgery is closed, please call South East Health instead on:

**03000 242424**

### REMEMBER—ANTIBIOTICS ARE NO USE AGAINST COLDS!



The best way to treat most colds, coughs or sore throats is with plenty of fluids and rest. Regular use of paracetamol, or ibuprofen (if you can take them) can

make a big difference. Check the packet for dosage instructions.



## STAFF MOVES

*A warm welcome to:*

**Dr Rupert Hutchinson**, MBBS BSc MRCGP, who rejoined the Practice on 5 November.

**Dr Gavin Colthard**, who will be covering for **Dr Zoe Schaedel**, who will be on maternity leave from 17 January.

And a fond farewell to **Dr Amrit Baura**, who left the practice on 5 November. All the staff will miss her, and wish her every success in her next venture.

## STAFF ON THE RUN

Well done to **Dr Fiona Perry**, who did the New York Marathon in November, and successfully completed it in just over five hours. "It was a beautiful sunny day, it was lovely. I ran with my son's girlfriend, who managed to raise over a thousand pounds for leukemia."

## STAFF ON COURSE

Health care assistants Emma Rudge and Sonja Mulla are attending a new course run by the Carers Centre for Brighton and Hove, to become Carers Link Workers.

## PAT DOG GEOFFREY'S GOT THE X-FACTOR!

Dr Fiona Perry's adorable Labrador-Retriever, Geoffrey, was chosen to perform on stage this Autumn in the stage show *Annie*, performed at the Martlets, Burgess Hill, as *Annie's* dog Sandy. Fiona said: "I saw the article in the Mid Sussex Times about a dog wanted for the show *Annie*... and I thought, Geoffrey could do that, so I contacted them straight away."

Geoffrey is a Pet Assisted Therapy (PAT) dog, and works with children with learning disabilities, and is also a trained gun dog.

"We live on Ditchling Common," said Fiona, "and he is well used to ducks and chickens etc, but he loves children most of all."

The entire cast of 40 children immediately fell in love with him, and Geoffrey became a canine star overnight. Fiona worked alongside him in a cameo role as the dog catcher.



## YOUR NHS CHOICES WEBSITE—YOUR CHANCE TO GIVE FEEDBACK

**The Patient Participation group suggested that patients might like to give feedback on the NHS Choices website. To do this, go to [www.nhs.uk/Pages/homepage.aspx](http://www.nhs.uk/Pages/homepage.aspx) and tell us your thoughts.**

## FEELING THE PRESSURE

In reception you can now take your own blood pressure. But do you know what it all means? To help make it clearer to understand, Nurse Jane Levine has supplied the following information.

*Blood pressure is measured in two ways.*

*Systolic measurement: This is the pressure used when the heart beats and forces blood around the body.*

*Diastolic measurement: This is the pressure when the heart is resting between beats.*

*In essence, it is the amount of pressure exerted on arterial walls as the blood moves through.*

*On a blood pressure monitor the measurement will be, for example, 120/80. The top figure is systolic and the bottom is diastolic.*



*The blood pressure alters depending what we are doing. If we exercise it will be higher than if we are asleep. We therefore need several readings to give a clear picture of normal blood pressure, which varies from person to person.*

