



Spring 2008 Newsletter

Issue 6

March, 2008

Welcome to the spring edition of our quarterly Newsletter.

If you have any comments concerning our practice, the contents of this newsletter, or ideas for future issues, please let us know.

Tel: 01335 343784

Inside this issue:

Staff News	1
Patient Survey Results	1
Keep Healthy	2
Healthy Eating	2
Smoking Awareness Day	2

Staff News



Welcome to **Carole Hillier**, who some of you may already have met on Reception. Carole joined our team in October 2007.

Congratulations to our Practice Nurse, **Dawn Mansfield**, whose special interest in diabetes care has helped her to win the Lilly Abracadabra 2008 Diabetes Award for her work on a diabetes prevention project – “Why Weight?”. Dawn feels that most people with this diagnosis fail to take the condition seriously, and many could prevent or delay the onset of Type 2 diabetes by taking such steps as reducing weight, increasing activity levels, eating a varied, low fat, reduced sugar diet, reducing alcohol intake and stopping smoking. We are very pleased that her hard work has been recognized in this way.

Since September last year, we have had two specialist GP Registrars working at the practice, each for a period of four months; they are fully qualified doctors with a limited experience of General Practice. **Dr Summer Al-Rawi** finished in December, and is looking forward to coming back for her final year in August 2009, and currently we have **Dr Lucy Cowdrey**, who is with us until April. We will then have **Dr Lydia Jones** from April to August.

In August, **Dr Helen Maxwell-Jones** will be joining the Practice for her final year as a GP specialist Registrar.

We value the new ideas and enthusiasm of these young doctors and we appreciate your continued support in training future GPs.

Dr Harminder Birdi, who was our specialist Registrar last year, now has her MRCP, and we have enjoyed her occasional visits back to Ashbourne to help us with locum work.

Patient Survey Results



Thank you to all those patients who filled in our latest patient survey, especially those who took time to give their comments. We are very pleased with the results and overall our scores are above the national average. The results have also improved compared to the previous year. We will be discussing the results with our patient participation group and making a plan to improve those areas that have been highlighted. For example, time spent waiting to see the GP was still a frustration for some patients. We are aware of this and are looking at adding more catch up time during the GP surgeries. However, in order to run to time we urge patients not to expect their GP to deal with more than one or two problems during a ten minute appointment.

Building News

The land has now been purchased for the new Health Centre and Hospital, and work has been in progress to strip the site and remove the Japanese Knotweed. The exact start and finish dates for the build itself are still uncertain, but we are hopeful that it will be completed by the end of 2010.



Keeping Healthy

Like many people you may have made a New Year resolution to lose weight, improve your diet and increase your amount of exercise.

Being a healthy weight significantly reduces your risk of developing diabetes, heart disease and strokes and certain cancers. You are also less likely to have back and joint problems, breathlessness and difficulty sleeping.

If you want to lose weight, it is best to do it sensibly and safely in a way that can be maintained. If you have a lot of weight to lose or long term health conditions ask your GP or practice nurse for advice.

Here are some ideas to keep you motivated!

- Not only does exercise improve muscle tone and help you to maintain your ideal weight, it can also give you more energy, better immunity (defenses) to fight off infections and improve your mental well-being and self-esteem.
- It is recommended to do at least 30 minutes of exercise five times a week. This doesn't need to be especially vigorous, walking, gardening and housework can all contribute to your 30 minutes. The idea of exercising outdoors can be unappealing at this time of the year, so you could try renting or buying an exercise video or attending one of the classes at the local leisure centre.
- If you are not used to exercise, take things slowly and don't overdo it. Always warm up before you start, either by a brisk walk or stretching exercises.
- Exercise on prescription is available at Ashbourne Leisure centre for certain patients, please ask your GP for details.

Healthy Eating



- Try to eat more fruit and vegetables. Both adults and children should eat at least 5 portions of fruit and veg a day.
- Eat at least two portions of fish a week, one of which should be oily fish.
- Reduce fat and sugar intake by choosing leaner cuts of meat and lower fat varieties of food. Try sweetening dishes with dried or fresh fruit instead of sugar and only eating sugary foods as a treat.

- You should consume no more than 6g of salt a day, less for children. Choose foods with 'reduced salt' or 'no added salt' and avoid processed food. Try adding other seasonings, such as herbs, spices, garlic and lemon juice to food instead. Sodium content, rather than salt, is usually listed on the nutritional information of most foods. A lot of salt is more than 1.25g (0.5g sodium) per 100g.
- Eat a healthy Breakfast! Evidence suggests that eating breakfast increases your concentration and productivity, and people who eat breakfast tend to be healthier than those who do not.

Smoking Awareness Day



You may have heard that March 12th was national smoking awareness day, stopping smoking is the single best thing you can do to improve your health, and the health of your family.

Although you may enjoy smoking, there are so many positives from being a non-smoker: Most importantly you will reduce your risk of developing at least 50 conditions directly related to smoking. These include lung cancer, heart disease, and respiratory and digestive problems. Smoking can also cause problems with fertility. You will also feel much fitter and be able to enjoy sports and physical activity. You will enjoy the taste of food more, your looks will improve and you will save money.

As soon as you quit smoking, you will start to see the benefits. Much of the damage done to your health will gradually be repaired.

For FREE local support to stop smoking call Derbyshire County Stop Smoking Service on 0800 085 22 99. There is a clinic held at Ashbourne Health Centre by Mary De Ville.

**Don't forget that we now have
our own website
www.ashbournehealthcentre.co.uk
where you will find information about
our practice, useful phone numbers
and the facility to order your repeat
prescriptions on-line.**