



WILLOW GREEN SURGERY



Volume 14 Issue 15

NEWSLETTER

June 2010

PATIENT LINK

FORTHCOMING EVENTS:
Carnival Float, Saturday 19th June 2010, Patient Link 20th Anniversary Celebration, Saturday 20th November 2010 times to be advised.

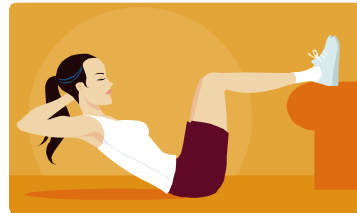
URGENT

Patient Link urgently requires Drivers and Driving Co-ordinators.
To apply telephone 01903 788142 leaving your name and telephone number.

SICK CERTIFICATES

From the 6th April 2010 the sick certificate process changed. If you have been off work, sick, for seven days or less your employer can ask you to confirm that you have been ill. You can do this by filling in a form yourself when you return to work. This is called self-certification. Many employers have their own self-certification forms. If your employer doesn't have their own form, instead they may use an Employee's Statement of Sickness form. If you have been off work sick for more than seven days you will need to get a

Statement of Fitness to Work (fit note) from your GP or the doctor that treated you in hospital. The fit note allows your doctor to provide you with more information on how your condition affects your ability to work. It may suggest ways in which you can return to work, for example, changes to your working hours or different duties for a temporary time. This will help your employer to understand how they might be able to help you return to work sooner.



EXTENDED OPENING HOURS

For your convenience Willow Green Surgery opens at 7.30a.m. in the morning every Wednesday and Thursday. In the evenings we are open until 7.30p.m. every Monday and every other Thursday. For the convenience of people who cannot attend in the week we open for one Saturday morning surgery every month.

CARERS WEEK

Carers Week 2010 runs from 14th to the 20th of June. **A Life of My Own** is this year's theme and this focuses us on the ways in which carers miss out on things we all take for granted and what needs to be changed and improved. Some of the key issues for carers are:
Better access for carers to relevant and practical information. The opportunity to take a break when they need it. Support at times of crisis. If you require any further information there will be a display in the Waiting Room from the 14th of June

PROTECT

The surgery will be closed from 12.30pm on the following Tuesdays for Protect Training Sessions.

- 15th June 2010
- 23rd November 2010

We take the opportunity to close for protected time for GPs and staff to learn new skills and update their knowledge.



MENTAL HEALTH RESOURCES

A new website has been set up to help support carers friends and families of people with any form of psychosis. It contains information on the different aspects of treatments and care and gives you the opportunity to put questions to pharmacists, psychologists and psychiatrists. For more information visit www.mentalhealthcare.org.uk

SUMMER IS HERE AT LAST

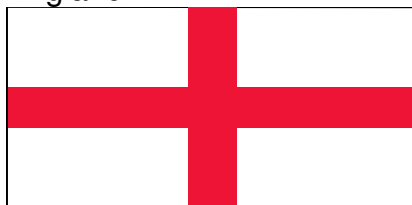
It's time to think about looking after yourself and others in the sun. Although the sun is always welcome it can have some adverse affects. In one summer in August 2003 in England, deaths in those aged 75 and over rose by 60%, with approximately 2000 total extra deaths than would normally be expected. Those with heart, respiratory and serious health problems are more at risk and the heat can make these conditions worse. Babies and young children are also especially at risk. Many prescription medicines can reduce your tolerance of heat. You should keep taking your medicines, but take extra care to keep cool. Danger symptoms to look out for in hot weather include: feeling faint, dizzy, shortness of breath, vomiting or increasing confusion. If danger symptoms are present take immediate action to cool down. Reduce heat from sunlight coming through windows by closing curtains, blinds or shutters.

Have plenty of cold drinks; avoid excess alcohol, caffeine and hot drinks. Take cool showers or baths, place cool damp cloths on the back of your neck, spray or splash your face with cold water frequently to help keep your body cool. If the situation is serious seek further advice form NHS Direct, a doctor or ring 999. Leaflets are available in the surgery waiting room containing practical advice for keeping cool.



WORLD CUP FEVER

The staff at the surgery are already gripped by World Cup fever and the sweepstake, in aid of St. Barnabas is all set up in the coffee Room. Caroline has drawn England, Dr Wright has South Africa, Sandy has Brazil and Serbia and I have..... Denmark and Australia.....are Australians known for their football prowess? Good luck to England!



MIDNIGHT WALK

Three members of our staff are taking part in the Worthing Midnight Walk to raise money for St Barnabas on Saturday 19th June 2010. We would all like to wish Alison, Katrina and Liz the very best of luck and if anyone would like to make a donation please leave in an envelope at Reception.

TO MAKE YOU SMILE

We have just had a blessed event in our house - my mother-in-law has just gone back to her own house!



Doctor: I will examine you for twenty pounds.
Patient: Go ahead Doctor. If you find it you can have it.

A little girl asked her father, 'do all fairy tales begin with "Once upon a time"? The father replied, 'No, some begin with - If I am elected.'

PRESCRIPTIONS

To order your repeat prescriptions and find out more about the services we offer. Visit our website

www.willowgreensurgery.co.uk