



WILLOW GREEN SURGERY



Volume 14 Issue 19

NEWSLETTER

June 2011

PATIENT LINK

FORTHCOMING
EVENTS:
Carnival Float,
Saturday 11th June 2011,

URGENT

Patient Link urgently requires
Drivers and Driving Co-
ordinators.

To apply telephone 01903
788142 leaving your name
and telephone number.

SUMMER

Hopefully we will be
having a nice
Summer with good
weather but it is important to
take care of yourself, and
those around you, at this
time of year. The key
message for preventing
heat-related illness and
death is to keep cool! The
best ways to do this include
the following.

Stay out of the heat:

- Keep out of the sun
between 11.00am and
3.00pm.
- If you have to go out in the
heat, walk in the shade,
apply sunscreen and wear a
hat and light scarf.
- Avoid extreme physical
exertion.
- Wear light, loose-fitting
cotton clothes.

Cool yourself down:

- Have plenty of cold drinks;
avoid excessive alcohol,
caffeine and hot drinks.
- Eat cold foods, particularly
salads and fruit with high
water content.
- Take a cool shower or
body wash.
- Sprinkle water over the skin
or clothing, or keep a damp
cloth on the back of your
neck.

Look out for others:

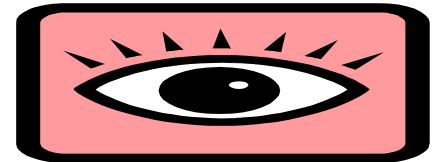
- Keep an eye on elderly, ill
or very young people and
make sure they are able to
keep cool.
- Ensure that babies,
children or elderly people are
not left alone in stationary
cars.
- Check on elderly or sick
neighbours, family or friends
every day during a heat
wave.

**Keeping all that in mind
enjoy your summer!**

NATIONAL EYE HEALTH WEEK 13th – 19th JUNE

We would like to
remind you to look
after your eye
health and have regular sight
tests. Many people think they
only need a sight test if they
are having difficulty seeing or
their eyes hurt. But a lot of
eye conditions have no

symptoms in the early stages
of disease and many – such
as age-related macular
degeneration, glaucoma and
cataracts are still responsible
for sight loss in the UK, even
though they can be treated if
detected early enough. Sight
tests are not only vital for
diagnosing vision problems;
they may also detect
symptoms of other health
conditions, such as diabetes
and high blood pressure and
prevent injuries, such as
falls.



APPOINTMENT REVIEW

Recently some of the
doctors have changed
the number of
sessions that they do. Dr
Roberts has reduced to six
sessions a week, Dr
Sanghani has reduced to
seven sessions per week
while Dr Campbell has
increased to six and a half
sessions per week. In view
of these changes Dr Relf has
joined us to do eight
sessions per week. At the
same time we felt it was
important to carry out a
review of the way we dealt
with patient contacts. As a

result we identified the need to make more of a differentiation between patients who need to be spoken to or seen on the same day and those that can wait until later in the day or next day. Telephone triage calls are a good way to deal with an increasing number of requests to see a doctor. The call could result in telephone advice or an appointment later in the day, often at a more suitable time for the patient. Patients will be assigned to the most appropriate clinician be it Doctor, Nurse, or District Nurse. Patients can be confident that the clinician they are seeing is the most appropriate for their needs. If you have any comments to make about our appointment system please ask for the Waiting Room Comment Book or ask to speak to a Practice Manager.

PROTECT

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

- 13th July 2011
- 6th September 2011

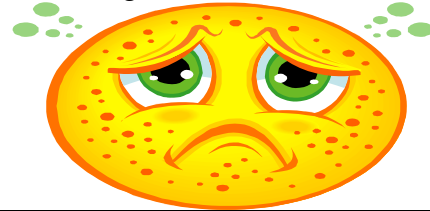
We take the opportunity to close for protected time for GPs and staff to learn new skills and update their knowledge.



MEASLES

Please be aware that recently there have been reported outbreaks of Measles in this country and in Europe. It is recommended that all children have two doses of

the Measles, Mumps and Rubella vaccine to fully protect them. If you have any questions about health risks when travelling abroad please ask to speak to the Practice Nurse. Travellers should ideally be seeking advice 6 – 8 weeks prior to travelling.



REACH OUT WEBSITE

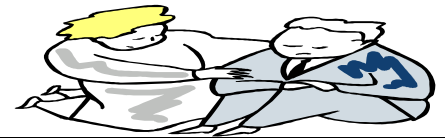
Reach Out is an innovative and informative website for disabled young people, their families and people who work with disabled children. The website contains a comprehensive information directory; calendar of local events; communication tools and techniques; inspirational video library; publications and resources; and much more. Visit

www.reachoutwestsussex.org.uk

CARERS WEEK 13TH – 19TH JUNE

Carers Week 2011 runs from 13th to the 19th of June. **The True Face of Carers** 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 13th of June.



LAST WISHES

People across West Sussex are being encouraged to talk about their wishes towards the end of their lives. Apparently less than a third of us have discussed our end of life wishes with anyone. Latest figures show that 58% of people die in hospital, 18% at home, 17% in care homes, 4% in hospices and 3% elsewhere. However, National research shows that 70% of people would prefer to die at home. It is important to make a will to detail legal, financial and organ donation preferences but it is equally important to think about how you would like to be cared for and any funeral preferences you might have. For further information visit <http://www.dyingmatters.org/>

TO MAKE YOU SMILE

A man goes to the doctor and says "I keep singing 'Green Green Grass of Home'" the doctor says "you've got Tom Jones Syndrome" The man says "Is it common?" the doctor replies....."It's not unusual"!!

Only people of a certain age will get this one!

PRESCRIPTIONS

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

www.willowgreensurgery.co.uk