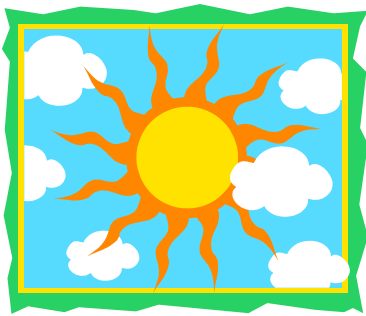


Chat from St Catherines

www.stcatherines-surgery.co.uk



Your Next Appointment

Date:.....

Time.....

With.....

Welcome to our Summer Newsletter

SLIP, SLOP, SLAP

A reminder, now that the sunny weather has begun, to pay attention to 3 rules to prevent sunburn. These apply to adults as well as to children, though for youngsters it is particularly important as their skin is very sensitive and burns easily, which may cause them problems as they get older.

SLIP on a T shirt –to prevent getting sunburnt shoulders

SLOP on some sun tan lotion –the higher the sun screen factor the better

SLAP on a hat –to protect your head and face

A Reminder about Appointments

Please will you bear in mind that the doctors at St Catherine's all operate an appointments system. We are not able to deal quickly with patients who "drop in" to the surgery in the hope of seeing a GP. What then happens is that there may be a long wait while we try and sort out an appointment for you, possibly with the triage nurse who assesses everyone who rings up before 11am requesting to be seen the same day. But this will always require a wait as the triage nurse will already have a list of patients to deal with. We can not even guarantee that there is a doctor on site at the time someone drops in as they may be out on visits or at the Healthy Living Centre and we are not like an Accident and Emergency centre where we have to have a doctor on site at all times. So, to avoid disappointment please do not drop in and expect to be seen, phone up and make an appointment first. The only exception to this is at the Healthy Living Centre where there is daily drop in access to the Practice Nurse from 8.30 am-6pm.

Comings and Goings

At the end of May we said a sad Goodbye to our Senior District Nurse –Sr Maryann Dobbin, who has left us to move to a job closer to home in Oxfordshire. We hope to have her replacement in post in September 2004. We also said Goodbye to one of our Health Visitors Jeanette Roberts who was only on a temporary contract with us. She has been replaced by Mrs Louise Stokes, who started here at the beginning of June. She will be working 2 days a week, mainly on Thursdays and Fridays.

Expert Patient Programme

Are you suffering from a long-term illness? Want to help yourself & others? Then why not enrol in the Expert Patient Programme. There is a Cheltenham based course starting on June 21st 2004. It runs for 2.5 hours per week for 6 weeks and will help you discover new skills & redevelop existing ones. Topics covered include managing pain and fatigue, getting the most out of your life and planning for the future' communicating more effectively with health professionals & friends; taking care of your health by looking at diet, exercise and relaxation. To qualify you should be over 18 and suffering from a long term health condition such as Arthritis, Asthma, Diabetes, M.E. or others.

If you think you may be interested, phone Sheldene Pearson on 01242 548826 for more information. Courses run throughout the year if you are unable to make the June one.

Headaches & Migraine

With the weather becoming more hot & sultry, headache season is upon us again. In particular, migraine headaches are common at this time. A regular headache affects both sides of the head. Migraine headaches are a one-sided throbbing headache which is usually associated with sickness. Migraine sufferers are very sensitive to all external stimulation, such as light, noise, smell or movement. They often have to take to their beds when the headache comes on, & the pain can last anywhere from a few hours to several days. Some people can have a warning (aura) that their headache is about to start, others may recognise factors that cause the migraine to come on (triggers) such as strong sunlight, chocolate, not drinking enough water (dehydration).

Migraine is a very disabling condition. As most attacks occur either early in the morning or in the evening, when surgery is closed, here are some useful suggestions of what sufferers can do in an effort to help themselves. Migraine can be caused by dehydration or low blood sugar, so drinking plenty of water or having regular meals can often stop the headache from coming on. At the start of an attack, drinking a cup of strong coffee with plenty of sugar may help. It is also important to have a supply of either over-the-counter or prescription medicines such as co-codamol or migralieve handy, just in case. If sufferers are finding that they are having more frequent headaches than usual, they should make an appointment with their GP to discuss this.

SURGERY TELEPHONE NUMBERS

St Catherine's

Appointments 707676

Enquiries 707670

Prescriptions 707686

Opening Hours 8.15am – 6.30pm, Mon -Friday

Healthy Living Centre

Appointments 548298

Enquiries 548299

Prescriptions 548297

Opening Hours 8.30am to 6pm, Mon- Friday.

For Enquires of a general nature contact:

NHS DIRECT 0845 4647

or look at their website at:

www.nhsdirect.nhs.uk

In an emergency, if you need to contact a doctor when the surgery is closed, then the number to ring is **01242 690198** and this will put you through to the Out of Hours Answering Service for CheltDoc, who will be able to put you in contact with a doctor.