



Newsletter

October 2015

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Clinical Staff

Dr A Sinha—GP
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Louise Paxman—Practice Nurse
Kirsten Underwood—Practice Nurse
Karen Perks—Practice Nurse
Jane Vickers—Specialist Nurse
Valerie Tighe—Nurse Practitioner

Admin Staff

Annette O'Toole—Practice Manager
Irene Perry—Systems Manager
Sharon—Secretary
Jen—Secretary
Sue B—Receptionist
Lynne—Receptionist
Wendy—Receptionist
Linda—Receptionist
Sue R—Receptionist



New GP Registrar

On 3rd November 2015 Dr Amudha Sachithanandam, GP Registrar will be joining the surgery for 4 months. We would like to welcome her to the team.

The flu clinics are now under way, if you have not had/booked your flu vaccination please contact the surgery.



Tai chi can help older patients with disabling conditions," The Guardian reports after an analysis of old data found the martial art may help relieve some symptoms of four age-related diseases: cancer, heart failure, osteoarthritis and chronic obstructive pulmonary disease (COPD).

NHS England has introduced two new vaccines

Young teenagers, sixth formers and "fresher" students going to university for the first time are now offered Men ACWY as they are at increased risk of meningitis. The vaccine protects against four different types of meningitis.

Men B vaccine is offered to babies aged 2 months, followed by a second dose at 4 months and a booster at 12 months. Patients are invited to attend for this vaccine as part of the routine childhood immunisation schedule.

DO WE HAVE YOUR CORRECT ADDRESS AND TELEPHONE NUMBERS?

If not please advise the surgery as soon as possible.



Ordering of Repeat Prescriptions online.

To order your repeat prescriptions online use the following link.

<https://systmonline.tpp-uk.com/Login> This link will divert you to Systmonline which is the safest way to order your repeats.

To register for this you complete the patient online registration form which can be obtained from reception or on our website www.dickensplacesurgery.co.uk -Patient on-line Access.

Please note that you will need to bring the form into the surgery with a form of ID.

We Britons really do eat too much sugar: 700g of the sweet stuff a week – that's an average of 140 tea-spoons per person.

Our love affair with sugar can mean that many of us are getting too many calories, which is one of the causes behind our ever-expanding waistlines.

Most of us could do with eating less sugar, particularly added sugar. But many habits, especially ones we like, are so hard to kick.

Dieticians say: "Identify the sources of sugar in your diet, and decide what to cut out completely and what to cut down on.

"You don't need to cut down on sugars found in fruit or dairy products because these foods contain lots of nutrients that are good for us.

"It's the food high in added sugar – such as fizzy drinks, which contain lots of calories but few other nutrients –that we should be trying to consume less of."

Added sugars shouldn't make up more than 5% of the energy (calorie intake) you get from food and drink each day. That's about 30g a day for anyone aged 11 and older.

Nutrition labels tell you how much sugar a food contains. If an item's total sugar content is over 22.5g per 100g, it is high in sugar. Anything under 5g of total sugar per 100g is low.

"Get used to reading food labels and comparing products to choose the healthier option,"

"Watch out for other words used to describe added sugar in the ingredients list."

There are lots of different ways added sugar can be listed on ingredients labels such as:

- sucrose
- glucose
- fructose
- maltose
- fruit juice
- molasses
- hydrolysed starch
- invert sugar
- corn syrup
- honey



Some packaging uses a colour-coded system that makes it easy to choose foods that are lower in sugar, salt and fat. Look for more "greens" and "ambers", and fewer "reds" in your shopping basket.

Cutting down on sugar doesn't have to mean going cold turkey.

There are lots of small changes you can make, which over the course of a day can add up and make quite a difference.

STOP AND THINK

ACCIDENT/EMERGENCY AND 999 SERVICES ARE FOR LIFE THREATENING AND EMERGENCY CONDITIONS ONLY.

If you are unsure and need advise please phone the surgery or NHS England.