

# Cannington

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# Health Centre

Spring-Summer 2018 Edition

Welcome to our Spring and Summer edition of the Cannington Health Centre Newsletter. We hope that you will find this edition interesting and informative and you are welcome to take away a copy, or to read it electronically via our website  
[www.canningtonhc.nhs.uk](http://www.canningtonhc.nhs.uk)

## Upcoming Events -

**Make May Purple -  
Thursday May 24th**

Pop by Cannington Health Centre on May 24th to help us raise awareness and money for the Stroke Association with our charity 'Donut Delay' Bake Off



## In This Issue

- Surgery Staff News
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Why not celebrate Healthy Eating Week with our Spiced Banana Bread?



## Jetting Off?

Please seek advice at least 8- 12 weeks before you depart. A travel health form must be completed and returned to the surgery before an appointment can be booked. If you book a last minute holiday we will try to accommodate you, but we may not be able to offer you an appointment to suit. Please note that there may be a charge for some vaccines as this is a private service.

# Surgery News

We would like to open our newsletter with a personal message from Dr Andrew Baverstock :

It is with sadness that, after nearly 12 years at Cannington Health Centre, I will be leaving at the end of July this year. I feel honoured to have been part of an excellent team, providing a high standard of care to the local community, I shall miss both colleagues and patients. I am constantly humbled by the fortitude displayed by people going through the most difficult of times. I feel privileged that I have been there to bear witness to this, and perhaps, sometimes to have been able to make things a little easier, for some of those people, some of the time.

I am especially proud of the role the practice has taken in training the Doctors and GPs of the future. I am delighted that Drs Craig Bobbett and Katie Allen elected to join the Practice as Partners last year having completed their GP training with us.

For now I am looking forward to spending more time with my family, supporting my wife in her career, and possibly riding my bicycle! However, I am not hanging up my stethoscope completely, and may yet be seen back at the surgery helping out on an ad hoc basis if needed.

Many thanks to all who have offered kind words of support, this has not been an easy decision to make. Thank you also to everyone for their ongoing support of the surgery during what are trying times for the NHS in general.



The partners and staff would like to thank Andrew for his hard work and commitment to the Health Centre these past 12 years. We know that patients will join us in wishing him all the very best as he takes a well-deserved break.

We are seeking to appoint a new doctor to take over his list. We will keep you informed via our website.

Dr Katie Allen – We would like to announce that Dr Allen has safely delivered a baby son. Dr Allen will be off on maternity leave until early 2019. Care for her patients can be provided by any other of the GP's at the practice, as well as the locum GP's we will have to help us through these changes.

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## Reception Team

We would like to welcome Lucy Cahill to the team. Lucy is new to this role and will be training alongside our reception team. Lucy has worked really hard in helping to put together this newsletter and has personally selected, tested and recommends the recipe in the healthy eating section!

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## Nursing Team

Phlebotomy Clinics – Laura has been running the phlebotomy clinics at the surgery for over a year. These clinics have been shorter appointments with Laura, where she has the time and availability to just take blood and nothing else. The team have looked at the appointment structure and feel that the stopping of these clinics would be more beneficial to the patients as a longer appointment with Laura would enable her to do other health checks at the same time as taking bloods.

# Surgery News Cont.

## Dispensary Team

The dispensers (Sarah, Sal, Sandra and Laura) would like to thank everyone who completed the dispensary audit. The feedback was excellent, with 98% of our patients saying they would recommend the surgery to family and friends. 97% of patients found the dispensing service we provide excellent. We are always looking at ways to improve our service and would welcome feedback from patients with suggestions. Feel free to ask for any of the dispensers if you ever need any help or feedback.

You may have been approached by companies wanting to dispense your medication. We would like to stress they are not affiliated with the NHS or Cannington Health Centre. They threaten the future of the dispensary by poaching our patients. We appreciate all our loyal patients who choose to have their medication dispensed by the health centre.

Thanks to everyone for the support.

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## Hayfever Awareness

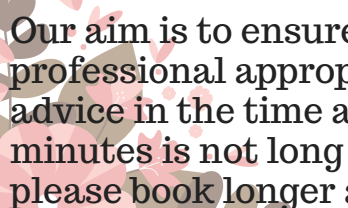
It is the time of year when hayfever symptoms are starting. Symptoms can be similar to a cold, and include a runny nose, watery eyes and repeated sneezing attacks. Seasonal hay fever is considered to be a minor illness and as such medicines can be purchased over the counter at a pharmacy or supermarket. Anti-histamines, Nasal sprays and eye drops for seasonal hay fever are no longer being prescribed by the NHS. There is no need to see your GP and a community pharmacist can offer advice on how to avoid triggers and the best treatment for your symptoms.

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## Appointment Tip

On the day surgery appointments are available for patients who find themselves suddenly unwell on the day, or have had symptoms arise in last the 48 hours. Patients are seen in turn by the duty GP. Requests for on the day appointments are for these reasons only. For routine matters appointments can be booked up to six weeks in advance.

Our aim is to ensure that all our patients get to see the right healthcare professional appropriate to need and that they get the best possible care and advice in the time available to them during an appointment. We realise that 10 minutes is not long when complicated medical issues need to be discussed so please book longer appointments if more needs to be discussed.



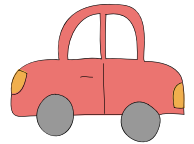
# Surgery News Cont.

## Test Results!

You are the best person to check your results. Please don't just rely upon the surgery to contact you. When test results come back they are always seen by one of the doctors before filing in your patient records, with a suggested plan. This might be to continue with treatment or to see you for a follow up appointment as planned, or it might simply be no action required if the result is normal. If you want to phone to get the result please do so in the afternoon when Reception is not so busy.

## Attention!

Please Park Considerately  
We have had a number of bumps and scrapes in our car park, and unfortunately people aren't coming forward when they have been involved.  
If you are unfortunate enough to bump into a vehicle – please come in and tell us.



# Shingles

This year the surgery will be inviting eligible patients in for a shingles vaccine. Invites will be sent on or around your birthday month if you are aged between 70 and 76 years old and 78 and 79 years old. For those of you that were born after 2<sup>nd</sup> September 1942 or are 77 years old, you will become eligible for vaccination on your 78<sup>th</sup> birthday. On receipt of your invite, please contact the surgery to arrange an appointment with the nurse. Shingles vaccine is given as a single dose and is only given once. The shingles vaccine is recommended even if you have had a previous episode of shingles. You can have the shingles vaccination at any time of the year.





# Carers Week

11th June - 17th June 2018

In celebration of Carers Week; Meet our surgery's Carers Champion – Beccy Foster. Beccy works hard in providing support for those who care for their loved ones & those who may not realise they are in-fact a carer in a number of ways at Cannington Health Centre. She also attends regular training and workshops. If you or someone you know cares for a family member or friend, pick up a Free Carers Pack, come in for a friendly, informal chat and advice on the available services to make life easier and most importantly improve awareness of remembering to take care of yourself too!



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# Healthy Eating Week

in association with BNF

Each year the British Nutrition Foundation dedicate a week (June 11th-15th) to making us all aware of what we're eating and how to improve our diets and lifestyles with numerous simple tweaks whether we're at home or in the work place.

Are you someone who skips breakfast? Then why not try to prepare a nutritious breakfast each day of Healthy Eating Week.

Are you getting your 5 a day? Don't forget Smoothies, Soups and Juices are a fab way of getting your portions in. Look into the healthier snack bars – some count as one of your 5 a day, remain sugar free and can be incorporated into your breakfast, lunch and mid-morning snacks.

Struggling to concentrate at work? Are you drinking enough? You could try swapping caffeine and sugary drinks for infused water with fresh berries, lemon and mint. You could also use motivational drinks bottles for that extra push to increase your fluids. Take regular breaks - Make use of the warmer weather – Walk the dog more? – Walk to work? Cycle? Make use of the free gym equipment appearing in Public Parks near you.

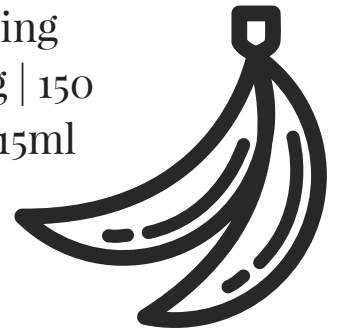
BUT don't deprive yourself of the occasional treat AND look into alternative healthier versions of your favourite treats – FOR Instance - Celebrate Healthy Eating Week with Cannington Health Centre by whipping up Lucy's Spiced Banana Bread – Dairy, Gluten and Sugar Free, yet absolutely divine!



# Spiced Banana Bread

## Ingredients

225g Buckwheat Flour (Dove Farm) | 1 tbsp Baking Powder | 2 tsp Cinnamon | ½ tsp Ground Nutmeg | 150 Soft Pitted Dates | Plain, Unsweetened Yogurt 215ml (Alpro) | 4 Eggs | 3 Ripe Mashed Bananas



## Recipe

Pre-Heat Oven to 160C Fan and Line a 2lb Loaf Tin

In a large mixing bowl – combine the flour, baking powder, spices and a generous pinch of salt.

Finely chop the pitted dates into small pieces, then put them into a blender or food processor with the unsweetened yogurt and eggs – blend until combined. Then stir in the bananas.

Pour the wet ingredients into the mixing bowl containing the dry ingredients and mix together – but keep stirring to a minimum before pouring into your prepared tin.

Bake in the pre-heated oven until risen, golden and when tested with a fork/cake tester comes out clean. If the top looks like it's getting too dark – cover with foil.

Leave to cool in the tin for at least 10 minutes before turning out to cool further. Once cool slice into 12-14 equal slices and keep in a sealed container in the fridge for a healthy breakfast, snack or pudding. TIP – Best enjoyed when zapped in the microwave for 20 seconds OR lightly toasted.