

Chat from St Catherines

www.stcatherines-surgery.co.uk



Your Next Appointment

Date:.....

Time.....

With.....

Welcome to our Christmas Newsletter

Opening Hours Over Christmas 2003

	St Catherine's Surgery	Healthy Living Centre
Tuesday December 23rd	8:15am – 6:30pm	8:30am – 6pm
Wednesday December 24 th	8:15am – 5pm – normal surgery; 5pm – 6:30 pm – emergencies only	8:30am – 5pm
Christmas Day	closed	Closed
Boxing Day	closed	closed
Saturday December 27th	St Catherine's Surgery open for all St Paul's 9am – 12 midday- emergencies only	closed
Sunday December 28th	closed	Closed
Monday December 29th	8:15am – 6:30pm	8:30am – 6pm
Tuesday December 30th	8:15am – 6:30pm	8:30am – 6pm
Wednesday December 31 st	8:15am – 5pm – normal surgery; 5pm – 6:30 pm – emergencies only	8:30 am – 4pm
Thursday January 1 st	closed	closed
Friday January 2nd	8:15am – 6:30pm	8:30am – 4pm
Saturday January 3rd	St. Paul's Saturday surgery for emergencies only 9am – 12 midday at St George's Surgery	closed

When the surgery is closed, in an emergency a doctor can be contacted by calling **Cheltenham690198**

Attention all new Mums and Mums with under 5's

The time of our baby clinic on Monday mornings is changing from **Monday, January 5th 2004** to **11am until 12:30pm**. This is a drop in service. If child immunisations are due you will be sent a postcard from the Child Health Department informing you of a date when you should attend the clinic, and you can turn up with your child any time between 11 o'clock and 12:30pm on that date. If that date is not convenient, you can ring the surgery and book an appointment with the nurse to have the immunisations at a time that suits you.

WE WISH YOU A MERRY CHRISTMAS & A HAPPY NEW YEAR

SURGERY TELEPHONE NUMBERS

St Catherine's

Appointments 707676
Enquiries 707670
Prescriptions 707686

Healthy Living Centre

Appointments 548299
Enquiries 548298
Prescriptions 548300

For Enquires of a general nature contact:

NHS DIRECT 0845 4647

or look at their website at:

www.nhsdirect.nhs.uk

Raffle Prizes

Thank you to everyone who contributed to our raffle. We raised £106.58 for Children in Need, which is brilliant. The Raffle was drawn on 4/12/03 and the following people won prizes:-

Bottle of Sherry -Mr Gee
Basket of fruit-Mrs Bennett
Bottle of wine -Mrs E Jones
Box of Chocs- Mrs D Webb
Bottle of Wine -Mr D Pockett
Camera -Mr Habgood
Notelets -the Morgan Family
Soap & Washbags-D Llewelyn
Perfume -Mr P Gardner
Soft Toy -Mrs K Mandry
Cook Book -Mrs B Cooke

If you won something please come and collect it from reception.

And to follow.....

Common Sense Advice for Seasonal Illnesses

To try to help both ourselves & our patients at this busy time of year here follows some simple advice.

Colds

These are usually caused by viruses. Symptoms may include any or all of:- runny or blocked nose, sore throat, cough which may or may not be productive, headache, feeling unwell. Best remedies are easily bought from the Chemist. Regular Paracetamol can help cure aches and pains. Inhaling steam containing menthol helps stuffy noses, as do decongestants. Sadly there is no remedy for a cough -it will not go until it is ready to. Cold symptoms usually last up to a week before resolving. If symptoms persist for more than 7 days, see the doctor for advice.

Influenza "Flu"

Flu is also a disease of the lungs & upper airways. Main symptoms are a high temperature that comes on quickly with general aches & pains; loss of appetite, nausea, vomiting & a slight cough. People usually feel very unwell with flu. Symptoms can last up to a week, and then you feel washed out afterwards. Treatment is mainly supportive. Paracetamol & Ibuprofen can be taken together (provided the patient is not asthmatic or sensitive to aspirin) to relieve

symptoms. Rest is important to help the body fight the infection. Drinking plenty of fluids prevents dehydration. If symptoms last more than a week see the doctor for advice.

Diarrhoea & Vomiting

These symptoms are also usually caused by viruses, though bacterial food poisoning can also present with diarrhoea & vomiting. Patients can have a high temperature & abdominal pains. If you are suffering from diarrhoea & vomiting, it is important to drink small amounts of water or flat lemonade to prevent dehydration. Most "D & V" bugs only last 24 hours, so there is little point in taking drugs such as Immodium as this will only keep the virus in the bowel itself. Avoid drinking milk as this can make vomiting worse. Once patients are able to keep fluids down, dry foods such as crackers & toast can be given. If symptoms of diarrhoea & vomiting last longer than 48 hours, it is worth seeing the doctor who will ask for a sample of the diarrhoea to look for bacterial causes.

With the holiday season approaching, it is important to stock up with Paracetamol, Ibuprofen & Antacids. All can be obtained from the Supermarket or Chemist while you are out Christmas Shopping & will be invaluable if you overdo things or become unwell at Christmas or New Year. For those of us who work, remember you can have up to 7 days off before needing a certificate from the GP.

WE WISH YOU A MERRY CHRISTMAS & A HAPPY NEW YEAR