

Bradford on Avon Health Centre Newsletter



July 2005

Edition 1.

This is our first practice newsletter!

We hope that you find the newsletters interesting and that we keep you up to date with what is going on in The Health Centre.

We will be writing a newsletter every other month so if you have any suggestions please talk with a receptionist or ask to speak with Anna Carpenter, Trainee Practice Manager.

DO WE HAVE YOUR CORRECT TELEPHONE NUMBER?

The Doctors and Nurses are finding it difficult to get in contact with patients because medical records do not contain up-to-date telephone numbers.

Please tell us ALL your telephone numbers or complete a form at reception.

Here's a BIG welcome to our NEW NURSE MANAGER

We would like to welcome Marian Carpenter as our new Nurse Manager for The Health Centre. This is a brand new post created by ourselves, to help us provide an even better nursing service for our patients. Marian will be responsible for leading the whole nursing team and will work closely with the Practice Manager and Partners. She will be here in her "manager" role for 3 days a week and also be practising as a "hands on" nurse for one day a week. She starts on 4th July 2005.

A few words from Marian....

"Thank you for such a warm welcome! I am delighted to join The Health Centre here in Bradford on Avon and look forward to working with Practice Manager Angie, the doctors, all the staff and especially my team of nurses. Eventually I hope I shall meet many of you too.

I am very excited and enthusiastic about undertaking my new post as Nurse Manager. I know it is likely to be a busy and demanding role but I have every confidence that I shall be well supported by you all."

CLINICAL TRIALS

- Do you suffer from eczema?
- Have you pulled a muscle or sprained a joint in the last couple of days?
- Do you have diabetes controlled only by diet and exercise?

If you have said **YES** to any of these questions and are interested in finding out more please telephone Sue Matthews or Beverley Lewis Belza on 01225 860033 or ask at reception for further information.

Green Tree Health

Have you visited Green Tree Health yet?

Green Tree Health is an extension of The Health Centre offering a range of private complementary treatments. All the therapists are highly qualified and are recommended by the doctors at The Health Centre.

Therapies include Acupuncture, Chiropody, Counselling, Reflexology, Homeopathy, Osteopathy, Physiotherapy, Exercise therapy, Malaysian massage, Swedish massage and Nutritional therapy.

You can find Green Tree Health at 11 St. Margaret's Street (opposite the bakery and next to the Italian restaurant). Please ask at reception for more details or call Green Tree Health on 01225 867098.

How do I get my test results?

The nurse, doctor or other health care professional carrying out the test will advise you when the results will be available. **It is then the responsibility of the patient or their carer to telephone for the results of the tests.**

Please telephone the results line on **01225 860019** between the hours of 8.30 a.m. - 12.30 p.m. and 2.00 - 5.00 p.m.

The doctor will have given the receptionist specific instructions regarding any follow-up that may be required and what information they would like conveyed to you.

If the receptionist is in any doubt whatsoever about the instructions that have been left, she will ask the doctor for clarification and telephone you back.

Second hand smoke campaign

New research shows that almost half of all teenagers often experienced adults smoking around them when they were younger. Yet 60% of adults who smoke admit they disapprove of smoking in a room or a car with children.

Smoking in a confined space such as a room or a car exposes children to a higher concentration of second hand smoke than in other environments. Children are still at risk in a room where someone has recently smoked, as 85% of smoke is invisible and odourless. Second hand smoke has been linked to bacterial meningitis, asthma attacks and other breathing difficulties, and an increased likelihood of cot death.

Do you smoke? Have you thought about giving up? If so, why not come along to **Smoke Stop** at The Health Centre! The sessions are group based and place emphasis on discussing issues surrounding smoking and stopping smoking. The various nicotine replacement therapies currently on the market are also available to try. Telephone the appointments line on **01225 862500** or ask at reception for further information.

Have you picked up a copy of our new practice leaflet?

Our Practice Leaflet contains information about The Health Centre, services on offer and how you can access them. Ask at reception for your copy!