



Millview Surgery - Winter 2004

Welcome to the Millview Winter Newsletter, with a special thank you to all our patients who attended our special flu vaccination day at the Old Meeting House. You will all agree that your time spent with us was a bare minimum due to the hard working administration staff, nurses, not forgetting the doctors. Also a big thanks to the staff left at the surgery, who provided a full service whilst the flu clinic was in session. The only problem during the day was the heavy rain, and unfortunately we had no control over the weather.

The Pension Agency and New Leaf provided information leaflets. For our refreshment bar a big thank you to Maureen Sharpe and Audrey Morgan from Age Concern, who throughout the whole day made sure drinks were available.

In this newsletter there is information about the local services provided by Age Concern, and I hope some of you will be enjoying their services in the future.

Also details of our Christmas and New Year opening times. May I take this opportunity to wish you all a very Merry Christmas and a Happy New Year.

Pauline Harrison, Practice Manager



Millview's Flu campaign this year seems to have been a great success.

Over **1100** flu vaccines were given during the day and the over all response from patients and

staff has been positive. If you have any comments either positive or negative, there is a suggestion box and forms available on reception.

However despite the good response our flu campaign is not over!

400 patients at risk have still not had their flu jab! If **YOU** have not yet had **YOUR** flu jab, please contact the surgery as soon as possible to get your

FREE VACCINE!

The Department of Health calls for people not to listen to myths about flu vaccination

The Department of Health has published research that shows that many people are not having their free flu vaccine due to lack of understanding of how the vaccine works. Over half (52%) of people aged 65+ believe that the flu jab gives you flu. Because flu vaccines do not

Emergency Contraception

Emergency contraception is available from the surgery, free of charge, whether you are registered with the surgery or not. It is also available from Family Planning Clinics, Genito-urinary medicine (GUM) clinics and some pharmacies.

Q. Why would I need it?

A. This may be necessary if you do not normally use any form of contraception or your normal method fails and you have had sexual intercourse.

Q. What does it involve?

A. There are two types: Progesterone-only emergency pills (Levonelle 2) Emergency coil (copper iud)

Q. How soon do I have to see the doctor or nurse?

As soon as possible after sexual intercourse, because the sooner you come to see us, the more effective the treatment is. But the maximum time is:

72 hours (3 days) for the progesterone-only emergency pills
5 days for the emergency coil.

Q. How effective is it?

A. Pills – **95%** effective if taken within 24 hours of sexual intercourse
58% effective if taken 72 hours after sexual intercourse

Coil – **98%** effective.

Q. How do I make an appointment?

A. Ask any of the reception staff to make an emergency appointment for you and they will be happy to oblige.

If you require more confidentiality, please ask the receptionist for a word in private and they will take you to the side of reception.

You can make this appointment with any of the doctors, nurse practitioner or nurses.

If you have any further questions on any issues relating to contraception please feel free to make an appointment to see one of the nurses.

Karen Wheeler
Nurse Practitioner

Doorstep Callers

Doorstep sellers can be very persuasive. Trading Standards receives hundreds of complaints from people who have brought goods or have had work done on their home following high-pressure selling - and lived to regret it.

Problem Areas

Sales People

Sales people who call at your home may seem friendly and genuine. They may use high-pressure sales techniques by telling you scare-stories, or offering you a 'special' discount or 'free gift'. But they only want one thing - to sell you something so they can make money.

You do not have to buy it - you can probably get a better deal by shopping around, and buying from reputable businesses.

Builders and other workmen

Another type of caller you may get is the doorstep odd-jobber who is 'in the area'. Sometimes they tell you they have spotted a problem with your roof or chimney.

Others say they have had some paving slabs or tarmac 'left over from another job'. All of them promise that you are getting a bargain.

These 'bargains' almost always cost far more than they are worth. These traders rely on people not knowing how much a job should cost,



so they charge well over the odds.

We get many complaints about poor workmanship or even no work being done at all.

These traders can also put on a lot of pressure to pay up, even driving people to the bank to withdraw hundreds of pounds in cash. Sometimes they claim to find other 'problems' so they keep increasing the cost until it runs into thousands of pounds.

And lastly they usually prove impossible to trace when you want to get a refund or complain about shoddy work. Many only give you a mobile phone number, or the address they give doesn't exist.

Doorstep Callers What should you do?

- Use a door viewer or window to see who your caller is.
- Put your chain or bar on before you open the door
- Check the identity of the caller
- Do not let the caller into your house until you have verified the caller's ID. Do not rely on number they give you it may not be genuine. Do this by ringing his/her employer using the telephone number listed in the phone book

ANY DOUBT? - KEEP THEM OUT!



**ANY DOUBT -
KEEP THEM
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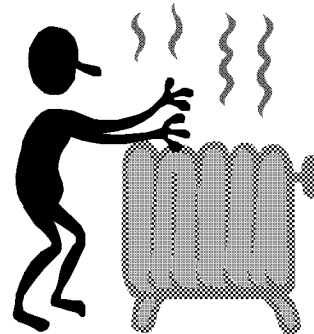
KEEP WARM, KEEP WELL THIS WINTER



Keeping warm is a vital part of keeping well this winter. This is especially important for older people, people with chronic illness and young children. Key points for keeping warm and well

Invest in room thermometers

Always wear gloves and a hat out of doors



Keep warm in bed at night

Watch out for signs of Hypothermia:
Unusual drowsiness

Try to keep a constant temperature of 70°F in all rooms. If this is not practical - keep one room warm, but pre-heat the bed and bedroom for several hours before going to bed.

No longer feeling cold in a very cold room

Use draught excluders and keep the curtains closed, but **don't block air vents**

Slurring speech
Very cold skin

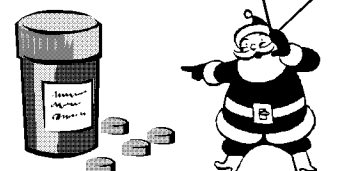
Keep your home well insulated.

Have some hot food and drink everyday

Remember to get those Repeat Prescription orders ready in plenty of time for Christmas

Take a little exercise everyday

Wrap up warmly before going out. Layers of clothing keep you warm



Use draught excluders and keep the curtains closed, but **don't block air vents**

Problems with fuel bills? Seek help straight away from the fuel company or Citizens Advice Free phone 0800 085 7000



Christmas and New Year Opening times

Friday 24th DEC 2004 - 8.30am - 12.00pm	Tuesday 30th DEC 2004 - 8.30am - 6.30pm
Saturday 25th DEC 2004 - CLOSED	Friday 31st DEC 2004 - 8.30am - 2.00pm
Sunday 26th DEC 2004 - CLOSED	Saturday 1st JAN . 2005 - CLOSED
Monday 27th DEC 2004 - CLOSED	Sunday 2nd JAN 2005 - CLOSED
Tuesday 28th DEC 2004 - CLOSED	Monday 3rd JAN 2005 - CLOSED
Wednesday 29th DEC2004 - 8.30am - 6.30pm	Tuesday 4th JAN 2005 - 8.30am - 6.30pm

Age Concern

The local branch would like to extend a warm welcome to all Senior Citizens.

Friendship Club – this is held at the Old Meeting House between 10.00am and 1.00pm on Mondays, Thursdays and Fridays. Enjoy a chat and a cuppa. A small charge is made for the refreshments.

Day Centres –

5 day centres are held and are situated around the district as follows:-

Monday
Saunby Ave
Mansfield

Tuesday
Ludborough Walk
Mansfield Woodhouse

Wednesday
Champion Crescent
Mansfield

Thursday
Park Hall Road
Mansfield Woodhouse

Friday
Selwyn Street
Mansfield



For an all inclusive fee of **£5.50** you will be able to take advantage of transport there and back plus a full lunch. Entertainment is also provided and friendships are renewed and made. For information please telephone **Mrs. Shirley Scarborough** on

Mansfield
481070

“Enjoy a chat and a cuppa.”

cancerBACUP

Helping people live with cancer

Any question on any cancer
CANCERBACUP
FREEPHONE

0808 200 1234
www.cancerbacup.org.

Help Us Update Your Details

It is important that we have up to date information about you on our system. If you have moved house or changed your telephone number, please fill in the form below and hand it in at reception. Thank you

Name _____

New Address:

New Telephone Number :

Missed Appointments



In October **134** patients missed their booked appointments. Please cancel your appointment if you cannot attend.

Millview Car Park



Please only use the car park whilst at the surgery or fetching your prescription from the chemists. It has been noticed that some people are using the car park for the vets or Christmas shopping.

Millview Surgery cannot be held responsible for any damage to vehicles left in the car park. Patients park at their own risk

ORDER YOUR REPEAT PRESCRIPTIONS ONLINE AT:

www.millviewsurgery.co.uk

Please allow **48 hours** for repeat prescriptions