



Southernhay House
Doctors Surgery
Newsletter:
-SUMMER EDITION-
August/September

What's been going on at YOUR Doctor's Surgery lately? By Megan Acton

SOUTHERNHAY

Health

As we are now making our way into wonderful summer I thought this issue would be a perfect opportunity for a special health edition!! Just as plants photosynthesize nutrients from the sun, our bodies need it for our own photosynthetic activities. The sun's UVB rays help our bodies make vitamin D. Vitamin D is most known to regulate calcium levels and absorption. It is necessary for healthy bones and teeth. . Also important for healthy immune function, nervous function and for insulin/blood sugar regulation, numerous endocrine and digestive functions, vitamin D is a necessary component for good health. Referenced at <http://ymchat.org/forum/showthread> for more information. Obviously we all know the risk factors with too much sun but a little bit it seems is good for you. So maybe next time when the sun is shining, take your cup of tea and have

it outside in the garden!

Now as it is the summer, I know from personal experience but also from others around me that everyone will be wishing for that perfect beach body! Men/Women are all in this together, therefore here are some healthy facts just to think about if you need that last little bit of motivation to get you started. Losing weight will:

- **Increase your energy level**
- **Lower your cholesterol levels**
- **Reduce your blood pressure**
- **Reduced aches and pains**
- **Improve mobility**
- **Improve your breathing**
- **Help you sleep better**
- **Feel more rested when you wake**
- **Decreases your risk of a sudden heart attack or stroke**
- **Help prevention of diabetes**
- **Improve blood sugar levels**

Referenced at

<http://weightloss.about.com/library/blhealthbenefits>. Just an example of some motivational reasons to lose weight.

Now after reading all this I'm sure you are wondering but what about diet? As we all know eating is one of life's greatest pleasures but it is also a powerful thing which affects our health. However simply making small changes can make a big difference for your health. Eating enough fruits and vegetables, having lean proteins instead of high-fat protein sources and having low-fat or nonfat dairy products could just be a start but help you for the long term. Even reducing the amount of red meat in the diet and adding fish will really make a difference. Drinking plenty of water also is a huge factor in keeping our systems clean and really improving skin complexion, if you like to have good skin this is a very easy thing to do yourself!!

Patient information ..

By its very nature illness is unpredictable. We do our best to flex the amount of appointments we provide in order to meet patient demand.

Sometimes, particularly if you wish to see a particular GP you may find that you have to wait a little longer. Please try not to book an appointment too far in advance as we find that many people forget. Something that may interest you when booking up your appointments is the new SMS system that we have in place. The more people using this service means less missed appointments which will benefit both you and us as it means fewer wasted appointments. This service will send a reminder text to your mobile phone number with details of your appointment as well as important health screenings that may be applicable to you. You can pick these forms up and fill them out in both surgeries else download them from our website. For more information go to: www.southernhayhousesurgery.co.uk And for any other questions you may have please feel free to ask a receptionist.

Location Location Location

As patients of Southernhay we expect ALL patients whenever possible to attend both surgeries. As I'm sure most of you are aware we have 2 sites for the surgery. One based in Whipton and one based at Southernhay. All of our partners and locum doctors work at both surgeries alongside the nurses. The more flexible you are, the easier it is for us to allocate appointments quicker and more effectively. However if you are lacking transport please do not despair, our Whipton branch is only a bus journey away and is extremely easy to find. Our practice leaflets, that are provided in both surgeries, have both addresses on and we also have a hand out with directions of how to get to the Whipton branch for anybody still unsure so please don't hesitate to ask for this from the reception team. Also Southelp, Friends of Southernhay, provide a transport service available to all Southernhay House Surgery patients. This is £8 return contribution fee which will provide

transport to and from your appointment. For further information please contact Susan Price the volunteers Co-coordinator on 01392 464477 else www.southelp.org.

PATIENTS: **PLEASE CAN ALL** **SAMPLES BE DROPPED** **INTO OUR SURGERYS** **ON** **MONDAY – THURSDAY** **ONLY AND PREFERABLY** **IN THE MORNING**

Our Practice

Southernhay practice is a training surgery. This means that sometimes when booking appointments, our doctors will have medical students with them or will be holding a joint surgery with a colleague. Of course as a patient you can choose for them not to be present during your appointment and that is completely your right if you are not comfortable with this however, please be assured that our medical students are only there to observe and to further their knowledge and understanding of how medical consultations work.

Flu vaccinations

Even though the sun may be shining at the moment, we however are already thinking about the winter flu season! Patients that qualify for the a flu vaccination are the following: Patients over the age of 65 years, patients with Chronic Respiratory, Heart, Kidney and Liver disease, Chronic Neurological disease, Diabetes, Immunosuppression, Pregnant women, People in long stay residential homes, Carers and Health and Social care staff. If you fall into one of these categories we need to know if you are housebound and therefore are unable to attend the surgery for your flu vaccination. This is very important so if this involves you, please call up the surgery and we will put you on our list so we can make arrangements for you to be vaccinated. The number to call is

just our standard practice number which is: 01392 211 266.

S.O.S SOUTHELP



Would anyone like to take part in the Great West Run on behalf of Southelp?

Southelp is desperately trying to raise funds to ensure its services will still be available and would be very grateful for any volunteers to raise money by running on our behalf. The half marathon will take place on the 13 October 2013 and runners must be registered with the race organisers by the 15 September 2013. Full details are available on www.thegreatwestrun.co.uk.

If you are able to help please contact Susan Price, Volunteers Co-ordinator on 01392 464477.

As well as this, Southelp need transport volunteers. Volunteering is a good way to know you are doing your part in the community, helping others and doing something truly valuable. Southelp really is a worthwhile cause to fund and support. Southelp helps a lot our patients and is a reliable and friendly service that we know our patients like using. Southelp have also got a "100 club" that you participate in. This is where you pay £12 a year to be put into a monthly cash prize draw. The aim is to have 100 members, 1st prize is £25, 2nd prize £15 and 3rd prize is £10. The £12 fee goes toward funding Southelp. Southelp is a charity funded organization. In both our surgery's now we have both these forms available to pick up and fill out else please refer to our website as they are also available on there: www.southernhayhousesurgery.co.uk



Be happy.... Be healthy