

## Active Body, Active Mind

### Garden Share

*-do you dream about having a small patch of land for growing your own vegetables, fruit or flowers?* **OR**

*-do you have an unused corner of garden that you would be happy to share with a grower?*

*If you are interested then please call Mary on **0117 9862257***

### Fit for Charity

*Angela Harris, Penny Nettelfield and Rachel Chubbuck, all from our nursing staff are preparing themselves for The Race for Life on 6<sup>th</sup> June 2010.*

*In May Dr Woodward is taking on another cycling challenge in support of MacMillan Cancer. This is due to take place in the Scottish Highlands.*

*And Dr Davidson has entered for the London Marathon this year.*

*"I last ran the London Marathon in 2005. On the back of the T-shirt it said **"Never again – until the next time"**. I must admit I felt quite beaten up after the run and decided I would never do it again. It seems that it takes about five years for that painful memory to fade and I have signed up to do it again on 25<sup>th</sup> April this year. I have decided to run on behalf of Barnardo's, as I did last time. I think they are a great charity and do fantastic things for children.*

*Whatever the issue, from drug misuse to disability; youth crime to mental health; sexual abuse to domestic violence; poverty to homelessness; Barnardo's believes they can bring out the best in every child. They run almost 400 local projects around the U.K., working directly with over 100,000 children, young people and their families every year.*

*If you would like to sponsor me and help raise money for Barnardo's please complete the form at reception in Keynsham and Saltford Surgeries from 25<sup>th</sup> March 2010 onwards or log on to [www.justgiving.com/robin-davidson](http://www.justgiving.com/robin-davidson)*

*I am not sure that running marathons is actually very good for you but I am sure exercise is – **especially if you want to lose weight**. I noticed that the best advice at the moment is to do 45-60 minutes of exercise five times a week. This should be the sort of activity that makes you breathe faster and feel hot and can sometimes be as simple as brisk walking. You can do it in five or six short sessions during*

*the day of about ten minutes each; build up to it over three to four weeks".*

*Dr Robin Davidson*

### Were you SAD this winter?

With spring just around the corner, now is a good time to reflect back on winter. When the days are short many people feel low in mood or sluggish and others find it difficult to focus on work or relationships. If this applies to you, you may have Seasonal Affective Disorder (SAD) – a form of depression linked to the lack of sunlight in winter. If you think this may apply to you or to a loved one, what can you do about it?

Light therapy has been shown to be effective in several studies. Ordinary lights don't work; you need a SAD light that gives out 10,000 Lux. Using it for 30 minutes each day has been shown to be as effective as a daily Prozac 20mg capsule for SAD. SAD lights are sold by several companies and typically cost £100 to £200. Lumie ([www.Lumie.com](http://www.Lumie.com)) are the UK's biggest suppliers of SAD lights.

Exercise has also been shown to be effective for many types of low mood and is free. In winter it is difficult to garden, run or cycle so it may be better to think about brisk walks or swimming.

There is an excellent book on the subject, *Winter Blues* by Norman Rosenthal. Any of the doctors at the surgery would be very happy to discuss SAD with you.

### Surgery Information

To save wasting your own time and that of the doctor, following any sort of test or x-ray please be sure to call the surgery to find out if your results are back before making a return appointment to discuss with a doctor.

Please may we also request that samples of any description are brought in to reception either in Keynsham or Saltford by 12 noon. They are collected by the hospital courier for delivery to the laboratory shortly after this time.

Commencing 1<sup>st</sup> April 2010 the new telephone number for an Out of Hours GP will be  
**0300 1115717**

This line will be open 6pm to 8am weekdays and weekends and Bank Holidays (24/7).

### GP Patient (Quarterly) Survey

This survey is part of the Government commitment to make the NHS more responsive to patients' needs. Providing more patient feedback information will help the NHS to support general practice in providing services that are responsive to their patients' needs. A random sample of patients will be drawn by the Department of Health and taking part in the survey is entirely voluntary.

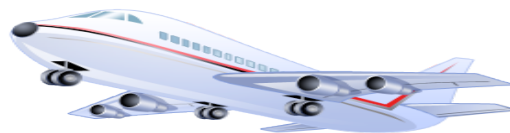
The survey covers a similar range of "core" topics as the 2008/09 survey such as:

- Getting through on the phone
- Accessing GP Appointments
- Practice Opening Hours

### Did you know?

- Appointments are made up of 60/40% pre-bookable and same day slots although this is constantly being reviewed.
- Extended hours at Keynsham Surgery are Monday evenings and Saturday mornings which are for **routine** pre bookable appointments. Something those of you in full-time employment might find useful.
- You can order repeat prescriptions by visiting the surgery, by telephone or on-line (you will need to register to do this)
- The telephone system has been designed to help you get through to the person who can help you the best in the quickest and most efficient way. The options are :-
  1. To cancel an appointment
  2. For test results
  3. Request repeat prescriptions
  4. Medical Secretaries
  5. Reception-make an appointment, arrange a home visit or any other enquiry.
- For anyone thinking of giving up smoking there is help available at the surgery – just make an appointment to see Cheryl. Packs are also available from reception.
- Most days there are minor illness clinics run by two of our senior nurses. These

are for such problems as asthma, tonsillitis, diarrhoea & vomiting, earache, hay fever, sinusitis. Also minor accidents, infected wounds, cuts, acne, skin rashes and the morning after pill. If a prescription is needed they can arrange this or if they feel it necessary they are able to pass you straight to a doctor.



**Summer is on the way!** – Travel Vaccinations are recommended (or mandatory) for most countries apart from those in Western Europe or North America, Australia, New Zealand and Japan. To check out the country you are planning to visit look at [www.fitfortravel.nhs.uk](http://www.fitfortravel.nhs.uk). Vaccinations against diphtheria, polio, tetanus, hepatitis A, typhoid and yellow fever are available at St Augustine's Surgery. It is advisable to make an appointment with the practice nurse about six weeks before your holiday. If you will be travelling for more than a month, courses of extra vaccinations, available only at a specialist travel clinic, might be recommended so make an appointment to discuss these at least three months before you travel.

Yellow Fever vaccination is recommended when visiting many countries in South America and Africa. St Augustine's is a registered Yellow Fever Centre.

Malaria advice is available on the surgery website [www.st-augustinesurgery.co.uk](http://www.st-augustinesurgery.co.uk) click on clinics/services. Anti-malaria tablets and anti-mosquito sprays are strongly recommended for use in malarious areas. Maps showing the spread of malaria in each country can be viewed on the Fit For Travel website.

### How can you help us?

If you are unable to keep your appointment please contact the surgery and let us know so that it can be reallocated to someone else.

If you move house please remember to ask the receptionist to update your records with your new address and telephone numbers. If you have a mobile telephone you may wish to let us have this number for your records also.

## Comings and Goings

Welcome back to Dr Martin Blackwell after his Sabbatical and Congratulations to Andrew Buswell and Wendy Summers two previous counsellors at the practice, who celebrated the birth of their second daughter in February.

If anyone has any topic they would like to see covered in subsequent newsletters please contact Kathy Collier on the main surgery number option 4.