

# NEWSLETTER

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Please note that we have a new telephone number for appointments

**845731**

Should be used where possible for appointment requests.

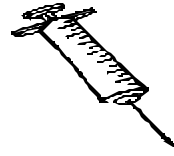
**THANK YOU**

Thank you all for your support over the recent months since our move into our smart new premises. We hope you all agree that this is a huge improvement over the cramped conditions in the Health Centre.

Thank you too for all the cards and messages of good luck in our "New Home".

Thank you also to those very generous patients who have made donations to our Medical Equipment Fund. Donations from Mr Ball, Mrs Porter, Mr + Mrs Connolly, Mrs Wallace, Mr Drew and Mr Thomas have enabled us to purchase INR testing equipment to test blood samples with just a finger prick for patients who need to take Warfarin medication. We have also purchased a couple of 24 hour blood pressure monitors and a resuscitation / emergency kit. Training in the use of this emergency kit has

been held at the surgery and all doctors, nurses and admin staff were trained in its use.



**Flu Vaccine**

We have now come to the end of our flu vaccination target programme. We have been asked by the Department of Health to vaccinate over 70% of our patients over the age of 65 years. We have managed to exceed this target. It is also recommended that we vaccinate patients considered to be "at risk" (those with diabetes, asthma, heart disease and any condition causing immunity suppression). We believe we have invited all of these patients to have a flu vaccination but if you feel you fall into one of these categories and have not been called,

please contact the surgery.

We do have a small quantity of flu vaccine available now for any patient who wishes to have one. Please make an appointment to see the Practice Nurse telling the receptionist the appointment is for a flu vac.

Our Practice Nurses have also been out to two of our local secondary schools offering flu vaccinations to teaching and admin staff. There has been a good take up of this service.

**Art Work**

Since May this year our bare walls have been cheered up with artwork supplied by the children of Severnbanks School.

Over the next few weeks this will be replaced by an exhibition by local artist John Palin. Please feel free to look at the display during our opening hours.

## ? HEALTHY HEART CLINICS ?

Lorna Bird, one of our Practice Nurses completed the Coronary Heart Disease Training course earlier this year. Lorna has set up and is now running the Health Heart Clinics for the practice with the full support of all three partners. Patients are identified

and invited into clinic where they are monitored and advised in the prevention of deterioration of their condition.

Jane Thomas, our other Practice Nurse is currently studying the same course.

Tricia Morgan our Health Visitor has been trained to run Smoking Cessation sessions. These sessions have proved very successful for those patients who really do wish to beat the habit. **Anyone wishing to give up smoking should contact the surgery . We will**

**ARE YOU KEEPING BUSY?**

We have a file here in the surgery in which we collect details of the clubs, associations, groups etc based in the area. We keep this file above the fish tank in the waiting room. Please feel free to browse through

the file to search out any which interest you.

"Busy people" are usually healthier than those who have few interests outside the home

If you have details of any groups etc feel free to add your leaflet to our file . We would also be grateful if you could keep this information up to date.



We're on the web!  
[WWW.severnbanksurgery.co.uk](http://WWW.severnbanksurgery.co.uk)

### **For your safety:**

*Repeat prescription requests can be submitted in the following ways:*

*Tick the items on your counterfoil and place it in the box provided at the surgery.*

*Post or fax your ticked counterfoil to the surgery.*

*Order on line via our web site*

*For your safety we are not able to take telephone requests for repeat prescriptions*

### **WELL DONE JONATHAN AND DANA CHAMBERS!**

WHO RECENTLY  
 COMPLETED A  
 LONG DISTANCE  
 WALK AROUND  
 THE FOREST  
 RAISING £120  
 EACH FOR  
 LYDNEY  
 HOSPITAL AND  
 THE CHARITY  
 RAPID UK

## **CHANGES WITHIN THE SEVERN BANK TEAM**

### **Dr Christmas Increased hours.**

Our patient numbers have reached the point at which the Primary Care Trust could approve an increase in Dr Christmas' hours. From October of this year she has increased her commitment to a three quarter time GP.

Dr Christmas has also taken on the role of GP representative at the Primary Care Trust meetings. Dr Christmas has also been trained as a GP appraiser. This involves appraising GP colleagues from elsewhere in the county.

### **Goodbye Sharon**

Last month we also said goodbye to Sharon, our evening receptionist who is furthering her training in the field of beauty therapy, massage, reflexology etc with training at The Royal Forest of Dean College.

### **Welcome to Ruth and Louise**

We welcome two new members of staff to our team.

Ruth Davies and Louise Rees are two pleasant ladies who are new to the NHS work force but who have worked with the public in previous jobs. Ruth

and Louise have joined us mainly to cover the evening receptionist role but may well be covering the reception desk at other times to cover other staff for holidays and sickness. Ruth joined us in October and has learned much of the varied and difficult job. Ruth is also doing the Medical Receptionist training course which is being run locally. Louise joined us at the beginning of November and is just starting her training here at the surgery.

## **-DR DAVID JONES RETIREMENT**

In September Dr David Jones retired again. Dr Jones has helped us out regularly as a locum GP since his previous retirement in 1999. We have over the last three years

considered David to be part of our team. We all wish him a long and happy retirement. David's wife Sandra retired at the same time from her post as Nursing Sister at Lydney

Hospital. They tell us they see no problem in filling their time with plans to travel to meet their relatives who are spread across the globe.

## **THE FESTIVE SEASON IS NEARLY UPON US—BEWARE!**

Here are a few reminders to help you through Christmas and into the New Year.

- Try not to eat to excess
- Limit high fat and high sugar foods.
- Have 5+ portions of fruit and veg each day.
- Drink sensible quantities of alcohol., ie 2-3 units for a woman or 3-4 units for a man per day.
- Remember a unit is 25ml measure of spirit, half a pint ordinary strength lager/beer/cider or a small glass of wine (125ml)
- Keep hydrated by drinking water and non-alcoholic drinks

- Try to take some exercise throughout the festive season. Have a long walk or go swimming etc.
- Above all have a happy and health Christmas



# INSIDE STORY HEADLINE

This story can fit 150-200 words.

One benefit of using your newsletter as a promotional tool is that you can reuse content from other marketing materials, such as press releases, market studies, and reports.

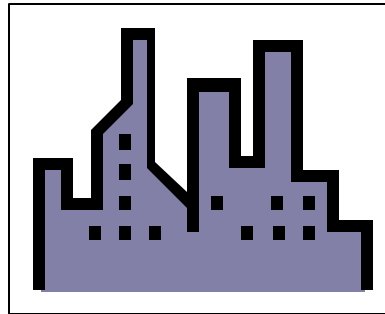
While your main goal of distributing a newsletter might be to sell your product or service, the key to a successful newsletter is making it useful to your readers.

A great way to add useful content to your newsletter is to develop and write your own articles, or include a calendar of upcoming events or a spe-

cial offer that promotes a new product.

You can also research articles or find "filler" articles by accessing the World Wide Web. You can write about a variety of topics but try to keep your articles short.

Much of the content you put in your newsletter can also be used for your Web site. Microsoft Publisher offers a simple way to convert your newsletter to a Web publication. So, when you're finished writing your newsletter, convert it to a Web site and post it.



**Caption describing picture or graphic.**

*Web site under construction*

**WWW.severnbank  
urgery.co.uk**

This story can fit 75-125 words.

Selecting pictures or graphics is an important part of adding content to your newsletter.

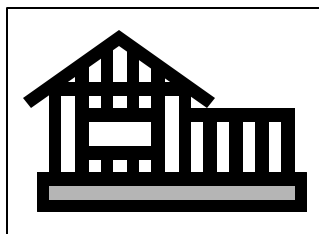
Think about your article and ask yourself if the picture supports or enhances the message you're trying to convey. Avoid selecting images that appear to be out of context.

Microsoft Publisher includes

thousands of clip art images from which you can choose and import into your newsletter.

There are also several tools you can use to draw shapes and symbols.

Once you have chosen an image, place it close to the article. Be sure to place the



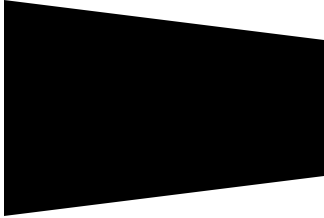
**Caption describing picture or graphic.**

caption of the image near the image.

Severbank Surgery

c/o The Health Centre  
Albert Street  
Lydney  
Gloucestershire  
GL15 5NQ

Phone: 01594 845222  
Fax: 01594 845637  
WWW.severbanksurgery.co.uk



*Caring for Health*



This would be a good place to insert a short paragraph about your organization. It might include the purpose of the organization, its mission, founding date, and a brief history. You could also include a brief list of the types of products, services, or programs your organization offers, the geographic area covered (for example, western U.S. or European markets), and a profile of the types of customers or members served.

It would also be useful to include a contact name for readers who want more information about the organization.

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## BACK PAGE STORY HEADLINE

This story can fit 175-225 words.

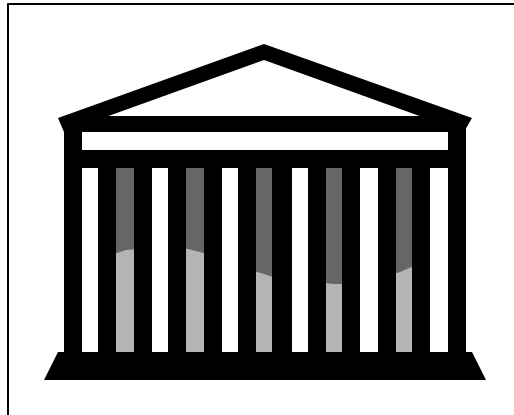
If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.

A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

A listing of names and titles of managers in your organization is a good way to give your newsletter a personal touch.

If your organization is small, you may want to list the names of all employees.

If you have any prices of stan-



**Caption describing picture or graphic.**

for vendors every third Tuesday of the month, or a biannual charity auction.

If space is available, this is a good place to insert a clip art image or some other graphic.

...dard products or services, you can include a listing of those here. You may want to refer your readers to any other forms of communication that you've created for your organization.

You can also use this space to remind readers to mark their calendars for a regular event, such as a breakfast meeting