

May 2016 – Surgery Newsletter



Spring is here at last, but that comes a miserable season for those of us who suffer with hayfever. Do stock up with your usual anti-histamine tablets which can be bought very cheaply these days on the high street, but particularly online for as little as £4 for 3 months' worth!

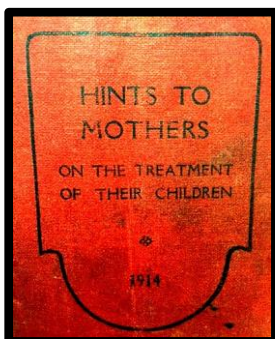
We had our Care Quality Commission inspection on Wednesday 23rd March. This is very important to practices as is a formal measure of how we are performing regarding being safe, effective, caring, responsive and well-led. We feel the day went very well and we got some great feedback from the inspectors at the end of the day. We'll let you know as soon as we hear anything, so if you don't already, follow us on Facebook or Twitter.

It's a year today since our 'Election Special' newsletter which went 'viral' last year, but unfortunately things have not improved in the NHS. In fact, they appear to be getting significantly worse. We are still feeling demand for GP appointments increase whilst our funding falls. We recognise that patients' are waiting longer for non-urgent appointments and have made the decision to recruit a new part time GP providing three extra sessions a week. We are not getting any extra funding for this, so this is effectively coming from the GP partners' wages. As well as this, we also need our patients to use the surgery sensibly to help improve appointment availability for everyone. If patients can consider providing self-care or getting advice from their pharmacist ahead of booking a doctor's appointment this would really help. Roughly a third of all our GP appointments are booked for self-limiting minor illnesses meaning those who have more serious complaints, have to wait longer.

On a positive note, our receptionist (and soon to be Phlebotomist too) Abbie, would like to thank all patients' who sponsored her in the Colchester half marathon. She completed it with ease and raised £130 for St Helena Hospice with the raffle.

This month's meeting of the Great Bentley Surgery **Patient Participation Group** will be meeting on **Thursday 19th May 2016 at 6.30pm** at the Great Bentley Village Hall.

Richard Miller (Practice Manager)



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!***

Bruises –As soon as possible after receiving the injury, generally caused by a blow, knock, or fall, apply cold water, ice or even cold metal to the parts affected, as cold prevents the formation of a bruise by stopping the bleeding taking place under the skin. There is also an excellent remedy for bruises in fresh butter. Apply it immediately after the accident, and continue to renew it every couple of hours or more. The ugly appearance caused by a 'black eye' can often be prevented by the application of fresh butter. Salad oil, too, can be recommended for bruises; as also tincture or arnica, one teaspoon to a tumblerful of water, to be applied with a soft rag.

Of course nowadays we have the **Minor Injuries Unit at Clacton Hospital** along with the **Colchester Walk in Centre in Turner Road** to look at any minor injuries There are x-ray services available at both of these units, so no need to go to **A&E** unless it's very serious.