

Hickings Lane Medical Centre

Newsletter



Spring 2012

Welcome to our 1st newsletter. The staff and PPG members have produced this newsletter to update you on current news at the surgery.



TELEPHONE NUMBERS

If you change your telephone number or have a mobile number that we can contact you on please can you let us know. It is really important that we have up to date contact numbers in case we have to do any referrals or need to contact you urgently.



E-MAIL ADDRESSES

We are asking patients to leave their e-mail address at the reception to enable us to send our newsletters to as many patients as possible.



DIABETIC WEEK 10/6-16/6/2012

Are you suffering from any of the following symptoms?



- Increased thirst & fluid intake
- Frequent urinating
- Increased appetite

You may have undetected diabetes, please contact the surgery to arrange a blood test.

PATIENT PARTICIPATION GROUP

The Patient Participation Group was formed in October 2011 and has met, on average, every six weeks. Membership comprises of five patients (three female and two male) Dr Doddy and the Practice Manager, Tracey Colman. We would welcome representation from a cross section of patients, particularly the parents of babies and children, young adults and patients with a chronic medical condition to make sure the surgery is



providing the service you need. If you would like to join the group please contact Tracey Colman at the surgery.

CARERS GROUP

Following the success of the group's participation in the Patient Survey they will be channelling their efforts into a quarterly newsletter and awareness days. The possibility of forming a local Carers Group, to support and befriend Carers, has also been discussed - if you are a Carer and would be interested in joining such a group please leave your name and telephone number /email address at the surgery or contact veramoniamartin@tiscali.co.uk



OUT OF HOURS SERVICE

If you need medical treatment/advice when the surgery is closed please dial 9395555 and you will be automatically put through to the out of hours service who will deal with the situation and advise you accordingly.



GETTING THE RIGHT CARE

Choose the right service and get the right care:

- Ask for advice at your local **pharmacy**
- Go to your **GP**
- Call **NHS 111** (if you live in Nottingham City)
- Call **NHS Direct 0845 46 47** (if you live in Nottingham County)

- Go to your nearest **Walk-in Centre** (no appointment necessary)
(London Road and Upper Parliament Street)

1 in 4 people who go to A&E **don't** need to be there - **REMEMBER A&E IS FOR REAL EMERGENCIES ONLY.**

HAYFEVER

Hay fever is a type of allergic rhinitis caused by pollen or spores. Hay fever affects the nose, sinuses, throat and eyes it causes - sneezing, runny nose and itchy eyes. It usually occurs in spring and summer when there is more pollen in the air. People with Hay fever can experience their symptoms at different times of the year, depending on which pollens or spores they are allergic to.



The symptoms of hay fever occur when the immune system overreacts to a normally harmless substance, in this case pollen. When the body comes into contact with pollen, cells in the lining of the nose, mouth and eyes release a chemical called histamine. This triggers the symptoms of an allergic reaction.

Hay fever is a common condition affecting 20% of people in the UK. Hay fever cannot be cured completely, but there are a number of treatments available to relieve the symptoms. These include antihistamine tablets, nasal (nose) sprays and eye drops. Some can only be prescribed by a GP, but many are available over-the-counter (OTC) in pharmacies.

COELIAC WEEK

Coeliac disease (pronounced see-liac) is an autoimmune disease. Gluten, which is found in wheat, barley and rye, triggers an immune reaction in people with coeliac disease. This means that eating gluten damages the lining of the small intestine. Other parts of the body may be affected. Symptoms can vary but some of the most common ones are severe stomach pains, vomiting and diarrhoea. Currently there is no cure for the condition and the treatment is to adhere to a life long gluten free diet.

Coeliac UK is a national charity which provides support and advice to diagnosed coeliacs is holding its annual Awareness week 14-20 May 2012. As part of this initiative the society is asking you to get involved and help prove to the catering industry that gluten free food is in high demand. Further details about the condition and the support available from Coeliac UK can be found at: www.coeliac.org.uk

Some of the suggestions to achieve awareness of coeliac disease are to go to your local restaurant with friends and family and all eat gluten-free, or talk to your local restaurant about putting gluten free dishes on their menu. One excellent local Italian restaurant is:

www.nottingham.vivorestaurant.co.uk

The restaurant has agreed to participate in the Awareness Week. Since they opened four years ago they have willingly adapted and served gluten free dishes upon request. They will be giving their usual warm welcome to coeliac and non-coeliac diners alike. Some gluten free pasta dishes will also be available during that week. Booking ahead is recommended.

If you are a newly diagnosed coeliac and would like some informal advice, one of the members of the PPG, Bob Prati, who was diagnosed with the coeliac condition several years ago, would be happy to act as a “Coeliac Buddy”.

If you would like to make contact with him please leave a message at the Practice

Reception or e-mail

roberto.prati@ntlworld.com

