

February 2014 – Surgery Newsletter



After all the storms we've had this winter, I'm wondering if we've got away with snow this year? Of course it's only half way through January whilst writing, so please don't blame me for tempting fate if it has by the time you read this! Remember to look in on elderly neighbours from time to time during any bad weather we get.

Firstly, I need to remind everyone that urine samples must only be brought in if they have been requested and not if you just think you have an infection. Please speak to a doctor or nurse on the phone beforehand. Also, we are getting samples in all sorts of weird and wonderful containers, some of which can contaminate a sample and some leaky! Not nice for the receptionists I'm sure you will agree. If at all possible use one of our pots that are available from reception, if not possible use a very clean container that has a secure lid.

Our practice nurse Bonnie can often be seen around the village on her bike, but you may also see her training over the next few months. She is going to be running the London Marathon and is raising money for the local Salvation Army. This is a fantastic cause and all the money raised will go directly to help less fortunately people in the local area only. You can support Bonnie by making a donation or sponsoring her at the surgery or online at www.justgiving.com/bonnie-beard (don't forget the dash!). Rather her than me – good luck Bonnie!

Don't forget that you can get involved with the surgery by joining the Patient Participation Group. Meetings are held on the third Thursday of every month at the Great Bentley Village Hall and you can just turn up. The group really needs more members, so whether you can attend just once or every month, you're more than welcome!

That's it for me for another month. I would now like to hand you over to this month's guest writer Tracy Mooney our Nurse Practitioner.

Richard P Miller – Practice Manager



"I feel like I am wasting your time"

As a Nurse Practitioner this is something I hear all too often - and it is something that I feel very passionate about. It upsets me to think that someone should feel guilty about discussing their problems. No one should ever feel that they are wasting my time. If something is causing them concern, (however small), they should speak about it. If it is enough to cause a worry or a question, it is enough for them to bring to my attention.

I have not been working here for long and do not know many of you yet but I want you to be aware that I am approachable and that I am more than happy to try and help you with your health issues- however, small they may first appear.

I work full time hours at the surgery so am available for a consultation on most days. If I cannot help you with your issues I will always endeavour to find someone that can! I just want you all to know, however, that am always willing to help as much as I can and that you are "Never wasting my time"

Tracy Mooney – Nurse Practitioner