



The Prescription

Countesthorpe Health Centre News

Issue no. 1 www.countesthorpehealthcentre.co.uk

May 2009



Countesthorpe
Health Centre

A New Look for Your Family Health Centre

Our new logo creates a fresh new look for your family Health Centre but it isn't just about looking smarter. We're also going to be taking a smart new approach to keep in touch with our patients.

Look out for:

- Our new practice leaflet which you can pick up from our reception;
- Our revitalised newsletter which you will be able to find at our reception, read in the Countesthorpe Herald, or browse online;
- Our new website which will be coming soon and will have all the essential details you need to know about the Health Centre and lots of useful health-related information from a source you know you can trust;
- Our health promotion campaigns which will be running throughout the year to give you plenty of useful information and tips to help you improve your health.

We'd love your feedback on our new initiatives and welcome your comments through our suggestion box at reception or, soon, on our new website at www.countesthorpehealthcentre.co.uk.

Patient Participation Group

Our Patient Participation Group has been going for one year now and has proved a valuable way of better understanding our patients and how to help them. In fact, many of the changes that we have been making have been in response to their feedback.

We are in the process of making it easier for you to contact them. Very shortly you will be able to get in touch with the Patient Participation Group by either:

- Completing the PPG feedback form on our new website, www.countesthorpehealthcentre.co.uk or
- Putting your suggestion in writing to them using the special PPG suggestion box by the PPG notice board in our reception.

Helping Us to Help You

If you've telephoned to make an appointment recently, you'll have noticed that we're now asking you for your date of birth.

We're doing this because we've streamlined our system to make sure we can get to your details as quickly as possible. You'd be surprised at just how many of our patients have a name the same as or similar to another so we've re-set our computer to search by your date of birth as well as your name. This way we can be sure that we can deal with your appointment as efficiently as possible.

Staff News

Nurse Kully Kaur will be leaving us shortly to join a practice in Coalville. Although she has only been with us for a year she has been a great member of the team and we'll be sorry to see her go and we wish her well for the future.

Taking over from Kully will be Louise Bullous who might be familiar to you having been part of the District Nurse team based at the Health Centre for ten years.



Louise Bullous

Suffer from Seasonal Hay Fever?

If you suffer from seasonal hay fever, there is no need to book a doctor's appointment for a repeat prescription. As long as you have previously had a prescription, simply phone or drop in to speak to our dispensary staff and they can order your repeat prescription for you.

Dispensary Tel: 0116 277 9265. Line open 12 noon to 2pm.

Look After Your Health

If you've been into the Health Centre during the past couple of weeks you'll have seen the display boards and leaflets giving advice and information about many aspects of Travel Health.

Running from the 8th May, this was the first of the month-long campaigns that we'll be bringing you on a range of health topics.

Coming up over the rest of the year...

Healthy Eating	Monday 8th June
Weight Loss	Monday 13th July
Giving up Smoking	Monday 10th August
Minor Illnesses	Monday 14th September
Alcohol Issues	Monday 12th October
Child Health	Monday 9th November

Experts will be on hand to answer your questions on the launch day of each campaign but you can call in to the Health Centre any time during opening hours to see the displays and pick up information.

Information from each health promotion campaign will be added to our website so even if you can't call in to the Health Centre, you will still find plenty of valuable information to help you look after your health.

Travel Health

May's health promotion campaign on travel health covered everything from protecting yourself against disease to keeping yourself safe on the roads.



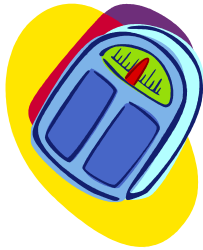


One aspect of holiday health that can even affect us if we holiday at home is that of exposure to the sun. Many people are unaware of how much harm the sun can do. Dr Rob Burd, the Consultant Dermatologist who visits the Health Centre regularly, said “In hot sun, you should apply 30mls of sun lotion every two hours. At that rate, a typical bottle of sun lotion that contains 200 mls would only last for around seven applications so we should all make sure we pack enough.”

Healthy Eating—from Monday 12th June

Our June health promotion campaign is based around healthy eating. Call into the Health Centre to find out more about healthy eating for you and your family with information about:

- Cholesterol testing;
- Osteoporosis;
- And healthy eating for all the family through the 5-A-Day Campaign to get us all including more fruit and vegetable in our diets and the Change 4 Life campaign.



Know your real weight?

Many people find that their home scales are not as accurate as they might be. Take the opportunity to get an accurate weight check at the Health Centre—it will help you and us to monitor your health. Speak to a nurse if you would like help or check your own weight in the privacy of our ‘tardis’.

Weight Loss—from Monday 13th July

In July, you’ll be able to find out more about how to lose weight with plenty of information about diet and exercise—no gimmicks, just the facts!

Find out, too, about Counterweight—a practical, structured approach to giving you the support you need while you lose weight, with the help and guidance of a health professional and easy-to-understand tools and resources to help keep you on track towards your weight-loss goals. If you’re committed to reducing your waistline, come along to find out more.

5-A-Day—Did You Know?

We should all be eating 5 portions of fruit and vegetables every day. But what exactly does a ‘portion’ look like?

- | | |
|---------------------------------|------------------------|
| 1 medium apple | 2 broccoli florets |
| 8 cauliflower florets | 3 whole dried apricots |
| 1 2-inch slice of melon | 2 small satsumas |
| 7 cherry tomatoes | 1 leek |
| 1 medium pear | 1 medium banana |
| 1 handful chopped carrot sticks | |



See more examples at www.nhs.uk/5aday