

## March 2016 – Surgery Newsletter

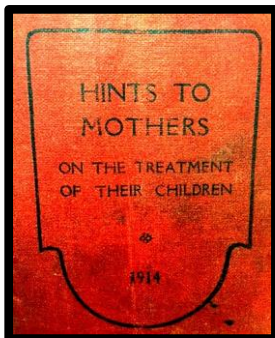


As a direct result of the Patient Participation Groups (PPG) close involvement with the practice, I'm very pleased to announce that we will be leading the way in North Essex with what will be a very useful service provided from the surgery in the future. The service is principally run by the Colchester Community Volunteer Services (CCVS) and is called **My Social Prescription**.

Social Prescribing can benefit everyone. It's all about helping people find the help they need and co-ordinating volunteers who want to help others by sharing and matching their skills. This could be absolutely anything at all, from finding help for a frail or ill person who needs a dog walking or garden tending, to finding groups to make friends or take up a hobby. I'm sure that many of our patients have useful skills or are members of groups and would like to be able to help their communities. If you would like to get involved, come along and see the volunteers in person to find out more or call CCVS on 0800 7311 655. On the flip side, if you know someone who needs help. The volunteers from the PPG will work from the waiting room starting on the last Wednesday each month from 12.30 to 2.30 to help any patient who wants to find out more face to face. This is likely to increase in frequency with demand.

This month's meeting of the Great Bentley Surgery **Patient Participation Group** will be meeting on **Thursday 17<sup>th</sup> March 2016 at 6.30pm** at the Great Bentley Village Hall – *Richard Miller (Practice Manager)*

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This part of our newsletter publishes suggestions from this 102 year old book called "**Hints to Mothers**" on the health and wellbeing of children prior to the NHS existing. We hope you find this interesting and in many instances still useful even today! ***Please bear in mind this was written a long time ago!***

**Abscesses** – *often occur through general bad health and lowness in tone. The child should therefore, be fed up, and a change of air is almost certain to be beneficial. The best treatment for an abscess is to foment\* with hot water, camomile flowers, and poppy heads. When the abscess has broken, keep the wound clean by occasional washing, and cover with linen damped with a lotion of boracic acid.*

**Boils** – *Hot fomentations and Burgundy pitch plaster should be applied to the boils until they break. Then keep the sore clean by washing with boracic acid lotion, and do not attempt to check the discharge of matter. If the child is delicate, feed him up, give him meat once a day, plenty of milk and farinaceous\* food, and cod liver oil or any one of the many excellent emulsions that are now on the market. If the boils arise from gross and improper feeding, or if the child be fat, keep him from meat, giving him only milk and farinaceous\* food, and do not administer cod liver oil or the emulsion. As boils are generally caused by impurity in the blood, the patient should be given a Steedman's Powder (on two or three nights in succession, if necessary). This will regulate the bowels and carry off the impurities.*

*\*Farinaceous means starchy and foment means to bathe with medicated lotions. We had to look these up!*

This book was printed and distributed by a company called "Steedmans Soothing Powders" and explains why the book recommends their products. Perhaps a warning to us that privatisation of the NHS could be both very expensive for patients and controlled by commercial enterprises!