



The Prescription

Countesthorpe Health Centre News

Issue 4

www.countesthorpehealthcentre.co.uk

December 2009



Countesthorpe
Health Centre

Swine Flu Update

You will probably have seen details in the news about the H1N1 Swine Flu vaccine starting to become available across the country to patients with certain conditions.

We have received a small number of doses and will be contacting those patients whose need is of the highest priority in the first instance. Unfortunately, because supplies are restricted, we have had to change our plans for giving the injection.

Whilst waiting for further deliveries, we will send out individual letters to patients in line with the vaccine available. Since we do not know what the uptake will be we would ask that, if you receive a letter and would like the vaccination, you telephone the surgery within the following few days to book your appointment. This will help us to send letters to more patients on the list as the vaccine supplies arrive. Clinics will run throughout December and January and probably beyond this time.

There has been a government announcement that the vaccination is to be offered to all children under five when the people in the current priority groups have received the injection. In Leicestershire this is unlikely to happen for several months and will depend on all resources being available.

We fully understand that Swine Flu is a concern for many of you and assure you that we will be acting on clear priorities identified by the Chief Medical Officer as and when the vaccine becomes available. In the meantime, we ask that you keep an eye on our web site and look out for news in future newsletters.

Thank You!

We'd like to thank all our patients for bearing with us while the new computer system has been installed and our staff all trained to use it. It did mean some changes to our usual way of working and we really appreciate your co-operation.

The good news is that the new system is properly in place now and the self-check-in system for patients who have appointments is working well.

This new system will provide even more improvements to our service in the New

Year. Ordering your repeat prescriptions online will become even easier and later in 2010 you will be able to book appointments via the web site too. We will be announcing these changes in more detail next year.

Staff News

At the beginning of December we will say goodbye to GP Registrars Dr Bansdeep Dhillon and Dr Zakkiya Issa. In their place we would like to welcome Dr Tanjit Ghag, Dr Ricky Badiani and Dr Maggie Williams, all of whom will be at the surgery until April 2010.

We are also delighted to inform you that Dr Collins has had a baby boy! Baby Rohan arrived on 20th November weighing 8lbs 10 oz and both mother and baby are doing very well. Dr Collins will return to work in early May.

Staying Healthy While You Celebrate!

With Christmas soon upon us, many of us will be enjoying the opportunity to celebrate with our families, friends and colleagues.

But how can you enjoy a festive glass or two and still stay within healthy limits?

The NHS recommends that men should not drink more than 3-4 units of alcohol a day, whilst women should stick to no more than 2-3 units. But it's easy to get confused about what a "unit" is.

For example, a standard glass of wine can be between 1.75 and 2.5 units of alcohol, depending on the strength of the wine. And a large glass of wine – the size you are often encouraged to consider in a bar – can be as much as 3.5 units, which is your daily allowance accounted for in one glass.

A pint of beer, lager or cider can account for your daily alcohol units allowance but if you opt for a 'super strength' version you can easily be consuming over 5 units in just one pint.

No wonder it's easy to lose track.

For a simple way to check how many units of alcohol you consume, you can look at the "Know Your Units" table at <http://units.nhs.uk>. The web site has plenty of easy-to-understand help to make sure you can enjoy the festive season safely.

Happy Christmas!

If you missed previous campaigns within the Health Centre, you can find related information through the links on our web site on the Health Advice section at www.countesthorpehealthcentre.co.uk.