

# NEWSLETTER

## HOW ARE YOUR LUNGS?

**ARE YOU OVER 35?**

**DO YOU OR HAVE YOU SMOKED?**

**DO YOU HAVE A COUGH?**

**DO YOU BECOME SHORT OF BREATH EASILY?**

**DO YOU SUFFER WITH CHEST INFECTIONS**

**IN THE WINTER MONTHS?**

25% of smokers / ex-smokers over 35 yrs of age who have a cough are likely to develop a condition called COPD. This can be very debilitating and have serious effects on future health. Early diagnosis increases chances of leading an active life and slowing down the process of the disease.

A simple screening test of lung function, (spirometry), can be done at the surgery. This will take approx 20 minutes. Please book an appointment with the Practice Nurse if you could be at risk.

### **Holiday booked?**

If you are travelling abroad—remember to book for your vaccinations at least 8 weeks before. However, it is better to have them last minute than not at all. If you find yourself in this predicament, we will try our best to accommodate you.

### **Patient Choice**

The Department of Health would like all patients to have a choice of hospitals in which to have their treatment. All GP practice and Primary Care Trusts are working to offer patients this choice.

If you need to be referred to a hospital consultant you are likely to

be offered a choice of hospital. You will be given information to help you make your decision. It should then be possible for you to arrange an appointment direct with the hospital.

We have patient information leaflets from the Department of Health in our waiting room.

## PHYSIO DIRECT

Telephone number

08444 778645

Website address

WWW.severnbanksurgery.co.  
uk

The Physio Direct telephone service has been set up to provide early advice and management for adults with back/neck/joint problems or following injuries.

To contact the service  
Tel: 01594 598254 during the following times  
Monday 9.00am - 1.00am  
Friday 9.00am - 11.00am

When you will speak to a qualified physiotherapist who will ask some questions to assess your problem. This may take up to 15 minutes. You will then be given advice on managing your prob-

lem. This may include one or more of the following

Advice and appropriate exercises which will be sent to you in the post. Appointment given for further assessment in the Physiotherapy Department at Lydney Hospital. All patients needing an appointment are seen according to waiting times.

At the end of the phone call you will be given the contact details for the Physiotherapist to whom you spoke. If you are not getting better with

the advice given or if you have any concerns do not hesitate to contact the Physiotherapist again.

What can I do if I can't get through?

We appreciate that the telephone line can get very busy, although this is variable depending on the day and time you call. If the telephone line is engaged this means that the Physiotherapists helping someone else. The best thing to do is to keep trying at regular intervals.

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### Do you live with a long-term illness and want to improve your quality of life?

The Expert Patient Programme can help you manage pain/fatigue/emotional changes brought about by your condition. You can get advice on how to take care of your health and be helped to develop skills to avoid fear, anger, frustration, depression.

The course is FREE to anyone over 18 yrs old and is delivered by volunteers who themselves have a long term condition.

To find out more contact

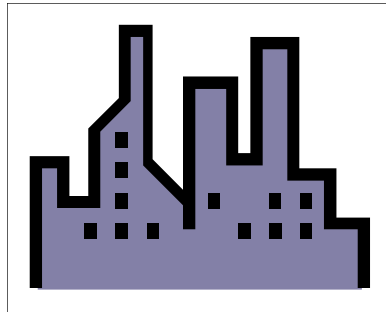
Chris Paisley, (EPP Co-ordinator)  
West Glos PCT  
31 Park Road  
Gloucester  
GL1 1LH Tel 01452 891489

The next course will be held from Tuesday 21 Feb 2006 and every Tuesday until 28 Mar 2006, 10.30am until 1.00pm, in the Community Centre, Naas Lane, Lydney.

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# INSIDE STORY HEADLINE



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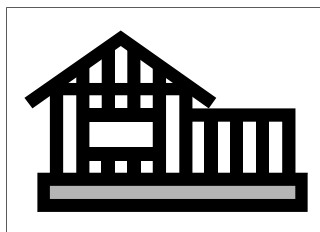
# INSIDE STORY HEADLINE

*Web site under  
construction*

***WWW.severnbanks  
urgery.co.uk***

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# INSIDE STORY HEADLINE



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**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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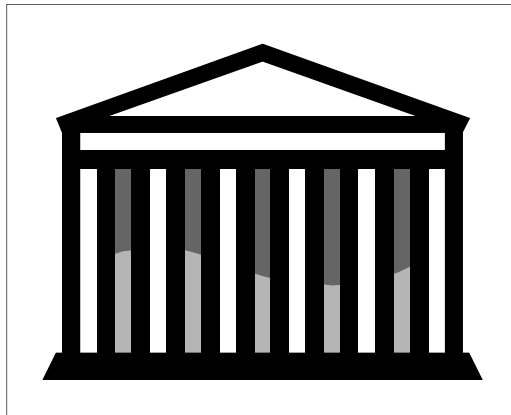
## BACK PAGE STORY HEADLINE

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