

RICHMOND SURGERY

March 2011

We're on the Web

www.richmondsurgeryfleet.com

New Practice Manager

As many of you know, Maggie Richmond retired at the end of February after 20 years as practice manager. Following a one month handover period, our new practice manager Donna Brennan has stepped confidently into her shoes.

Donna has over 20 years management experience and although she is new

to the medical profession, she is actively enjoying the challenge of learning a new industry, meeting our patients and helping to grow and expand the practice and its professional services.

All the doctors wish her a warm welcome and a long and happy association with the surgery.

NHS Health Checks

The new NHS Health Check is available to any patients aged between 40 and 74 and residing in the UK. If you have received a letter inviting you to take advantage of this free check and you have not already done so, please contact the surgery for further information and make an appointment.

Everyone is at risk of develop-

ing heart disease, stroke, Type 2 diabetes or kidney disease but these diseases can often be prevented and the NHS Health Check can help you by assessing your risk and giving you personalised advice on how to reduce it.

"Take charge of your long-term health with NHS Health Check"

Staff News



all the best of happiness.

We are also pleased to announce another imminent arrival! Dr Ed Hatley will be joining the surgery as a salaried GP on 18 April 2011.

Some of you may have already met Dr Hatley as he has been a

regular locum with the surgery for some time.

Training at St Georges Hospital, London and qualifying in 2001, Dr Hatley has until now, been practising in Horsham.

He lives in Cranleigh with his wife and 2 young children and time permitting, he enjoys family outings and fine dining.

We welcome him warmly and look forward to him firmly establishing himself with Richmond Surgery

Keep it .. Or Cancel it

Almost 9 million GP appointments are missed by patients each year, a survey by Developing Patient Partnerships (DPP) revealed.

The DPP published its survey as part of its annual 'Keep it or Cancel it' campaign. Over two-thirds of practices surveyed believed that patients 'forget' their appointment, while 26% think that patients 'feel better' so simply choose not to attend. 72% surveyed believe they increase waiting times for those people who need GP appointments. The DPP figures also suggest that just under 4 million practice nurse appointments are missed each year.

Please let us know if you are unable to attend, or no longer require your appointment so that we can then make it available for another patient.

Alton Advanced

Bodywork

Kipp Clark who describes himself as an "Advanced Clinical massage therapist specialising in the treatment of chronic pain" will be working from the surgery from 14 March.

You will find a poster in the waiting room that gives a list of the conditions he treats.

If you would like to make an appointment to see Kipp, he may be contacted on either

07769666448 or by email

kclark@altonadvancedbodywork.co.uk

Patient Participation Group

This is made up of a wide cross section from the patients in the surgery. They meet with the Doctors and Practice Manager regularly to discuss matters of mutual interest.

If you have something you would like discussed at one of these meetings, please contact the Chairman, Rikki Willis, on her email:

rikki.willis@btopenworld.com

Mental Health Action Week

23-29 March

Research suggests that 1 in 4 of us will experience some kind of mental health issue during our lifetimes. And yet it is still something that people are reluctant to talk about openly. Just 40% of employers canvassed by the Mental Health Foundation said they would employ someone with mental health problems.

It is important to take care of your mental health in exactly the same way as you care for your physical health. Here are 10 tips -

- * Talk about your feelings
- * Eat well
- * Keep in touch with family and friends
- * Take a break
- * Accept who you are
- * Keep active
- * Drink sensibly
- * Ask for help
- * Do something you are good at
- * Care for others

<http://www.mentalhealth.org.uk/help-information>

RICHMOND SURGERY

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