

Beaconsfield News

www.beaconsfieldmedicalpractice.co.uk

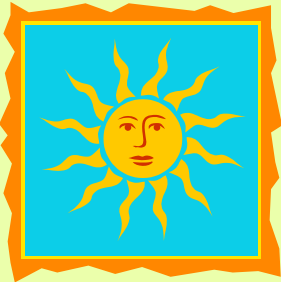
NEWSLETTER NO 12

SPRING/SUMMER 2011



NOTICE BOARD

- We aim to offer you the GP of your choice, and encourage patients to see the same GP for ongoing problems to maintain continuity. The doctors would like to assure you they work closely as a team, and are happy for you to consult with their colleagues.
- Free Medicines Check Up (MCU): make an appointment with your local Pharmacist to discuss your medicines and how to get the most out of them.



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Positive Feedback

And how You can help support Your Practice

It's hugely important to all of us here at the practice, that we listen to your comments, both positive and negative.

This helps us continually shape how we do things, as we always strive to provide a quality service tailored to the specific needs of our local population.

We would always urge anyone with any concerns to raise them with any member of staff, so that we can act upon them as soon as possible.

Good contact

We really welcome positive feedback: it's really helpful for us to hear about what we're doing right. If you've had a good experience with the Practice, you may wish to support us and let others know, by leaving a brief comment online. It would be great to hear some good news! Of course, negative comments can also be left, but we would dearly hope that these could be discussed with us first, so that we could be given the chance to address them.

Speaking or writing to our Practice Manager would be a good initial

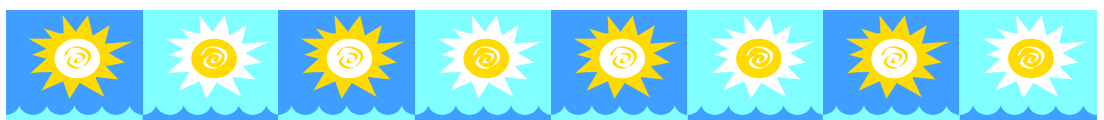
contact. We would so much rather know about problems, and be given this opportunity to resolve them, than have them continue unknown to us. Often, other people can be helped by bringing things to our attention.

So, if you wish to leave a comment, it's very straightforward:

1. Go to www.nhs.uk
2. Under *Find and choose services*, GP should already be selected. Just type in *Beaconsfield Medical Practice* or a postcode.
3. Click just below on *Find GP practices*.
4. Click on *Beaconsfield Medical Practice*.
5. On the right-hand side near the top of our page, click on *Rate and comment*.
6. Over to you!

Extended Hours

From 1 June we will now have a GP and PN surgery from 6.30—7.30 pm on Mondays (no early surgery on Monday am) and a GP will continue to run a surgery on Sat am from 8.30—10.00 am. These hours have been added for patients who find it difficult to access the GP or nurse during core hours.



You asked — we did!

In response to your comments in the suggestions book, and in -house surveys, we are delighted to report the following are now fully functioning:

Blood Pressure Machines in the waiting room

Water Machine

Confidentiality screen in front of the reception area

Touchscreen for the 4th floor

Health Promotion Day

It is our aim to provide the highest possible standard of care, and to help us achieve this, please do share your ideas with us.

STAFF NEWS

A lovely baby boy for Dr Schaedel

A big welcome to gorgeous little Jacob, who arrived on 3 February, weighing 7lbs 14oz. Jacob Schaedel Deffley was born at the Royal Sussex Hospital, and Dr Zoe Schaedel said that the staff at the Royal Sussex were wonderful. Jacob is a very good baby apart from one thing, he has a habit of only sleeping for one and a half hours at a time, which Dr Schaedel is hoping will change soon!

MARATHON RESULTS

Well done to Dr Nigel Bird, who ran in the 20 April Brighton Marathon in 4hrs 5mins, beating last year's result by 9mins! And well done also to Dr Fiona Perry, who ran in the April Paris marathon.

NEW FY2 DOCTOR

Welcome to our new Foundation Year 2 doctor, Dr Liam Mahoney, BMBS, who will be working here until August under the supervision of Dr Elizabeth Green.



Ruth heads for Pastures New...

Ruth Field, Practice Manager, who has been with the Practice for over 17 years, will be taking early retirement towards the end of June. Ruth is looking forward to spending more time with her family.

Rosemary Harper, secretary, who joined the Practice at the same time, speaks for us all: "Seventeen years at the Surgery, and not a day's absence! Well very nearly anyway!

Ruth started here as senior secretary but took over a few years later as Practice Manager which, in a busy Surgery like ours must be a pretty daunting mission. She proved her ability, efficiency, conscientiousness and reliability to deal with all problems and duties demanded of her. Ruth has always succeeded in doing what seems to be the almost impossibly onerous task of "Practice Managing". Talking of tasks, how indomitable a charge will it be to replace Ruth. She will be so sorely missed.

All the luck in the world Ruth, and very best wishes from us all in your future life. Please keep in touch."



HEATWAVE

A guide to looking after yourself and others in hot weather

Although most of us enjoy sunny weather some people run a greater risk of serious harm, for example, babies, children, older people, chronic health sufferers and manual workers, sportsmen and women.

Symptoms of heat exhaustion include: headaches, dizziness, nausea, vomiting, muscle weakness or cramps, pale skin and high temperature. Symptoms of heatstroke include the above, plus: intense thirst, sleepiness, hot, red and dry skin, sudden rise in temperature, confusion aggression, convulsions and loss of consciousness. It can kill. Call 999 immediately.

Plan ahead, avoid going out between 11 and 3, and keep activities such as sport, DIY or gardening for morning or evening. Stay in the shade, wear a hat, loose cotton clothing, and take water with you. Use a water spray on your face and neck. Drink regularly, but avoid excess alcohol, coffee and tea. Eat normally, but choose more cold foods, salads and fruit. Take cool baths or showers, and enjoy the good weather while it lasts!

VITAMIN D DEFICIENCY—ARE YOU GETTING ENOUGH?

Current advice suggests 10-15mins exposure, but no more, to sunlight in summertime without sunscreen, and avoiding the 11-3 period, 4 to 5 times a week will supply you with much needed Vitamin D. Good dietary sources include: eggs, salmon, sardines, mackerel, fortified breakfast cereals and fortified fat spreads. The Department of Health recommends a daily supplement of 25 micrograms per day for the following groups: *Children under 5 and adults over 65; pregnant and breastfeeding women; people who cover skin for cultural reasons or stay indoors for much of the day; people with darker skins as absorption from sunlight is less (African, Asian, South American).*