



# WILLOW GREEN SURGERY



Volume 11 Issue 2

NEWSLETTER

May 2007

## WAITING ROOM REFURBISHMENT

You will have noticed that our waiting room has received a make-over and we are very grateful to Patient Link for donating £6,000 towards the cost of the improvements. The cold water machine is proving very popular and, together with the air conditioning recently installed in the waiting room and reception area, should keep patients cool during the long hot summer.

The other improvements made to the ground floor rooms - new flooring for the nursing areas and carpet for the consulting rooms – has been funded by prescribing savings.



We are now waiting for planning permission to build a five roomed extension at the rear of the building. Watch this space for further details.

## PROTECT

The surgery will be closed from 12.30pm on the following

Tuesdays for Protect Training Sessions.

- 15<sup>th</sup> May
- 17<sup>th</sup> July
- 18<sup>th</sup> September
- 20<sup>th</sup> November

## PATIENT LINK

Patient Link held their **AGM** in March. The meeting was followed by Cheese and Wine. The retiring Treasurer, Mr Peter Vosper, and Secretary, Mrs Margaret Vosper, were appointed Vice Presidents and Mr Vosper will continue to serve as a Trustee of Patient Link. The new Treasurer, Mr Roger Lovell, will take up his post shortly. Patient Link hopes to appoint a new Secretary in the very near future.

Patient Link's annual Spring Fayre held at the Village Hall raised a total of £842.67 for their funds. Thank you to all those who supported this event. The Surgery's Whiskey Raffle raised enough money to buy a willow tree for the patients' car park. This will be planted in the autumn.



Further dates for your diary: **Festival Market** – Thursday 14<sup>th</sup> June 10 to 12. Patient Link will have a stall there.

**East Preston Carnival** Saturday 16<sup>th</sup> June

**Patient Link Garden Party** Saturday 21<sup>st</sup> July 2pm  
Millstone, Sea Lane Close, East Preston.



A coach outing in the autumn is being planned – more details will follow.

## A FEW REMINDERS

► If you change your telephone number, don't forget to let us know. We recently had to contact a large number of patients by phone and a large number of telephone numbers were out of date. You can email any changes via our website [www.willowgreensurgery.co.uk](http://www.willowgreensurgery.co.uk) by filling out a change of details form.

► Please do not stock pile medication. Only order what you require. Bring any drugs no longer required to reception and we will get

them destroyed.

► If you have an appointment and cannot attend, please telephone the surgery to cancel it. We continue to have many DNA's (Did Not Attend) each week. This is especially important if you have an appointment for a diabetic check, coil fitting or minor surgery.

► We do not take prescriptions over the telephone. However, you can email your request via our website –

[www.willowgreensurgery.co.uk](http://www.willowgreensurgery.co.uk)

Please allow 48 hours for your prescription to be ready and remember we are closed at the weekend.

► Please do not park in the road outside the surgery – even for a few seconds. This causes a great deal of anger and frustration as drivers find it difficult to get in or out of our car park.

## CARERS WEEK

National Carers Week takes place from the 11<sup>th</sup> to 17<sup>th</sup> June. This year's campaign, **My life as a carer...**, will highlight the impact being a carer can have including financial, career, social life and relationships, and Health. We will be offering health checks for carers during that week. Please ask at reception for details

## TOYS AND BOOKS WANTED

We would like to replace some of the toys and children's books in the waiting room and wonder if any patients have any good quality, clean ones they would like to donate.

## CONGRATULATIONS

Dr Sarah Pledger has recently been appointed a Fellow of the Faculty of Family Planning at the Royal College of Obstetricians and Gynaecologists.

## A-CHOO!

**It's not a cold, it's not the flu**

**and yet you sneeze the whole day through.**

**The bright sun shines through windows,**

**gleaming,**

**and still you find your eyes are streaming.**

**Although the weather is quite stunning**

**It's no fun when your nose is running.**

**But please don't sit at home and mope**

**We have a way to give you hope.**

**There's now new potions, pills and sprays**

**To help improve hay fever days.**

**There's lots of measures we advise**

**To put an end to itchy eyes.**

**Don't let hay fever spoil your day**

**Ring Willow Green straight away!**

The Hay Fever season is fast approaching or may have already started for some. Here are a few points that can enable you to control your symptoms

quickly and minimise any distress or disruption to life.

1. Treatments are either preventative or for symptom control.

2. Preventative treatments are most effective if started early and taken regularly.

3. There are different preparations depending on the site predominantly affected.

4. Newer anti-histamine tablets are less sedative but as effective as older ones.

6. Your local pharmacist can offer general advice and many treatments are available 'over the counter'.

7. Patients with regular, effective treatments may obtain their supplies by putting their request to their Doctor in writing.

8. If you are unsure of your treatment or unhappy with its effectiveness, please discuss with your Doctor or the Practice Nurse.

## SUN AWARENESS

It is important to remember that you do not need to go abroad to be at risk from the effects of the sun on your skin. About half the cases of sunburn occur in the UK. Whatever your outdoor activity, be it sport, gardening or simply walking to work or the shops, be aware of the sun and protect yourself. Use a high factor sunscreen, SPF 15 or above, protecting you from UVA and UVB. Apply it generously before you go out in the sun and re-apply regularly. Take special care of children and babies.

