

# Newsletter

Spring 2006



**Burton &  
Rangore Medical Centres**

## **NO SMOKING DAY WEDNESDAY 8<sup>th</sup> MARCH**

Our SmokeStop service, in the capable hands of our lead Tutor, Caroline, continues to help many of our patients in their struggle to quit the smoking habit.

**No Smoking Day** is a National date on which everyone who smokes is encouraged to quit, and we will be using this date to run drop in sessions to come and find out what support there is, coupled with the benefits of a healthier lifestyle. So drop in and have a chat with Caroline and a Fitness Instructor from one of the local recreation centres who will be at the Burton Surgery between 11am & 12.30pm & 3.30pm – 5pm.

### **WEDNESDAY 8<sup>TH</sup> MARCH**

**Commit to 'Quit & Get Fit'**

**Come along and get advice  
from our SmokeStop Tutor  
and a local Fitness Instructor.**

**11am - 12.30pm  
& 3.30pm - 5pm**

**Burton Surgery**



Last year the Practice SmokeStop service helped nearly 90 of our patients to give up the smoking habit. We're here to help you – so even if you can't come along on 8<sup>th</sup> March, enquire about the Service we offer.

## **DNA's (DID NOT ATTEND)**

We continue to suffer from over **100** lost appointments a month because people fail to ring up and let us know that they no longer need their appointment. This is about 17 hours of surgery time wasted.

PLEASE

- **remember your appointments;**
- **attend them on time; or,**
- **telephone and cancel unwanted appointments.**

## **PNEUMOVAX**

The Pneumovax immunization is available, free of charge, for all our patients aged 65 and over. This is a 'lifetime' inoculation, ie, you should only need it once. If you haven't already been inoculated, please make an appointment at either surgery.

## **AUDIOLOGY VOLUNTEERS**

Thousands of patients rely on their hearing aids and many of these are elderly and housebound. To achieve maximum effectiveness from their aids they need regular maintenance.

There is a shortage of volunteers in the Christchurch area to visit the housebound and undertake this work.

**Would you like to volunteer for this very important work?**

There is a full training programme and your mileage will be paid.

If you are interested please telephone 01202 443844.

## PEOPLE NEWS

Welcome to a new member of the Practice nursing team, Erika. Erika is a very experienced Practice Nurse and works at both Burton and Bransgore and some of you will already have met her as she actually joined us last November.

The community health visiting team has been undergoing changes. We were delighted to welcome Gaynor back, albeit on a part time basis, after a protracted period of ill health. Gaynor has been joined by an experienced Health Visitor, Mary, and they, along with Margaret, the Nursery Nurse, and Kaaren, their assistant, will be covering the needs of the Highcliffe surgery too. The team will shortly be moving to the Bransgore Surgery, but will be running clinics and developmental checks here as usual. Clinic times are as below.

## BABY CLINICS

From February 2006 there are 4 clinics a month, you are welcome to attend any clinic to have your baby weighed and/or seek advice from a Health Visitor or Nursery Nurse.

### BRANSGORE SURGERY

**1<sup>st</sup> Tuesday of each month 11.00 – 12.00**

### MUDEFORD SURGERY

**2<sup>nd</sup> Wednesday of each month 2.00 – 3.00**

### BURTON SURGERY

**3<sup>rd</sup> Wednesday of each month 1.00 – 2.30**

### HIGHCLIFFE (Chewton Common Scout Hall)

**4<sup>th</sup> Wednesday of each month 2.00 – 3.30**

**[www.theburtonsurgery.co.uk](http://www.theburtonsurgery.co.uk)**

Take a look at the Practice website for the latest news and services.

You can also book your repeat medication on line through the website, just follow the form set up under 'Repeat Prescriptions' in the menu on the left hand side.

## PHLEBOTOMY (BLOOD TESTS)

As a Practice we are very lucky to be able to run a modest blood taking service. We are proud of this service but it must be recognised that it can only meet a fraction of the Practices' requirements, blood tests for those with ready access to transport need to be undertaken at local hospitals and the opening times for these are printed on the back of the request form.

## COMMUNITY CARE GROUPS

The communities of both Bransgore and Burton have the benefit of Care Groups. These worthy Groups are run by volunteers and, for the most part, organise and fund such things that needy individuals cannot access through any other means. For example this can be the provision of equipment and care lines, help with transport to the Medical Centre or Hospital. Burton also runs a lunch every 2<sup>nd</sup> Thursday of the month at the URC Hall.

Involvement in these groups in your spare time is very rewarding and has the added benefit of getting more engaged with your local community.

**Please contact the respective chairpersons:**

### BURTON & WINKTON CARE GROUP

Gill Farwell 01202 484251

### BRANSGORE CARE GROUP

Sheesha Newbury 01425 673058

## COMMENTS & SUGGESTIONS

We always welcome your suggestions about our surgeries either directly to the Practice Manager, Lorraine Trim, or, if you wish to remain anonymous, use the pink slips on the windowsills in both waiting rooms. We invite you to post the completed slips in the repeat prescription boxes as these are emptied throughout the day.