

Tolsey Times



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**We wish all our patients
a very Merry Christmas
and a Happy New Year!**

The surgery will be closed on Monday, 26th and Tuesday, 27th December for Christmas and Monday 2nd January 2012 for New Year.

If you need a doctor in an emergency while the surgery is closed please call the Out of Hours service on 0300 111 5717

NHS Health Checks

We are pleased to be offering NHS health checks again this year at the surgery. It is part of the national campaign to improve health awareness and help you lower your risk of four common, but often preventable diseases: heart disease, stroke, diabetes and kidney disease. It is for adults aged between 40 and 74 who haven't already been diagnosed with any of those four diseases.

The health check will consist of height, weight and blood pressure measurements and discussion regarding family history, smoking status and physical activity. We will also offer cholesterol testing routinely and diabetes testing if necessary. Together this information generates a 'risk score' for each individual, which is then discussed during the consultation, and onward referral to a GP if needed.

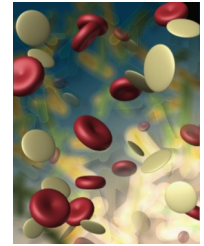
If you are eligible for an NHS Health Check, you will be invited for a check once every five years. When you receive your letter, you will need to make an appointment for a fasting blood test to begin with, followed by a 20-minute appointment with a nurse a week later.



If you would
like to re-
ceive this
newsletter in
**LARGE
PRINT**
please ask at
reception

Research Studies

The Tolsey Surgery is taking part in a number of Research Projects again this year. We think this is an important activity to be involved in as there are many benefits for both the surgery and our patients:



- ⇒ Participants in trials have better outcomes, even those in the control arms, than similar patients not in trials.
- ⇒ Patients can participate in studies of new therapies for common illnesses or new ways of preventing illness in primary care that may not be routinely available.
- ⇒ As clinicians, it is educational and interesting to work closely with academic primary care colleagues from the universities and the NHS, answering clinically relevant research questions.

Some of the research projects you may be invited to take part in are:

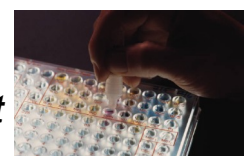
- 3C – Cough Complications Cohort study – aims to find out what symptoms, measurements and characteristics can be used to predict which patients will go on to develop further complications. Doctors recruit from surgery.
- TARGET – This is another study about cough complications but in children aged 3 months to 16 years. Doctors recruit from surgery,
- AIRS – a study into the treatment of glue ear in children from 4 to 11 years attending school. Recruitment is by invitation.
- PRIMIT – This is a study in infection control, reducing the incidence of colds and flu within households. You may be randomly selected to be invited to take part in this study. If you have not been asked, and wish to take part, please ask for details at the surgery.

Don't forget you can use the website :

- To order repeat prescriptions
- To Cancel appointments
- To update your contact details
- To complete our Assessment questionnaire
- For links to other useful websites
- Get Health and Travel advice

tolseysurgery.co.uk

The decision on whether to take part in any study you are invited to is entirely yours. If you do not wish to participate, it will not affect the care and attention you receive from the surgery.



Flu

Flu is a highly infectious viral illness spread by coughs and sneezes.

It is especially common in winter, which is why it is also known as 'seasonal flu'. It causes a sudden high temperature, headache, general aches and pains, tiredness and sore throat. You can also lose your appetite, feel nauseous and have a cough. Flu symptoms can make you feel so exhausted and unwell that you have to stay in bed and rest until you feel better.



If you are otherwise fit and healthy, there is usually no need to see a doctor if you have flu-like symptoms. The best remedy is to rest at home, keep warm and drink plenty of water to avoid dehydration. You can take paracetamol or ibuprofen, to lower a high temperature and relieve aches.

You should see a doctor if you have flu-like symptoms and you:

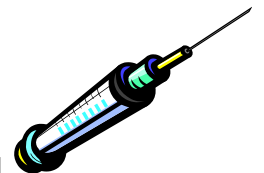
- are 65 or over
- are pregnant
- have a long-term medical condition such as diabetes, heart disease, lung disease, kidney or neurological disease
- have a weakened immune system.

This is because flu can be more serious for you, and your doctor may want to prescribe antiviral medication.

For further information look up Flu on NHS Choices online.

Flu Vaccinations

Did you know, we have given 720 patients the flu vaccination this year? More patients than ever have come forward for their vaccinations again this autumn, meaning that even though we ordered extra, we have now run out. If you have not had a vaccine and still want one, they are widely available at local supermarkets and pharmacies at prices ranging from £7 to £12.99.



THE TOLSEY SURGERY

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**Giving you first
class professional
healthcare on
your doorstep**

THANK YOU!

We would like to say a huge Thank You! to **Malmesbury League of Friends** who have very kindly paid for some much needed new diagnostic equipment for the surgery worth over £3,000.

We would also like to thank the **families and friends** of some of our patients who sadly passed away this year, who have made generous donations in memory of their loved ones.

We collected £16.55 for the Poppy Appeal this year, and £15.19 in the Noddy box for ARC, a charity supporting the search for a cure for arthritis and rheumatic diseases.

Thank you to everyone who completed our **Patient Survey 2011**. We had a huge response and are now busy collating the results. We will be publishing the findings on our website in the New Year.

Judy Sharp
Practice Manager



Reception:-

Monday to Friday - 8:30am to 6:30pm

The Telephones are not attended between 12.30-1.30pm each day

Dispensary:-

Monday to Friday - 8:30am to 2.00pm
and 3.00pm to 6.30pm

Extended Hours on Thursdays :- (see staff for further details)

Early appointments from 7.30am -
8.00am

Late appointments from 6.30pm -
7.30pm