

Cherry Hinton & Brookfields Medical Practice

www.cherryhintonmedical.co.uk

Dr C B Hickling & Partners

September 2011 Newsletter

Practice Flu Clinics

This year's flu clinics will be held:

01 October 2011
Brookfields Health Centre

15 October 2011
Cherry Hinton Medical Centre

Clinics will run from 8.30am to 12.30pm

You do not need to book an appointment just turn up at the clinic which suits you best.

However, in order to keep waiting times as short as possible, these clinics are organised as follows:

If your last name begins with the letter:

| | |
|---------|----------------|
| Surname | Arrive between |
| A to E | 08.30—09.30 |
| F to L | 09.30—10.30 |
| M to R | 10.30—11.30 |
| S to Z | 11.30—12.30 |

These clinics are for patients registered with the practice aged 65 years and over and younger people with certain medical conditions. Invitation letters have already been sent to patients who meet the criteria.

The Department of Health are again advising pregnant women to have the vaccination.

We look forward to seeing you at these clinics, but would be happy to offer a routine appointment if you are unable to attend on these days.



Health Fact

One in four women and one in twelve men are affected by **Migraine**.

More information overleaf

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Staff News

New GP Partner—It is with great pleasure that we welcome Dr Rihan Bashir who joins the practice in December 2011,

A graduate of University of Aberdeen Dr Bashir has held posts in Bedford Hospital, South Warwickshire General Hospital, Dewsbury & District Hospital, Aberdeen Royal Infirmary and most recently was a partner at Ivel Medical Centre in Biggleswade.

Farewell to Practice Nurse Terri Yull who, after 3 years in the practice leaves in October 2011 to emigrate to Australia. Popular with both staff and patients she will be missed by all. We wish her and her family a safe journey and every happiness in their new home.



Senior Practice Nurse Ginette Wakerley retires—December 2011

Ginette who has been with the practice since 1990 with a short break of 15 months when she worked in general practice on the Isle of Wight has now decided to hang up her uniform.

Ginette has run many of the chronic disease management clinics and her expertise has been invaluable to the patients and practice.

We wish her a long and happy retirement.

Migraine

A migraine is a severe headache usually felt as a throbbing pain at the front or on one side of the head. It can be accompanied by other symptoms such as nausea and/or a sensitivity to light.

There are two types of migraine:

Classical—Common

There are five distinct stages to a migraine, although not everyone will experience all of them.

Pre headache, Aura, Headache, Resolution, Recovery

Useful websites include:

www.nhs.uk/choices
www.patient.co.uk
www.migraine.org.uk

In case of emergency (ICE)

In case of emergency (ICE) is a programme that enables first responders, such as paramedics, fire-fighters and police officers to identify victims and contact their next of kin to obtain important medical information.

It encourages people to enter emergency contacts in their mobile phone address book under the name "ICE".

Alternately, a person can list multiple emergency contacts as "ICE 1", "ICE 2" etc.



Medicine Wastage

Medicine wastage is a serious and growing problem within the NHS. It is estimated that as much as £300 million is wasted every year on unused or partially used medication. This is money which could be reinvested into the NHS and could be used to provide more operations and much needed staff.

Health Minister Lord Howe announced in August 2011 that a new steering group was being formed to improve the use of medicines and will report back in early 2012.

Please help to save NHS resources by only ordering the items you need. Let your GP know if you have stopped taking any of your medication.

Please remember your medicines are prescribed for **YOU**

Keep Warm in Winter

Keeping warm over the colder months can help prevent illnesses such as colds, flu or more serious conditions like pneumonia.

Tips for keeping warm and well include:

1. Setting your heating to the right temperature
2. Getting financial support
3. Eating well
4. Having your flu jab
5. Looking after yourself and others

More info from www.direct.gov.uk

Mouth Cancer Week 13—19 November 2011

Mouth cancers are the most common cancers which affect the area of the head and neck.

Risk factors include:-

1. Excessive smoking
2. Excessive alcohol
3. Poor diet
4. Chewing tobacco
5. Human Papilloma Virus

Support Mouth Cancer Week

Further information re mouth cancer week can be obtained from the official website

www.rdoc.org.uk.

Additional websites include:

www.cancerresearch.uk.org

www.savingfaces.co.uk

www.headstogether.net

www.mouthcancerfoundation.org

Xmas & New Year Closures

Friday 23.12.11 Cherry Hinton Medical Centre will close at 12.30pm

Friday 30.12.11 Brookfields Health Centre will close at 12.30pm

Both surgeries are closed Monday & Tuesday **26th and 27th December 2011** and again on Monday **2nd January 2012**

Please ensure you request any repeat medications in good time in order that we can fulfil your requirements.

