

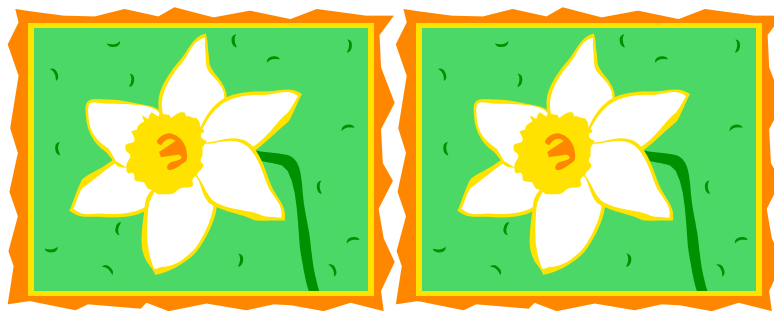
Bakewell Medical Centre

Spring 2011 Newsletter

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WELCOME TO THE SPRING 2011 EDITION OF OUR NEWSLETTER

STAFF MATTERS

As usual there have been, and continue to be, changes within our team over the past few months.

We continue to train GP Registrars (they are fully trained and qualified doctors who are doing their specialisation in training to be GP's) Dr Nazish Humayun and Dr Ayesah Yazdani were with us until the end of November and moved onto their next posts. We were then joined by Dr Naveen Jayadev who will be with us until the end of March and in early April Dr Isobel Clayson and Dr Onyinyechi Chukwu will be with us for 4 months. In the summer, Dr Colin Aldread (who was with us 4 months in 2009) will be returning for a full year in his final year of training.

Our Registrars are qualified doctors and are often able to offer longer appointments, so please do ask to see them and be reassured that you will continue to get excellent service and advice.

You may recall, from the last newsletter, that Isobelle Davenport(who had been with us for 5 years as secretary) was leaving - She has now been replaced by **Julie Willard** who has joined us from Hope Surgery. Julie has quickly settled in and we are delighted to have her with us.

Brenda Northin - Our longest serving member of staff retires in April after 23 years with the Practice. She is planning to spend more time with Derek her husband, and has her first grandchild on the wayas well as enjoying far more time on the golf course! We wish Brenda a very long and happy retirement and thank her very sincerely for many years of dedication and commitment to our patients and the surgery.

We have ventured into new territory this month and have joined with the Derbyshire Chamber of Commerce in their Apprentice Scheme, employing **Harley Farquhar** as a trainee receptionist. Harley is employed by us and as well as "on the job" training, he is studying at Chesterfield College taking an NVQ in Business Administration. We welcome Harley, who after only a few days has settled in very well and look forward to him staying with us for a long time to come!

Judith Peet - our District Nurse has left us for pastures new in January and has gone to work at Ashgate Hospice working in Palliative Care. We wish Judith every success in her new role and thank her sincerely for all she has contributed over the last four years. We are awaiting a successor to be appointed to replace her.

SURGERY PARKING



Can we please ask that patients who do not have a disabled parking badge **do not** park in the disabled parking bays. This causes significant difficulties for patients who are disabled and need to use those spaces. Thank you.

5 Natural Ways to Combat Stress

- **Walking** - just by walking 30 minutes a day increases our mental sharpness.
- **Exercise** - Hormones are released during exercise that helps us to focus better. People who exercise sleep better and have a stronger immune system.
- **Deep breathing** - Just take the time to do some simple deep breathing exercises every day and it will clear your mind of distractions. You will feel more confident and relaxed.
- **Music** - Listening to music, any type of music as long as it makes you feel relaxed.
- **Aromatherapy** - a few drops of essential oils in a bath can lift your spirits, soothe your nerves, combat fatigue and tension.

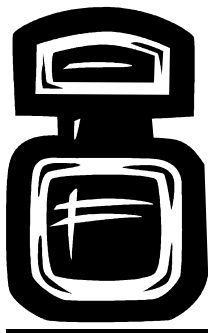
FUND RAISING NEWS!

A Christmas raffle was held by the staff at Bakewell Medical Centre and raised a magnificent £278.00!.....each year the staff choose a different charity to support with a raffle run over the Christmas period. For 2010 Buxton Mountain Rescue Team was chosen and the result is a big boost to the team's funds.



The team sends a huge "Thank You" to staff of the Medical Centre on Butts Road, Bakewell and to all the many people who contributed to the donation by buying tickets. The rescue team is totally dependent on this sort of support without which it simply could not continue its work

PRESCRIPTION CHARGES



JUST A REMINDER THAT PRESCRIPTION
CHARGES INCREASED FROM £7.20 TO
£7.40 ON 1ST APRIL



Ambulance/Transport Services



There are three kinds of ambulance bookings:

1. PTS - (PCT, via Newholme) - Patients should only use this service if they have no other means of transport and have mobility issues. The staff at the Medical Centre book this transport
2. Ambuline (non-urgent bookings to Chesterfield Royal) - Patients need to book this transport themselves on 01246 512194
3. 999 Emergency Ambulances - Booked by the Medical Centre

Ambulances for Sheffield hospitals should be booked by the hospitals themselves and any follow-up appointments. Patient need to contact the relevant hospital directly.

There is also the Bakewell and Eyam Community Bus service. For a nominal fee this is an excellent service for those patients who do not have any other way of getting to their appointments and do not have mobility problems. Please contact them on 01629 641920.

CAUSING A STIR



Quit your daily coffee to shed 14lbs in a year. A Starbucks latte contains around 139 calories – that adds up to a massive 50,735 calories saved.

LAUGHTER IS THE BEST MEDICINE

Did you know that laughing can lift your mood, strengthen your immune system and boosts your energy. It also helps diminish pain. Ok, so you may get crow's feet but it is fun and free to do.



8.26 MILLION ADULTS IN THE UK HAVE MILD TO MODERATE HEARING LOSS (2.37 MILLION ARE AGED 16 TO 60) -

(BOOTS HEALTH MAGAZINE)



7 SIGNS IT MIGHT BE TIME TO CHECK YOUR HEARING

- When other people speak to you they seem to be mumbling
- You have to ask people to keep repeating things
- Its difficult to follow conversations when you're in a noisy place such as pubs or restaurants
- You find it hard to keep up with group conversations
- Chatting to people can get tiring because you have to concentrate hard
- Friends or family comment that you have the sound on the TV turned up too loud
- You find it difficult to hear on the phone

TOP TIPS TO FIGHT FATIGUE

Breathe correctly – Inhale through your nose for a count of four, then exhale for a count of six. Breathe using your abdomen not your chest.

Recite affirmations – Find a phrase that makes you feel positive and say it in the present tense. Try “I am full of energy and have wonderful health”.

Take gentle exercise – Try yoga, Pilates, tai chi, swimming or walking.

Do a little each day – Even just five minutes a day and build up gradually.

Eat little and often – Keeping your blood sugar levels stable is essential for energy. Eat a healthy snack or small meal every two to three hours.

5 healthy juices



FOOD FACTS

300,000 lives could be saved in UK every year just by eating 5 portions of fruit and vegetables a day. Experts at Oxford University say that if you are hitting five-a-day you could prevent getting diseases such as heart disease and cancer more than any other lifestyle change.

Beetroot - a 500ml of this purple nectar helps to lower blood pressure in just an hour says research from Barts and The London School of Medicine.

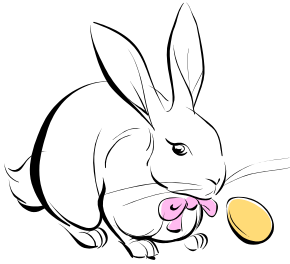
Black Grape - The juice is rich in powerful antioxidants found in the red skins. They help to fight disease in the body.

Pomegranate - Research from the University of California shows that regularly drinking a glass of this juice can lower levels of LDL (bad cholesterol) and reduce the risk of high blood pressure.

Carrot - This is full of beta carotene, an antioxidant known to help maintain healthy eye function, plus it's rich in Vitamin C.

Grapefruit - According to recent US research, grapefruit contains compounds that could help to lower insulin levels and promote weight loss. It is more effective if you drink it before a meal.

EASTER AND BANK HOLIDAY OPENING TIMES



We will be closed on Friday 22nd April and Monday 25th April for Easter

We will be closed on Friday 29th April and Monday 2nd May for the Royal Wedding and Bank Holiday

HAPPY EASTER TO ALL FROM THE STAFF AT THE BAKEWELL MEDICAL CENTRE



Body boosting chocolate could soon be on the menu as scientists have unlocked the genetic code of the cocoa bean. They are hoping to tweak chocolate, increasing levels of the active compound flavanol to help fight high blood pressure and heart disease. So if you need an excuse to tuck in to your Easter eggs this year (Personally we don't!) then this is it.

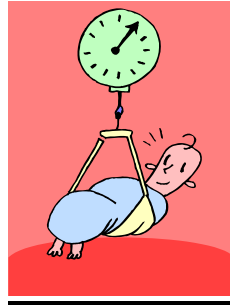
However.....

HOW TO LOVE YOUR SCALES

If you are still trying to drop those extra pounds since Christmas make sure you know the right way to use your scales. To use your scales without having a bad day use the following five rules:

1. Same time of day
2. Same day of the week
3. Same clothing
4. Same scales
5. Same surface

STAY AND WEIGH AT BAKEWELL SURGERY



The clinic runs every Thursday at the Medical Centre from 9:30-11am, mum's bring along your babies and dad's are welcome too!...Any queries please ring the surgery for further information.

FATHER FIGURES

Hands-on dads are here to stay! Almost nine in 10 dads are now present at the birth of their children and most dads are also taking a major role in caring for the newborn baby found a national survey by Oxford University

DID YOU KNOW?



Being among sympathetic friends and family could do wonders for your heart health. Researchers found that regular hugs and embraces increase levels of the bonding hormone oxytocin which tempers blood pressure. Time to get cuddling.....

Are you going through the Menopause?

- Symptoms of the menopause are numerous and vary from mild to severe.
- The most typical are night sweats, hot flushes and irregular periods.
- Symptoms can be much more subtle with mood changes, difficulty sleeping and depression.
- The diagnosis is usually made on the basis of the symptoms, but if there is any doubt, a simple blood test can be done to check the hormone levels.
- Most of these symptoms settle within a few years of the periods stopping.
- As women live longer, the long-term effects of oestrogen deficiency have become apparent; the risk of fractures, strokes and heart disease increases with each year after the menopause.

HOW MEMORY CHANGES WITH AGE



Psychologists researching how mental function alters as we age have found that there is a gradual change in the way our memory works. One example of this is in the ability to remember a series of numbers for a short period of time. While young people are able to hold a sequence of seven or eight numbers in their heads for a minute or two, most people over the age of 60 or so can only manage to retain a sequence of five or six numbers. You may have noticed this yourself when you have been dialling telephone numbers. Our capacity to remember names seems to be especially vulnerable to the effects of age. When it comes to remembering factual information such as what was said in a conversation, the contents of a television programme, or how to do something, most older people manage perfectly well.

Older people who are losing confidence in their ability to remember should take account of the fact that their memories contain much more than the memories of much younger people. Looked at it this way, it isn't so surprising that older people are slower to retrieve memories and absorb new facts. So if you're worried about your memory, it makes sense to compare your performance with that of your contemporaries rather than that of young people.

Key Points

- The memory process can be divided into three stages: registering new information, storage and recall
- Everyone forgets things – our brains continually make decisions about what to forget and what to remember
- Illness, anxiety and information overload can all affect our ability to remember
- Most of us become more forgetful as we grow older

YOUR CHANCE TO MAKE A BIG DIFFERENCE!

Alzheimer's Society has been given the fantastic opportunity of holding a **BIG** collection on Friday 27th and Saturday 28th May 2011. This is your chance to raise thousands of pounds in one weekend to support people with dementia, everywhere.

To make a success, they are looking for volunteers to help them collect donations at Tesco stores across Derbyshire. Are you able to spare a few hours? Can you help them reach their national goal of £350,000 that weekend?

If you are able to volunteer your time, please contact the Derby Office on 01332 208845 (for Tesco stores South of the County) or the Chesterfield Office (for Tesco stores North of the County) on 01246 223366.

THANK YOU SO MUCH

Thinking of Summer holidays????



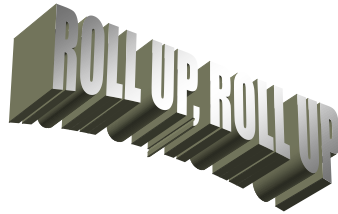
Remember to make an appointment to have your holiday vaccinations. You can either fill out a form online and submit electronically, our website address is www.bakewellmedicalcentre.net, or come in and pick up a form from reception. Please remember that if you decline to have a vaccination that our nurses have recommended it could make your travel insurance nil and void if you become ill whilst you are away.

Please find the prices for Malarone (antimalarial tablets) as of February 2011

Malarone pack of 12	£35.00 + VAT=£42.00 (£2.67 per tablet)
" pack of 24	£74.04 (Inc VAT)
" pack of 36	£106.08 (Inc VAT)
" pack of 48	£138.12 (Inc VAT)

The provision of these vaccinations is not a service which is covered by the NHS (the advice is, the vaccinations are not) and therefore is a chargeable service which needs to cover the cost of some of these vaccinations plus our nurses time. (including their research time). We hold specialist Travel Clinics on a Monday evenings solely for this service - all travel advice and vaccinations will be provided within this clinic.

BON VOYAGE



PATIENT PARTICIPATION

Rarely do you turn on the radio, TV or open a newspaper these days without there being an item on the NHS. We are bombarded with views and opinions on a myriad of issues. As patients and users of the service most of us tend to stand back and accept whatever changes are made. Our practice partners and staff have to cope with what seems an ever-changing world.

These days there is an element of choice in respect of hospital treatment but how many of us take up the opportunity to put forward our views on the services available to us. This is where your Practice’s Patient Participation Group comes in and you could be a member of it.

Even before the NHS White Paper is fully debated and becomes law, changes are already taking place. A new NHS Trust – Derbyshire Community Health Service – came into being on 1st April. Formerly the “provider arm” of the Derbyshire County PCT, it will provide all our health care services.

All medical practices have to be registered with the Care Quality Commission by October 2011 and part of the inspection process will be seeking evidence of patient/user group consultation. Our medical centre is being used as a pilot to test the registration process and has already had a visit from an inspector, Pat Lunn was invited to attend. This gave her a greater insight into the process and the value of patient involvement in the process.

Unfortunately our Patient Group currently does not reflect a cross-section of our community. We would welcome new members, particularly young people, and parents with a young family, and carers. If you are interested please contact Nick Derbyshire the Practice Manager (at the surgery) or Pat Lunn, who chair’s the group on 01629 813586.

PLEASE NOTE - MY CONTACT DETAILS HAVE CHANGED

PREVIOUS CONTACT DETAILS

NEW CONTACT DETAILS

Name.....

Name.....

Home telephone number

Home telephone number

.....

.....

Address

Address

.....

.....

.....

.....

Mobile or Work No.

Mobile or Work No.

.....

.....

Emergency Contact

Emergency Contact

.....

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Next of Kin

Next of Kin

