

St James Medical Centre

PATIENT NEWSLETTER

May 2010



WALK TO SCHOOL WEEK 2010 - 17-21 May

Walk to School Week is an action-packed awareness week in spring each year. We encourage parents, teachers and local authorities to run fun events and activities to raise awareness about walking to school. Each year we set a new theme and produce loads of bright and colourful resources to go with it and help you take part!

To get information the website is

www.walktoschool.org.uk

ENJOY THE WEATHER TAKE EXERCISE!



Adults should exercise for a minimum of 30 minutes a day, five days a week, at moderate intensity, according to the

government's chief medical officer, Sir Liam Donaldson Physical activity is strongly related to health and provides a wide range of benefits, including a reduced risk of heart disease and stroke, maintenance of mobility, control of body weight and increased mental wellbeing. For many of us, though, finding the time to fit exercise into a busy schedule isn't easy. But if you find it impossible to spare 30 minutes a day for a workout, don't give up. You can achieve your daily quota by doing three shorter bursts of exercise lasting 10 minutes or more. To ensure you're doing enough to benefit your health and burn up calories when you exercise, you should feel warmer than usual, your breathing should be quicker than normal and your heart rate will be slightly raised. Ideas for keeping fit are:

Gardening

Play with the kids

Skip yourself fit

Swap the sofa for cycling

Take the stairs

Get walking

Dance the night away!

STAFF TRAINING

As you are aware the surgery will often close for a training afternoon. You may wonder what the staff does in these training sessions.



Under the GP contract we have to regularly update staff on certain issues such as resuscitation, fire prevention and use of equipment. These sessions are important for the safety and welfare of patients.

The surgery will be closed for staff training between 1.00pm and 4.30pm on the following dates

Thurs 13th May 10

Mon 14th June 10

Tues 13th July 10

Wed 18th August 10

KNOWING YOUR BLOOD PRESSURE

To many of us, the numbers our doctors give us when taking our blood pressure mean very little.



We just want to know whether our blood pressure is in a healthy bracket. But what is blood pressure and what do those measurements mean? Put simply, blood pressure is the pressure of blood in your arteries. Your heart is your body's main pump and it pushes blood through your arteries by contracting and relaxing. When it contracts, it forces blood through your arteries and pushes the pressure of the blood to the highest point – the systolic pressure. When your heart relaxes between beats, your blood pressure is at its lowest – its diastolic pressure. The two pressures are written as two numbers, with the higher pressure first. So, if your blood pressure reads 120/80 mmHg (millimetres of mercury), this means your systolic – or upper – pressure is 120, and your diastolic – or lower – pressure is 80. Ideally, your blood pressure should be below 140/85 but if you've had a heart attack, stroke, have diabetes or diagnosed with coronary heart disease, your blood pressure should be below 130/80. You should have your blood pressure measured so that you know what your normal reading is. If you are concerned you can have your blood pressure checked by one of our practice nurses, or ask at the reception for a BHF leaflet.

CHILDRENS IMMUNISATION CLINIC



We are finding that the Tuesday Immunisation clinic is becoming very busy. To enable us to help you when attending the clinic, please be aware that we have now changed our appointment

procedure.

You will notice that on your appointment card sent by the Health Authority, there is an appointment time allocated.

Patients will be seen as near as possible to their allotted time. Anyone forgetting their card or coming in without an appointment will be given a slot around the patients already booked in. Children with their appointment card will be given priority. Our hope is that this will make the waiting time for you much shorter!

What you need to do:

Bring your appointment card and your completed consent form. (If you forget your consent form, please ask at reception as soon as you arrive for a new form.)

Memory Café

Are you caring for someone with memory loss or dementia?

AT ST JOHN AMBULANCE HQ,
CANON STREET, TAUNTON

The café is a meeting place for people with dementia, and their carers, to enjoy the company of others in a friendly, informal environment. Join us for tea, coffee, support, and good company.

May 4th & 18th
June 1st, 15th & 29th

For further information please contact:- Jo Taswell, Somerset Development Worker, Alzheimer's Society on 07595 271424 or jo.taswell@alzheimers.org.uk



Comments and Suggestions

If you have any comments or suggestions about our services please place them in the box provided in the waiting room.

TESTICULAR CANCER



The most common symptom of a testicular cancer is a lump or swelling in part of one testicle. But most testicular lumps are NOT cancer. A lump that is cancer can be as small as a pea, or may be much larger. It is not usually painful, but some men have a dull ache in the affected testicle, or in their lower abdomen. Your scrotum may feel heavy. Sometimes testicular cancer cells can spread into lymph glands at the back of the abdomen. This can cause backache. If you have any concerns, or would like more information please speak to your GP or there is a leaflet provided in the reception area.

NEW FACES

There are some significant changes being made within the Reception /Admin Team.



Lesley Cuff, who will be known to a large number of patients, has left the practice after many years of loyal service.

Lesley used to manage the reception team before moving into more of an administrative role in 2009.

As part of her Assistant Manager (Operations) role, Janice Weetch heads up the Reception Team and can regularly be found on the 'front line'. She also has other important duties behind the scenes covering IT and Estates and we are freeing up a bit more time for her to focus on these important aspects of her work.

We will soon have to start operating the secure cycle facility from the Bike Park 10. Due to our rise in patient numbers we need more dedicated behind the scenes admin to process the large volume of incoming clinical mail etc.

As a result of all this we are making extra investment in the Reception / Admin team and plan to appoint four additional part-time staff. We have already appointed three new receptionists, Carla and Marion, they started with us at the end of April, and Katharine who will start on 10th May. We are close to securing the remaining post in the near future.