



WINTER NEWSLETTER

22 December 2011

RAMSEY HEALTH CENTRE

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PLEASE PLEASE PLEASE

All this medication was returned to us within a four week period.

Please only order the medication you require. If you do not take certain medication on a regular basis, please only order it when you need it, this will avoid waste and save the NHS a considerable amount of money.

We are unable to re-use any medication that has left the building even if it is unopened'

Thank you for your co-operation.



Considerate Parking



There have been a number of incidents in our car park in the last few weeks where cars of both patients and staff have been damaged. Fortunately, the majority of offenders have been responsible and have swapped insurance details with the owners of the damaged cars.

However, there has been

one incident where a car has been damaged and the offending driver drove off without leaving their details, not a very responsible thing to do.

We have a very limited number of car parking spaces available and I would urge drivers to park sensibly and considerately within the designated

spaces and to please not park in the disabled parking spaces if they do not have a blue badge.

I would remind everyone that cars and belongings in the car park are left entirely at the owners' risk.

Cherry Gibson

Practice Manager

When should I worry? - <http://www.whenshouldiworry.com/booklet-final.pdf>

Having an ill child can be a very scary experience for parents. If you understand more about the illness it can help you feel more in control.

There is a booklet available for parents to download (<http://www.whenshouldiworry.com/booklet-final.pdf>), which deals with common infections in children who are normally healthy. It is not meant for children who have ongoing health problems such as asthma, heart or kidney problems.

You should not rely on the advice in the leaflet for children who are less than 6 months old.

When should I worry?

Your guide to Coughs,
Colds, Earache & Sore
Throats



Patient Partnership Group (PPG)

In recent years, GP practices across the country have benefited enormously from having PPGs involved in the life of the surgery.

Surgery groups are not there to deal with complaints (there are policies already in place for that), but rather to enhance the services offered by the surgery and provide feedback to the surgery on patients' views. Each group is independent of another, but in Huntingdonshire they meet together quarterly to share ideas and experiences that will benefit local patients.

PPG activities vary from group to group. Some are 'fundraisers' and purchase equipment for their surgeries, whilst other

organize social events, or training courses aimed at helping specific groups of patients such as diabetics. Some surgeries use PPGs as 'Focus Groups' to see whether a change in services would be acceptable to their patients.



Our PPG was formed just over 12 months ago and is chaired by Carole Broom. We

have a group of approximately 17 people who meet here at Ramsey Health Centre. We invite patients, young and old, new and longstanding, to join our PPG. It is an ideal forum to influence the direction of your Practice!

If you are interested in joining please speak with any member of staff or write to: Carole Broom, Chair RHC PPG, c/o Ramsey Health Centre and we will pass your details on.

Pneumococcal vaccine

Pneumonia is an infection in your lungs. It can be very serious, especially if you are older or in poor health. So, for some groups of people, doctors recommend vaccination to help prevent it.

The pneumococcal vaccine is designed to protect against the most common type of pneumonia. The bacteria in the vaccine are dead and can't harm you. The pneumococcal vaccine can't give you pneumonia or any other illness, although your arm may be a little sore

where you have the injection.

As a side effect, a few people get a temperature and joint or muscle pain.

You only need the pneumococcal vaccine once.

Vaccination is recommended if:

- You are aged 65 or older
- You have a long term illness, such as diabetes, heart disease, kidney disease, liver disease,

sickle cell disease or a problem with your spleen.



Your top Five tips for keeping WARM and WELL

1. Heat your home well. By setting your heating to the right temperature, 21°C during the day and 18°C at night, you can keep your home warm and your bills as low as possible.

2. Get financial support. There are grants, benefits and sources of advice available to make your home more energy efficient, improve your heating or help with bills. It's worthwhile claiming all the benefits you are entitled to.

3. Eat Well. Food is a vital source of energy, which helps to keep your body warm. Try to make sure that you have hot meals and drinks regularly throughout the day.

4. Look after yourself. Keeping active is important for your health. But if you do go out in cold weather it is important that you wear extra clothes to make sure that you wrap up warmly. During very cold and icy weather conditions it is safer for older people, very young children and anyone with health problems to avoid going out

5. Look after your family and neighbours. If you have an older relative or neighbour look out for them during winter to ensure that they are well, warm and able to have hot meals and drinks.

Further information about how to heat your home can be found on the home heat helpline website at www.homeheathelpline.org.uk or call 0800 336699



Keep
Warm



Keep
Well

Hospital Referrals

Your GP dictates your referral for our Practice Secretaries to type and process. If you are being referred to the hospital please let the Doctor know the following:

1. Your choice of Hospital
2. Any holiday dates or other unavailable dates.
3. Ensure we have up to date contact numbers for you so the hospital

can get in touch with you easily.



4. Whether you would like us to book the first available appointment for you or whether you prefer to make the arrangements yourself.

Our Practice Secretaries are:

Julia Rolt
Sophie Crossfield

GP CARERS SERVICES PRESCRIPTION

This is a free service available to any Carer who spends a significant proportion of their life providing unpaid support to family or potentially friends. This could be caring for a relative, partner or friend who is ill, frail, disabled or has a mental health or substance misuse problem.

The Prescription will give you access

to a specialist worker at Crossroads Care Cambridgeshire who will discuss the many options available to you. That may be:

- Information and advice regarding your caring situation
- A short break that works for you, you will help decide what gives you a break.
- Consider options for longer

term support.

If you think you may qualify for a prescription, see your doctor and briefly explain your circumstances. If they think that you may be eligible they will issue you with a Prescription which you can take away and you contact Crossroads Care Cambridgeshire within 28 days.

RAMSEY HEALTH CENTRE

Please cut out the handy contact details and keep them to hand. Cards with this information on can be collected from the Reception Desk.

TEL: 01487 812611

Ramsey Health Centre

Mews Close, Ramsey, Huntingdon, PE26 1BP

Phone: 01487 812611, Fax: 01487 711801

E-mail address: Ramsey.health-centre@nhs.net

Web site: www.ramseyhealthcentre.co.uk

Opening Times

Monday	8.00am to 6.00pm
Tuesday	8.00am to 8.00pm (dispensary till 6pm)
Wednesday	8.00am to 6.00pm
Thursday	8.00am to 6.00pm
Friday	8.00am to 6.00pm

Appointment Cancellation Text Number: 0790 779 4417

We're on the Web!

www.ramseyhealthcentre.co.uk



Save a life — Give blood

To book an appointment

Visit: www.blood.co.uk or Call: 0300 123 23 23

WALKING FOR HEALTH — Linda Levi

I became aware of Health Walks when moving into this area some years ago. Popping into the Information Centre in Ramsey I saw that there was a leaflet about local health walks in the area.

Deciding it would be a good idea to come along and meet some new people, get to know the local area with the added benefit of feeling better and being out in the open air I joined up.

Turning up for the first walk a short health questionnaire needed filling in before being briefed by the Health Walk Leaders of where we were going, duration of walk and any dangers to look out for!. An added bonus was after the walk all going to a nearby tea room for a well deserved cup of tea and a chat.

I have now been walking for the past couple of years and have become a volunteer walk leader, which encompasses training in health walks and first aid.

I can recommend these walks to all. Not only is it a lovely way to see the countryside – in all seasons! – it is also a great way to meet new people and make friends whilst reaping the benefits of feeling healthier.

Regular walks take place on Monday and Thursday afternoons starting at 2pm lasting for 45 minutes to an hour usually meeting outside the new library in Great Whyte. A brochure is produced that lists all of the walks and can be collected from the library and this surgery.

There is also a number of short (green) health walks which have proven to be very popular with Ramsey walkers since they began in January 2011. Since then the group meets once a month to follow paths around the village to help improve health. The walks last about 20-30 minutes and are the perfect way to get into a regular exercise regime.

For further information on the health

walks scheme call Rachel Tucker on 01480 387047 or email:

Rachel.Tucker@huntingdonshire.gov.uk
or visit www.huntingdonshire.gov.uk/healthwalks.

Huntingdonshire Health Walks Scheme is part of the national initiative "Walking for Health" run by the District Council's Sport and Active Lifestyles Team in partnership with the Cambridgeshire NHS. It is also supported by Change4Life; helping families to get fit and healthy.

