

BEECHWOOD MEDICAL PRACTICE

NEWSLETTER—SPRING 2017



EASTER CLOSING and REPEAT PRESCRIPTIONS

Please note that the practice will be closed as follows during the Easter period:
Friday 14 April, Saturday 15 April, Sunday 16 April and Monday 17 April

The last day for ordering prescriptions will be **Tuesday 11 April**. If ordered that day, your prescription will be ready for collection on Thursday 13 April, after 2pm

HELLO FROM THE NEW PATIENT CHAMPION Denise Williams



In a bid to increase efficiency and share best practice, GP practices have begun to work more collaboratively in a variety of ways.

One such initiative is the recruitment of a Patient Champion to work in six east GP practices: Air Balloon Surgery, Beechwood Medical Practice, Fishponds Family Practice, Lodgeside Surgery, Old School Surgery and St George Health Centre.

This is a new and exciting role, and I feel privileged to have been given this opportunity, but what does a Patient Champion do I hear you ask?

- Ensure that up to date information about **free** non-clinical services is readily available for all
- Review practice leaflets, newsletters and websites
- Refresh noticeboards and leaflet stands
- Update television screens in the waiting room
- Attend Patient Participation Groups where I hope to meet some of you
- Conduct surveys to find out how we are doing.
- Connect with the local voluntary sector and community groups

This gives you a flavour of what I will be doing, but as with many new roles, I'm sure it will evolve. It feels like there's lots to do, particularly as I will only be spending half a day a week in each practice, but I hope to rise to the challenge in true champ style!

TEAM NEWS



We are very happy to welcome Dr Hannah MacIntosh back to the practice after her period of maternity leave.

We will be sorry to say goodbye to Dr Elizabeth Ormerod who finishes her six month maternity locum cover for Dr Dadoo on 30th March.



NHS Services Over Easter

NHS 111 if you need medical help fast, but not life threatening or to speak to an out of hours GP urgently

Minor Injuries Unit (Yate) for treatment of minor injuries

A & E for serious and life threatening emergencies only

SPRING HEALTH CAMPAIGNS

April is National Awareness Month for Prostate Cancer and Ovarian Cancer. Please take a few minutes to read the following information about the signs and symptoms and if you have any concerns, please make an appointment.

Prostate Cancer

Many men's prostate get larger as they get older due to a non-cancerous condition known as prostate enlargement or benign prostatic hyperplasia.

Symptoms can include:

- Needing to urinate more frequently, often during the night
- Needing to rush to the toilet
- Difficulty in starting to pee (hesitancy)
- Straining or taking a long time while urinating
- Weak flow
- Feeling that your bladder has not emptied fully

Ovarian Cancer

The most common symptoms of ovarian cancer are:

- A swollen tummy
- Feeling constantly bloated
- Discomfort in your tummy or pelvic area
- Feeling full quickly when eating or loss of appetite
- Needing to pee more often or more urgently than normal

Vegetable Soup—an easy way to kickstart your 10 a day

- ½ tbsp vegetable oil
- 1 medium onion, sliced
- 2 small carrots, sliced
- 3 celery sticks, sliced
- 1 tin chopped tomatoes
- 80g green beans
- 1½ tbsp tomato purée
- 1 leek, sliced
- 80g frozen peas
- 50g dried whole-wheat pasta
- 1 litre boiling water
- pepper to taste
- 1½ tsp dried herbs



1. Heat the oil in a large pan, add the onions, carrots, leeks and celery, and fry until sizzling. Lower the heat, cover and cook gently for five minutes, stirring if needed.

2. Add the tin of tomatoes, water, tomato purée, green beans and frozen peas. Raise the heat to maximum. Bring to the boil and add the pasta, herbs and pepper.

3. Lower the heat and simmer for 15 minutes or until the pasta is cooked, stirring frequently to make sure the pasta doesn't stick.

Smokers—did you know that over 80% of cigarette smoke is invisible and odourless. So no matter how careful you think you're being, your family still breathes in more harmful chemicals that you think. This puts your children at risk of serious illness, including meningitis, cancer, bronchitis and pneumonia.



Do you have money problems?



Talking Money is a charity providing free advice, support and information about debt, benefits, energy and more. To find out more see:

www.talkingmoney.org.uk or call **0800 121 4511** or **0117 954 3990** between 9.30am and 5pm on weekdays and an adviser will call you back.