

# Rowhedge & University Medical Practice Newsletter

Winter 2017

## *Surgery News:*



The winter period is a very busy time of year for the surgery. Not only does the acute infection level rise, so demand for appointments increase, but there is significant workload involved in arranging Flu, Pneumonia and Shingles vaccines for those patients entitled to it; and mass vaccination of our new students for Meningitis and Measles, Mumps and Rubella.

In October the surgery registered in excess of 2,600 new university students. We are very proud to have improved what is known as “Herd immunity” for our population, which will help reduce disease burden for our patients and potentially save lives.



In the autumn, our surgery was awarded the Gold Standard Framework award for excellence in Palliative Care. Dr Richardson is the lead for Palliative Care in the surgery and we are very proud to have the

achievements of our team recognised.

## *Contents:*

**Surgery News**

**Staff Changes**

**Surgery Hours over Xmas**

**Ooh Matron...**

**Community News**

**Thought for the day**

**Waiting Room Games**

## *Medication Over The Holiday Period:*

Don't forget to order your repeat medication in time. This is a busy time of year for everyone and with the Bank Holidays falling after a weekend then there is extended closure of the surgery and dispensary, so please plan ahead.

Ensure your home medicine cabinet is sensibly stocked with simple items such as pain relief, indigestion remedies and Calpol/Nurofen syrup if you have children.

## ***Staff Changes:***

The surgery is delighted to have welcomed our new salaried GP, Dr Jamal Sijanivandi to the surgery. Dr Jamal is a very experienced GP. He trained in Sweden, and has worked in the UK for many years. He has worked within the area for the last 12 years, in practices in Frinton, Clacton and Dovercourt. He has gained a huge amount of experience working with the elderly community and has additional qualifications in diabetes.

## ***Christmas/New Year Surgery Hours:***

Both surgeries will be open normal working hours over the festive period with the exception of the following closures:

### **Both surgeries closed:**

Christmas Day 25<sup>th</sup> December

Boxing Day 26<sup>th</sup> December

New Years Day 1<sup>st</sup> January

### **University Health Centre closed:**

From 12.30pm Thursday 21<sup>st</sup> December

From 12.30pm Friday 22<sup>nd</sup> December



## *Ooh Matron...*

I hope by now those that are entitled to it have had their flu jabs. These are given free on the NHS by the surgery if you are over 65 or if you have a chronic condition such as Diabetes, COPD, heart disease, asthma (on inhaled steroids) and some other conditions. If in doubt, please ask at reception. Children are having nasal flu vaccine either at school or the surgery. It is also worth enquiring if you are entitled to an injection against certain types of pneumonia. For adults it is one injection and unless you are without a spleen should last a life time.

Many of you will catch a cold this winter, it is estimated that the average adult will get three colds a year. They make you feel absolutely miserable. Some of you will get flu, both are viral infections and antibiotics won't help.

A cold starts usually with a sore throat and sneezing. If comes on slower than flu, this is usually followed by a blocked nose, excessive amounts of nasal mucus, which in turn causes a headache and can cause earache and as patients often say 'It then goes to my chest.' The cough, worse usually at night because you're laying down and a total lack of motivation to do anything. This can last up to 2 weeks and even then you'll feel better but the cough can go on for longer.

Flu comes on quickly. You can feel OK in the morning but by the afternoon you feel very unwell with a high temperature, headache, shivers and feel as if you've been hit by a steam train, every muscle aches. A lot of people who have had flu say it is difficult even to get their head off of the pillow. Flu is not a bad cold it is a lot more severe.

Please go to or send someone to your local chemist. Paracetamol (for the aches) or proprietary remedies for 'colds and flu'. Fluids, hot honey and lemon, rest, sleep. Cover your nose and mouth when sneezing or coughing. Invest in tissues and remember please wash your hands frequently. Smokers – please try and not smoke in fact GIVE UP.

You will feel unwell and tired and the majority of the population do not need to see the doctor or nurse unless of course you are in a vulnerable category due to other conditions. If in doubt speak to a chemist or ask for a telephone appointment with the nurse practitioner. Also for these and other conditions always remember the NHS website [www.nhs.uk](http://www.nhs.uk) has some great information.

On a more cheerful note you will blink and spring will be here before you know it.  
Stay warm and well.

Matron

## Community News:

In this section of our newsletter we would like to promote events and groups that occur within our neighbourhood that our patients may be interested in.

*Disclaimer: Please note that the surgery cannot be seen to be endorsing any groups to which patients have to pay a fee, however, as a community surgery we would like to make patients aware of opportunities that may enhance physical and emotional well-being to our patients.*

There are so many activities that can benefit health, and they don't have to be of a cardio-vascular nature or involve wearing lycra!

If you are aware of any activities that you feel would benefit our community then please let the surgery know so that we can share this information. Health benefits come from socialising, from music, from being with like-minded people and from friendship.



### Rowhedge Activities:

<b>Monday: Pilates</b>	5.45-6.45pm	Village Hall, Rowhedge
<b>Monday: Yoga</b>	7-8pm	Village Hall, Rowhedge
<b>Monday: Raw Chorus</b>	8.15-9.45pm	Village Hall, Rowhedge
<b>Tuesday: Toddler Group</b>	9.45-11.45am	Mariner's Chapel, Rowhedge
<b>Tuesday: Walking Football,</b>	6pm	Recreation Ground, Rowhedge
<b>Wednesday: Under 3's Group</b>	10am -12pm	Village Hall, Rowhedge
<b>Wednesday: Youth Club,</b>	7pm	Village Hall, Rowhedge
<b>Wednesday: Gentle Yoga</b>	5pm	Village Hall, Rowhedge
<b>Thursday: Yoga</b>	7pm	Village Hall, Rowhedge

### **Fingringhoe Activities:**

<b>Monday: Badminton</b>	in the evening	Village Hall, Fingringhoe
<b>Daily: Dog walkers meet</b>	8-8.30am	Corner of Freer Way, Ferry Road
<b>Tuesday: WI monthly meeting</b>		Village Hall

If you would like to contribute to our newsletter, or share details of a community group, then please contact the surgery on:

*Disclaimer: Please note that the surgery cannot be seen to be endorsing any groups to which patients have to pay a fee, however, as a community surgery we would like to make patients aware of opportunities that may enhance physical and emotional well-being to our patients.*

### ***Thought Of The Day:***

**“We learn from failure, not from success!” -  
Bram Stoker**

## Waiting Room Games:

### Christmas Word Search

T	F	S	P	O	I	N	S	E	T	T	I	A	F	N
I	Z	T	W	I	P	K	Z	B	I	E	N	N	C	A
U	Z	K	D	E	L	S	A	D	S	T	H	G	I	L
I	D	F	I	Q	A	F	J	F	X	O	T	G	N	N
C	W	E	D	R	S	N	V	E	V	Z	R	J	C	R
D	B	C	C	E	E	A	E	K	J	N	B	K	S	G
L	P	E	Q	E	Z	I	M	J	X	N	W	A	J	R
Z	N	F	L	E	M	I	N	T	F	V	R	I	N	E
V	J	Q	A	O	O	B	B	D	S	J	C	C	U	E
V	N	K	L	N	P	T	E	J	E	I	A	P	J	T
K	P	W	Q	T	E	H	W	R	P	E	R	W	E	I
D	S	N	T	M	I	T	T	E	N	S	R	H	S	N
C	U	C	E	X	W	Z	K	R	J	O	Y	G	C	G
L	X	A	L	E	G	N	A	U	O	Y	Q	D	J	S
F	Z	Y	L	I	M	A	F	Z	Z	N	E	V	P	B

ANGEL  
CHRISTMAS  
DECEMBER  
FAMILY

GREETINGS  
JOY  
LIGHTS  
MITTENS

NORTHPOLE  
POINSETTIA  
REINDEER  
SLED



