

# Cannington Health Centre

Winter 2018 Edition

Welcome to our Winter 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)

## Thank You

On behalf of all our staff; Thank you for all your wonderful donations in our recent Macmillian Bake Sale & Raffle. We raised an incredible £150 for the Charity.

## In This Issue

- Winter Health Tips
- Surgery Staff Update
- Dispensing Changes
- Flu Clinic Information
- Lucy's Latest Kitchen Creation
- & More



Fight off the winter bugs with Lucy's deliciously healthy Sweet Potato, Red Pepper & Coconut Soup

Stay Safe This Winter with our Winter Health Guide

## Important Numbers

Reception - 01278 652335  
Repeat Prescription - 01278 651311



# Surgery News



Dr Wendy Searle would like to open our Winter'18 Newsletter with an update:

Following Dr Baverstock's retirement from the surgery in July this year, Drs Searle, Bobbett and Allen would like to reassure you that we are actively seeking to recruit a GP to replace him. All patients whose 'usual GP' was Dr Baverstock will remain registered with the practice and can consult with any of the doctors currently working in the practice.



Dr Katie Allen's maternity leave is being covered in full by Dr Gus Robin, whom many of you will have already met. Our GP Registrar Dr Nick Moore has successfully completed his GP training and is continuing to work with us one day each week.



We try to employ locum GPs who are familiar to the practice, with Dr Hilary Allen and Dr Hans-Hermann Benischke currently providing additional sessions. Recruiting GPs into long term roles is not easy anywhere in the UK at present, and along with other practices, Cannington patients may be finding it takes a little longer to book a routine appointment. In order to make best use of our 'same day appointments' the reception team will ask for brief details of the reason for the appointment, and if appropriate may suggest that you are seen by another health professional for example minor injuries unit, a pharmacist or one of our nursing team. As soon as we have a replacement for Dr Baverstock we will update our website and inform patients as they book appointments.



---

## Admin Team

Our Administration Team has seen some recent changes, with our Secretary Rose Troman retiring and Cheryl Holdom now taking over this role. Claire Cox and Beccy Foster provide Administration support and we are delighted to see Lucy Cahill (our Apprentice) settle into the Practice Team.

---

## Nursing Team

We are thrilled to have Denise Sharratt back in the surgery from November. Denise is our Nurse Practitioner and is able to provide Asthma/Respiratory and Diabetes support for our patients. The team have been working hard providing regular Flu Vaccine Clinics and Nurse Rose Baker has started further training.





# Surgery News Cont.

## Prescription Ordering

We would like to remind patients when ordering their repeat Prescriptions to ensure they remember that the timescale for collection is 48 hours and after 4pm. Item requests after 12:30 will be processed the following day. Urgent on the day calls after the line has closed will be transferred to the dispensary who may be able to offer the item OR the option of a signed Prescription to take away.

Repeats can be requested Via the Prescription Box at the practice, Via the Repeat Prescription Line, Dispensary Window & Online.

---

## 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 the last 48 hours. Patients are seen in turn by the duty GP. Requests for on the day appointments are for these reasons only. Routine/Non-Urgent matter 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 their 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. Please book longer appointments if more needs to be discussed and remember that some procedures require more time than others, therefore decreasing the availability choice and which member of staff can provide the service required.

---

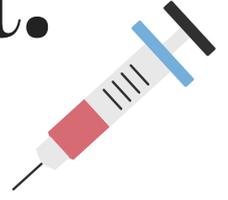
## Out of Hours Care?



Needing Advice when the surgery is closed? Cannington Health Centre offers care Monday-Friday 8am-6:30PM and when we aren't open remember 111 are there to help - a simple call can advise the correct level of care your condition may need.

# Surgery News Cont.

## Flu Clinic News



Those who attend the surgery more frequently will see we have now started our Flu Vaccination Clinics. Due to popular demand we are regularly adding new clinic dates to our electronic diary system to meet the needs of our patients. Some of these clinics have been in the evening - as part of our Improved Access service. Please contact Reception for the next available clinic date.

You can also request a Flu Jab when attending your routine GP or Practice Nurse Appointment - Just ask the clinical team member you are seeing.



Wondering if you are eligible  
for any of the following?



**Flu Vaccine** - The surgery are able to administer the vaccine to both adults & children. Children will receive the vaccination via a Nasal Spray, whilst adults receive the yearly vaccination via injection. If you are Over 65 it is recommended you have a Flu Injection, Under 65 & have a medical condition, Pregnant, Children, Live in residential/nursing care, Care for someone or ALL Front Line Health & Social Care Workers.

**Shingle Vaccine** - To be eligible for the Shingle Vaccination an invitation will be sent on/around your birthday month if you are aged between 70-76 years old and 78/79 years old. Those born after September 2nd 1942 or are 77 years old, will become eligible on your 78th Birthday. Please contact the surgery to book in for the one time - single dose vaccine. Even if you've had a previous shingles episode it is still thoroughly recommended & can be given any time of the year.

**Pneumonia Vaccine** - Only those considered 'high risk' need the Pneumo Jab. Babies, Over 65 & children + adults with long-term health conditions such as heart & kidney conditions.



# Surgery News Cont.

## Searching for Winter Sun?

Escaping the bitter winter? In search of warmer weather? Please ensure you seek advice at least 8-12 weeks before you depart. A travel health form needs to be collected from the surgery reception, completed and returned before an appointment can be made.

Please bear in mind that whilst we will do our very best to accommodate you - we may not have the appointment availability you require to provide those vaccinations needed for your winter escape.



There may even be a charge for some vaccines required as this is considered a private service.

---

## Awaiting Results?



## Parking!

All tests vary in the length of time it may take for them to return.

You are the best person to check your results. Please don't just rely on the surgery to contact you.

When test results are received, a Dr is needed to oversee them before filling in your patient records with a suggested plan of care. This could be to allocate you a follow up appointment - OR there may be no need for further action.

It is best to phone the surgery for results in the afternoon when the Reception Team are less busy.

When attending our surgery please remember to park considerately.

We have had a number of bumps and scrapes in our car park & unfortunately people aren't coming forward to notify us of their accident.

If you do bump a vehicle, please ensure you notify one of our friendly receptionists who will do their best to locate the owner of the other vehicle.



# Surgery News Cont.

## Tips for Self-Care;

Stress Awareness Day - 7th November

We all under-go stressful situations in life, whether it be in the work place OR at home. It's important to remember (especially as Winter creeps in) to take care of ourselves too. Follow a few simple tips to make those tough moments a little easier.

- Ensure you get a good nights rest - Try a warm soak in the bath, milky drink before bed OR swapping the tech for a new book.
- Turn to exercise - A simple walk can do wonders to clear the mind, just remember to wrap up warm.
- Learn to say No. Don't tire yourself out by trying to please all.
- Look at your Diet - try in include fruits rich in Vitamin C, Omega-3 - found in Salmon and reduce your caffeine in-take.

---

## Norovirus

It's that time of year where we see cases of Norovirus on the rise.

Remember to wash hands thoroughly with warm water and soap and avoid close contact with someone who has the bug. Stay off work/school for 48 hours after symptoms have stopped.

---

## Stogursey Surgery

We would like to remind patients we still offer the weekly surgery at Stogursey for those unable to attend the practice in Cannington. This is run by Dr Craig Bobbett.

## Hearing Aids

Whilst the surgery is able to provide Hearing Aid Batteries to those patients that require them - please note our practice staff can only do so if you have your brown battery book with you.

---

## Carers Advice

Struggling with Caring for a loved one? Needing to find out what support you are entitled to? We have Beccy Foster as our acting Carers Champion who is available via in-person, phone or email.



# Surgery News Cont.



## Staying Safe This Winter

---

The majority of injuries this winter will be due to the result of falls from slippery surfaces. It's best to keep your property free from snow and ice. Use salt to reduce slipping and take care of those less stable with their walking and balance. Take care on untreated surfaces when out and about, whether it's on foot OR on the roads. Not all councils provide a gritting service and cleared surfaces can still remain icy. Keep snow and ice removal to short bursts and ensure you are wrapped up and avoid straining.

---

Winter Temperatures are bitter for the healthiest of us. Take care of the elderly and those with health conditions by offering to run errands for them, assisting them to appointments and ensuring they are able to keep warm with adequate heating, appropriate layers of clothing and a supply of nutritious food. Start the day with a hearty breakfast and ensure you have at least one home cooked (warm) meal each day.

---

The Bridgwater Bay Health Federation have produced an information leaflet 'Preparing for difficulties' which you can find in the waiting room. This leaflet has been designed for you to be prepared and plan ahead. On the back of the leaflet there is space for you to record details of people to contact should you be taken ill. Please help yourself to one and once completed ensure that you leave it in a prominent place, where it can be found easily by your friends and family.

---



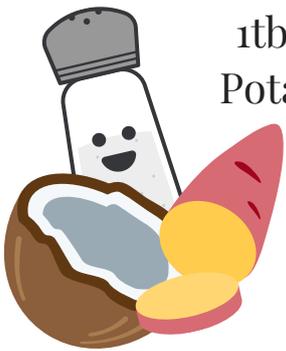
Needing a little Dietary Inspiration this Winter? Why not try a bowl of Lucy's warming Sweet Potato & Coconut Soup - found on the following page. The perfect excuse to dust off the Soup Maker at the back of the Kitchen cupboard.



# Sweet Potato & Coconut Soup

## Ingredients

1tbsp Coconut Oil | 1 Onion | 1 Clove of Garlic | 800g Sweet Potato | 1 Pointed Red Pepper | 1.5l Chilli Sauce | 2tbsp Fresh Coriander | Salt & Pepper



## Recipe

Heat 1tbsp of Coconut Oil in a large pan, add the peeled and finely chopped onion and garlic and fry until it just begins to soften.

Add the peeled and chopped sweet potato and sliced pepper (always cheat and buy your sweet potato pre-chopped fresh/frozen – Lucy won't tell)

Pour in the vegetable stock – We suggest using a Stock Cube to make your stock, followed by your sweet chilli sauce & bring to the boil before covering & simmering for 25 minutes.

Blend until smooth – hand-held blenders work well for soups

Heat through again until piping hot and stir in 2tbsp of freshly chopped coriander

Season to taste with Salt & Pepper

Divide between 4 bowls and serve with fresh, crusty bread!