

## Surgery News

We're back to that time of year when Mums and Dads of post-A Level teenagers are tearfully (or in some cases gleefully) packing their offspring off to university. Ah yes! I remember it well.

A couple of the said Mums and Dads have asked recently what the university freshers should do about getting supplies of regular medication – things like inhalers or hay fever tablets – and what they should do if they get poorly during the term.

The best answer is for new students to find a GP surgery close to where they are living while they study. Very often there will be the medical centre on the university campus itself, which is ideal. Once signed on, the student's medical records will be sent to the new surgery so that the GPs there have full information about health history, allergies etc and can safely prescribe for existing or new problems. When students are home again during vacations, we can look after them as temporary patients and will have enough of their old records on our computer system to enable us to do the job properly. Congratulations and good luck to anyone just going off to university for the first time. You'll probably have the time of your life.

It was interesting to see in the news very recently that the ban on many gay and bisexual men donating blood is to be lifted. This highlighted again the problem that the NHS sometimes has in keeping stocks up to levels that can cope with anything other than normal daily demand.

Giving blood is incredibly simple for most people. It doesn't hurt and only takes a few minutes. It is one of the most generous things you can do for a stranger. It will make you feel really good about yourself and might just save a life. Don't worry! They'll leave you plenty to keep fit and healthy. Why not give it a go?

There are sessions locally on a regular basis. If you log onto [www.blood.co.uk/sessionsearcher](http://www.blood.co.uk/sessionsearcher) you can find out where and when they are. The website is brilliant in its own right, by the way. There is stacks of information about giving blood, including who can and who can't, and some true personal stories which are almost guaranteed to inspire you into becoming a donor if you aren't one already. If you haven't got access to the internet, we have all the information you need here at the surgery.

On a less serious note, I see that some fast food outlets are going to start showing on their menus how many calories their non-gourmet delights contain. It's a bit startling to realise that a burger and a coffee, or a muffin and a milkshake contain about half of the calories a full-grown adult is supposed to consume in a whole day. No wonder we are becoming a nation of fatties.

If, like me, you are – shall we say on the plump side and wanting to do something about it, we have lots of information here about healthy diets, exercise etc. A healthy diet doesn't have to be boring and depressing and good, healthy exercise needn't take all day and leave you exhausted. Do ask if you'd like to know more.

It's always nice to tell you about a new member of staff here at the surgery. The latest addition to our team is Andrea Spear, who joined us in August to work on reception and to help with issuing prescriptions. Having got safely through the initial few weeks, when the whole job looks totally confusing and impossible, she is now settling in really well.

If Andrea looks familiar to the Tendring-ites amongst you, it's not surprising, as her previous job was at Tendring Post Office where I understand that she was equally at home selling either groceries or stamps. Before the Post Office sadly closed its doors for good at the end of July, she had worked there for ten years.

Andrea lives in Tendring with husband Keith and their three children, James, Mikey and Bethan. The rest of the household is made up of a couple of Jack Russells (with very strange names which I'm not supposed to

mention) and a tortoise. I wonder if they all get walked together. When she's not walking or working, Andrea enjoys decorating cakes and we are hopeful that any accidents or disasters in that department will end up at the surgery for proper, respectful disposal.

Welcome to the surgery Andrea! We all hope that you will be happy with us for a long time.

Hugh Cronin  
Practice Manager