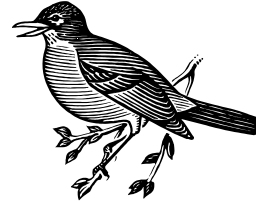


Chat from St Catherines

www.stcatherines-surgery.co.uk



Welcome to our Newsletter Number 9

Spring 2005 edition

Your Next Appointment

Date:.....

Time:.....

With:.....

RED NOSE DAY RAFFLE & COFFEE STALL

Thank you very much to everyone who supported our raffle and coffee and cake stall on Red Nose day. We made £158.04 which has been sent to Comic Relief. The following people won prizes in the raffle:-

Bottles of wine - Ann Bullingham, Grace Bates, Valentine Sollars, Catherine Miller, Patricia Raddon.
Bottle of Sherry - Mr Lacey, Rebecca Shaw
Easter Eggs - N. Harding, J. Goodwin, Caroline Kear
Writing Paper - Sonia Frank
Paper Weight - John Hunt

Congratulations to all of them and thank you again for your support.

EASTER OPENING TIMES

Our opening times over the Easter period are as follows:-

Thursday March 24 th 2005 -	open as usual, 08:15am to 6:30pm
Good Friday March 25 th 2005 -	closed all day
Saturday and Sunday March 26 th & 27 th 2005	closed all day
Easter Monday March 28 th 2005	closed all day
Tuesday March 29 th 2005	open as usual, 08:15am to 6:30pm

If you require a doctor when we are closed please call the Out of Hours Service on

08454 220220



COMINGS AND GOINGS

Welcome back to Dr Goodall and Mrs Lorraine Dawes (Health Visitor) who have both been away for some time with illness. They are both now back on form and we are glad to have them back with us. Our Health Visitor team is being assisted at the moment by Miss Sophie Perks, who is with us for 2 days a week, while one of our other Health Visitors –Rebecca Gilbert –is helping the Primary Care Trust on the working party for Agenda for Change.

From April 5th 2005, Dr Wilson is changing his work routine at the surgery. For more than 3 years he has been working for up to 3 days each week as a GP representative at the Primary Care Trust. He is giving up this work in April and returning to work full time at the surgery. Dr Anna Saunders has been covering for Dr Wilson on Thursday mornings on a regular basis, but this will cease from the beginning of April, so we are bidding adieu to Dr Saunders.

We are very sad to report that Dr Kate Todd is going to be leaving us in early June 2005. Since moving house last year, she now has a long commute and that, combined with looking after a young family has meant that working in Cheltenham is just not practical. We are very sorry to be losing her and we know she will be sadly missed by both patients and staff. We wish her well in her new post in Tewkesbury, which is nearer home.

TRAVEL VACCINATIONS

The time is arriving when people will be thinking of summer holiday bookings. Remember, if you are going somewhere exotic you may need to have some travel vaccinations such as tetanus or polio etc. Please book a nurse's appointment 6 weeks before you are due to go on holiday and make sure that you say when you are booking the appointment that it is for travel vaccinations so that enough time can be allocated. This allows the Practice Nurse time to assess what vaccinations are needed, and to then give them. Some of the vaccinations may need to be given as part of a course and this is why plenty of time is needed. You also need to be aware that not all travel vaccinations are provided free of charge on the NHS. Some vaccines we have to buy in to the surgery and if you require these ones, there will be a charge to pay both for the cost of the vaccine and for the nurse time for administration as this is a private service.



TELEPHONE NUMBERS

It has now become a common occurrence that we contact patients by phone from the surgery, either because a patient has requested a telephone consultation with a GP, or because the triage nurse or GP is contacting you about a same day request or it could be that we are trying to alter an appointment because of last minute holidays or sickness. For these reasons it is very important that we have your correct phone number on our computer. We not only need your home phone number, but also a mobile number if you have one and a daytime number if this is different from your home number. Please help us to keep our data base up to date by writing your phone numbers on some paper and handing them in to reception so our computer clerks can update your records. This way we can offer the best service possible.

SMEAR RECALL PROGRAMME

We operate a routine smear recall system for all women aged 25 to 65 years and we strongly recommend that women between these ages take advantage of this screening service. However, for one reason or another, not everyone wants to have a smear. If you fall into this group, then it very much helps our administration of the smear recall programme, if you sign a "smear disclaimer" letter. You will be sent one of these to sign and return to us, if you have failed to have a smear after we have sent you 3 recall letters. Signing this letter does not mean that you can not have a smear. You can change your mind at any time and book a smear with our Practice Nurse. However, signing the letter means that we will refrain from contacting you about smears for 5 years, when you will once again be sent a smear recall letter.

USEFUL TELEPHONE NUMBERS

<u>Benefit Enquiry Line</u>	<u>0800 882200</u>
<u>Childline</u>	<u>0800 1111</u>
<u>Citizens Advice Bureau</u>	
<u>Cheltenham</u>	<u>01242 522491</u>
<u>Cotswold Counseling Centre</u>	<u>01285 885830</u>
<u>Domestic Violence Advice Line</u>	<u>01452 500115</u>
<u>Eating Disorders Association</u>	<u>01603 621414</u>
<u>G'shire Assoc for Disability</u>	<u>01453 885587</u>
<u>Glos. Assoc. for Mental Health - GAMH</u>	<u>01452 416575</u>

G'shire Drug & Alcohol Service

<u>(GDAS)</u>	<u>01452 381166</u>
<u>Listening Post</u>	<u>01452 383820</u>
<u>Parents under Stress</u>	<u>08088 002222</u>
<u>Postnatal Illness Assoc</u>	<u>02073 860868</u>
<u>Relate</u>	<u>01452 522071</u>
<u>Samaritans</u>	<u>0845 7909090</u>
<u>NHD Direct</u>	<u>0845 4647</u>