

TELEPHONE  
NUMBERS

APPOINTMENTS/  
ENQUIRIES  
771209

REPEAT  
PRESCRIPTION LINE  
771886

DISTRICT NURSES  
DIRECT LINE  
771540

HEALTH VISITOR  
GILL COOKE  
DIRECT LINE  
771150

UPDATING  
PATIENT  
DETAILS

We sometimes need to contact patients with regard to requests for repeat medication or with results of tests and sometimes we only hold a patients home telephone number.

At the reception are forms for completion and it would be very helpful to have other contact details, especially if you are working should we need to contact you during working hours.

Thank you.

# Dounby Surgery news

ISSUE 6

DECEMBER 2008

We would like to thank everyone for their patience during our change of computer system.

Congratulations to Dr Mimi Thomas on the safe arrival of her peedie lass Maya on 24th October.

Eunice, the CPN based at the surgery, has now left our practice and we wish her all the best in her new ventures.

**MERRY CHRISTMAS FROM ALL THE STAFF**



**Dounby Surgery will be closed from  
4.00pm Wednesday 24th December**

to

**8.30am Monday 29th December**

and

**05.45pm Wednesday 31st December**

to

**8.30am Monday 5th January**

When the surgery is closed you can contact NHS 24 via the usual surgery number 771209. If you wish to use the NHS24 Hour number it is 08454 242424.

## ORDERING REPEAT PRESCRIPTIONS OVER THE HOLIDAY PERIOD

If you require a repeat prescription please order early to make sure you do not run out while the surgery is closed for the holidays.

As always, please allow 48 hours before collecting.

**FOR REPEAT PRESCRIPTIONS**

**Tel: 771886**

## HAVE YOU HAD YOUR FLU VACCINATION YET?

We still have some supplies of the flu vaccination left — if you have not had one yet, please make an appointment with one of the practice nurses before supplies run out

Flu vaccine is indicated for the following people:

- Everyone over the age of 65
- Anyone under 65 with:
  - Chest disease
  - Asthma
  - Diabetes
  - Heart disease
  - Kidney disease
- Problems with immune systems
- Neurological conditions including stroke or MS
- A main carer for elderly or disabled



## FESTIVE CHEER

The festive season is upon us again and many of us enjoy a few glasses of good cheer. We would be the last to spoil anyone's fun but just a timely reminder that the recommended weekly alcohol consumption for women is 14 units and men 21 units. (1 unit = 1 pub measure of spirits, 1 glass of wine or ½ pint of beer or lager). As at any time of year do not be tempted to drink and drive.

### Appointments

We would like to remind everyone how important it is to keep their appointment and if they are unable to attend for any reason that they inform the Surgery, as that appointment could be used for someone else in need of one. In July alone, we had 31 "Did not Attend" appointments which in time amounts to between 6 and 7 hours wasted time between our Practice Nurses and GP's, when other patients could have been seen.

It is also very helpful if patients requiring longer than 15 minutes with a doctor or longer than 10 minutes with a Practice Nurse, request this at the time of making the appointment so that Clinics can be managed better.

### SURGERY OPENING TIMES

Monday to Friday  
08.30 - 05.45

Late evening Tuesday to 07.45

### Public Holidays

The Surgery will be closed on the following Public Holidays:

Thursday 25th December 2008

Friday 26th December 2008

Thursday 1st January 2009

Friday 2nd January 2009

All Public Holidays are classed as Out of Hours which means they are covered by NHS24 cover.

## COLDS AND FLU

Sore throat, aches, pains and a runny nose are common symptoms of a cold or flu.

- There is no cure for the common cold or influenza (flu)
- Symptoms usually go away within 4—10 days.
- You can treat yourself at home, there is no need to see the doctor.
- Drink 8—12 glasses/cups of fluid a day.
- Keep the room at a comfortable temperature and make sure that fresh air is circulating.
- Smoking or breathing in other people's smoke can make symptoms worse. Try to avoid being around people who are smoking. If you are a smoker try to cut down or quit.
- Get plenty of rest.
- Take paracetamol or ibuprofen. Children can be given the liquid form of these medicines.
- You should not routinely alternate paracetamol with ibuprofen for a high temperature and you should not take them, or give them to your child, at the same time. But if you or your child does not respond to one of these medicines, you could try the other. Ensure that the maximum allowed dose is being taken for each medicine.



**If you are eligible for a flu jab, please get one and avoid unnecessary illness!**

### Staff Training & Meetings

It is extremely important in these days of continual change that all staff members are kept up to date with what is expected of them, we therefore endeavour to have a regular monthly meeting and staff training. The surgery will therefore be closed on the following afternoons:

Tuesday 13th January 2009 closed 1.00pm to 2.30pm,

Tuesday 3rd February 2009 closed 1.00pm to 5.00pm

Tuesday 3rd March 2009 closed 1.00pm to 5.00pm

### MULLED WINE (8 servings)

1 bottle good red wine eg Merlot

0.5 litres Orange Juice

1 Orange

1 Apple

1 handful Brown Sugar

1 Cinnamon Stick

4 cloves

150 mls Brandy (optional)

Wash the apple and orange, chop into chunks. Put all ingredients into a large pan. Heat gently until the sugar dissolves, do not boil. Stir in the brandy immediately before serving.



### NON-ALCOHOLIC MULLED WINE

8 Cloves

1 Orange

600ml Cranberry Juice

1 litre Orange Juice

1 Cinnamon Stick

Gratings of Nutmeg

Stick 8 cloves into the orange and cut into quarters. Place the studded orange quarters, 600ml cranberry juice, 1 litre orange juice, 1 cinnamon stick and a few gratings of nutmeg into a saucepan and bring to the boil.

(Recipes courtesy of Ony Tullock)

### CONSULTING TIMES

MONDAY	08.00 - 12.00	02.00 - 04.45
TUESDAY	08.00 - 11.00	03.00 - 06.45
WEDNESDAY	08.00 - 10.00	02.30 - 04.30
THURSDAY	08.00 - 11.45	03.00 - 04.45
FRIDAY	10.30 - 11.45	02.30 - 04.15

### DOCTOR DOCTOR JOKE!

As the doctor completed an examination of the patient he said,  
**"I cannot find a cause for your complaint. Frankly, I think it's due to the drinking".**  
**"In that case", said the patient,**  
**"I'll come back when you are sober".**