

Bradford on Avon  
Health Centre  
Newsletter



November 2005

Edition 3.

**FLU JABS**

This year the Health Centre staff have reorganised the Flu Clinics by offering appointments all day on three consecutive Saturdays in October. The new system appears to be very popular with the majority of patients and has proved to be very efficient. We have also undertaken many home visits for those vulnerable patients who are housebound.

Unfortunately due to a national delay in the manufacture of flu vaccine we have had to postpone many of the jabs until the end of November. So to anyone who is still in need of a flu jab, please make an appointment now for one of the several sessions available. We aim to complete the programme by the end of November if possible.

The flu jab offers protection against the seasonal flu virus heading our way.

**HYPNOTHERAPY AT GREEN TREE HEALTH**  
**Gill Ruffles B.A., Dip. Clin. Hyp. NLP, MBIH**

Hypnotherapy utilises hypnosis, a state of altered consciousness in which Gill can help you to access the deeper levels of awareness, to which you are usually oblivious in your normal day-to-day functioning. It is at these deeper levels of consciousness that Gill works with you, to bring about change in the way you feel, think and behave. Gill always works with your co-operation and in the most caring and nurturing manner.

Hypnotherapy is aimed specifically at finding a resolution to your problem as quickly, safely and efficiently as possible. **Most problems are resolved in one to five sessions!**

Gill offers treatment for a wide range of issues, including weight control, smoking, anxiety and stress, insomnia, compulsive behaviour, phobias and irrational fears, low confidence and self-esteem, depression, decision-making, addictions, eating disorders, migraines, pain management, and much more

Do you want to stop smoking?  
Gill will help you stop with just two appointments!

You can book your appointment at Reception or at Green Tree Health on 01225 867098

## Well done

We're very proud of our Trainee Practice Manager, Anna Carpenter, who has not only just completed the gruelling Diploma in Primary Care Management but achieved a Distinction for all the projects she undertook as well as a Distinction overall. It was a year of hard graft for her and she deserves the recognition for the time, energy and effort she put into it. Well done Anna.

We would also like to say well done to Juliet Hunt who works for in the Health Visitors Team as an Administrator. She has just passed the first part of her European Computer Driving Licence.

## Hellos

We would like to welcome four new members of staff to The Health Centre:

- Andy Ford is fulfilling the role of Patient Liaison Officer alongside Gill
- Sue Bishop has joined Teresa and Corinne as a Practice Secretary
- Ann Harding is working as a Medical Summariser with Jill, Corinne and Debby
- Nicky Stabbins only joined us last week as a Receptionist for Green Tree Health

They are all undertaking training at the moment and will be up to full speed shortly.

## Your health, your care, your say

What are your views on health and social care services in Bradford on Avon? How do you think they can be improved?

One way of getting your voice heard is through a Patient Participation Group.

### What is Patient Participation Group?

A selection of patients and practice staff who meet at regular intervals to decide ways of making a positive contribution to the services and facilities offered by The Health Centre to the patients

### What is the purpose of a Patient Participation Group?

- To foster and maintain a good relationship between The Health Centre and you the patient
- To provide patients and practice staff the opportunity to discuss topics of mutual interest in their Health Centre
- To provide the means for patients to make positive suggestions about The Health Centre and their own healthcare
- To encourage health education activities with The Health Centre
- To develop self-help projects to meet the needs of fellow patients
- To act as a representative group that can be called upon to influence the local provision of Health and Social Care

### Are you interested in joining a Patient Participation Group at The Health Centre?

Yes? Fantastic! Please leave your **name, address and telephone number** at Reception.

We will then arrange an informal meeting to discuss how the group could work.

For more information please ask to speak with Anna Carpenter, Trainee Practice Manager.

**We do hope that you will be interested in this exciting venture!**