

Bradford on Avon  
Health Centre  
Newsletter



January 2007

Edition 9.

**Happy New Year!**

We wish everyone a very happy New Year and hope that your Christmas was enjoyable.

We would like to say a BIG THANK YOU to all those who sent us Christmas cards and presents. What a lovely gesture and much appreciated by the whole team!

**Our Waiting Room**

In November, we started redecorating the waiting areas and reception. So far, we have changed the carpet and chairs, painted the walls, put up new notice boards, installed new lighting and a water cooler and started work on the new appointment desk. We still have a lot of work to do including signage, a child's play area, new doors and carpets in the consulting rooms.

We welcome your feedback on our waiting areas and reception. Please put your comments in writing to **Anna Morton, Trainee Practice Manager at The Health Centre, Station Approach, Bradford on Avon, BA15 1DQ.**

**The Health Centre Team**

Sam King and Kirsty Smart have recently joined The Health Centre. Sam joins us as a medical receptionist and Kirsty as a dental nurse. We are also pleased to tell you that Beverley Lewis-Belza, Practice Nurse, has had a little girl called Georgia Lara. Mum and family are well.

Mary Johnston, Practice Nurse is leaving us - but for the right reasons! Mary will be working with the Occupational Health Team from February. We will miss Mary's input into the practice and her many years of experience, particularly in diabetes and travel which have been her main areas of interest. Many congratulations and best wishes to Mary.

**Dates for your Diary**

**Monday 15<sup>th</sup> January – Monday 12<sup>th</sup> February 2007 (6.00-8.00 p.m.):**  
Stress Management Course at Trowbridge Community Hospital.

**Wednesday 17<sup>th</sup> January – Wednesday 14<sup>th</sup> February 2007 (6.00-8.00 p.m.):**  
Stress Management Course at George Ward School, Melksham. 6.00-8.00 p.m.

To attend either of these courses please telephone 0845 6039448

**Monday 12<sup>th</sup> March 2007 (7.00-8.30 p.m.):**  
Patient Participation Group Meeting at The Health Centre  
"The Results of the Practice Survey 2006"

# GREEN TREE HEALTH

Based in a beautiful building in Bradford on Avon, Green Tree Health is a place of contentment, support and holistic care. There is an extensive range of therapies on offer. If you are looking for individual support or relief from pain, sickness, fear or sorrow, Green Tree Health can help you to find the care that you need. The therapists have strong links with the doctors at The Health Centre enabling Green Tree Health to offer a full range of complementary services.

**Bereavement, depression, phobia, anxiety?** Our Counsellors, Hypnotherapist or Psychotherapist can help you to work these through.

**Back, neck, muscle pain?** How about Osteopathy, Physiotherapy or Massage?

**Feeling stressed, lack of energy, insomnia?** Reflexology, Hypnotherapy, Nutritional Therapy, Osteopathy, Counselling, Homeopathy, Shiatsu, Acupuncture, Massage, Psychotherapy or Reiki may be your answer.

**Pregnant?** Osteopathy can ease some of the physical discomforts of pregnancy and prepare for the demands of labour. Or how about Acupuncture?

**Do you know something is not right but your symptoms are too vague to treat with traditional forms of medicine?** How about Homeopathy, Reflexology, Reiki or Massage.

**Sports injuries?** Osteopathy or Physiotherapy will help you to restore strength and fitness.

**Addiction including smoking?** Perhaps you could try Hypnotherapy or Acupuncture.

**Headaches?** Try Reflexology, Acupuncture, Reiki, Osteopathy or Indian Head Massage.

**Foot or ankle problems?** Visit our Chiroprapist/Podiatrist.

If you are experiencing any symptoms or pains that have not been covered, please telephone Green Tree Health to find out which therapy may suit your individual need. Alternatively please ask your doctor. ***You can book your appointment at Reception or at Green Tree Health on 01225 867098***

## Have you had your flu jab yet?

- |                              |                               |                     |
|------------------------------|-------------------------------|---------------------|
| ✓ Do you have Renal Disease? | ✓ Do you have Diabetes?       | ✓ Do you have COPD? |
| ✓ Have you had a Stroke?     | ✓ Immune Deficiency?          | ✓ Are you over 65?  |
| ✓ Do you have Liver Disease? | ✓ Do you have Heart Problems? |                     |

If you have said **YES** to any of these questions your Doctor recommends that you have a flu jab. Please ask at reception or call 01225 866611 or 865200 to make an appointment.

## The Health Centre Dental Practice

You can join The Health Centre Dental Practice as a private patient in one of two ways, either by joining one of our Care Plans or on a pay-as-you-go basis. Unfortunately, we are unable to expand our NHS provision by taking on new NHS patients.

Our care plans provide access to high quality private dental care for an affordable, fixed monthly fee. By taking out a payment plan you can spread the cost of your private dental care. Under The Health Centre Dental Practice Care Plan, you are covered for routine checkups, x-rays, hygienist appointments, plus discounts on treatments and purchases from our dental shop (which will be opening shortly).

***For more information, please ring 01225 860038 or visit the dental reception.***