

# Winter/Spring Newsletter 2013

[www.royalcrecentsurgery.co.uk](http://www.royalcrecentsurgery.co.uk)

## New Computer System!

The practice is changing its clinical computer system. This is a major piece of work for the practice team and we ask for your help, support and patience over the coming weeks.

We took delivery of our first computer in September 1990. Over time we have become more and more reliant on computers and now have them in all the consulting rooms. We would struggle to provide a service without them.

Our current clinical system has been in use since 1997. It was 'state of the art' at the time and although the program has been upgraded and enhanced over the years, it is now very dated and

has really reached the end of its useful life.

We have looked at all the options and are making the change in April to a new clinical system called

### SystemOne



### How this Affects You

There will be a difficult week **between 15th April and 22nd April**, during this time we will be **unable to make advance bookings for appointments.**

### Prescriptions

Any prescriptions issued after 14th April will not transfer automatically and so we need to minimize requests during that week. Any prescriptions we issue over that week will have to be manually entered on the new system.

**If your prescription is due during the week commencing 15th April please order early by mid day on the 12th April so we can get as much done in advance as possible.**

The first few weeks there is no doubt we are going to be slower to start with! Please be patient with us.

If you have any concerns please contact :- Leanne Birch, Deputy Practice Manager 01305 774466

## COMIC RELIEF DAY 15TH MARCH

If you come in on Friday the 15th March you may find some members of staff dressed in some strange outfits. This is all in aid of Comic Relief and is nothing to worry about! You are welcome to join us in making a donation.

### **SURGERY OPENING TIMES**

Monday-Friday  
8.10am - 6pm

**Extended Hours for booked appointments only**

Monday evening  
6.30 pm - 7.40  
Saturday Morning  
8.30 - 11.45

*Help us to help you by booking your appointment in advance where possible.*

*Farewell to Dr Varghese who after 3 years of working here as a locum is now off to practice in Australia!*

*We wish him all the very best in his new venture*



### Did You Know!

There is no need to queue at the desk to book in for your appointment, use our self check in machine on the wall, to the right of reception and mark yourself arrived!..

You can book appointments 4 weeks in advance...

There is a Self Check Blood Pressure machine in the back waiting room...

You can request your repeat prescription via email...

You can get help to stop smoking..... Ask a receptionist to refer you to Dorset Smoke stop .scheme...

If you are the main carer for somebody, add your name to our carers list at the surgery to receive information on carers support... Or speak to our carers lead Helen.



# Dates For Your Diary

## Easter Closing

Good Friday March 29th—CLOSED  
Saturday 30th March—CLOSED  
Easter Monday April 1st—CLOSED

## NATIONAL NO SMOKING DAY

Wednesday 13 March

Red Nose Day - Fri 15th March



## Strokes and how to avoid them— 50 % of strokes may be avoidable

### What is Stroke?

To allow your brain to function, it needs a constant blood supply, which provides vital nutrients and oxygen to brain cells. A Stroke happens when the blood supply to part of the brain is interrupted or cut off and brain cells are damaged or die.

Strokes can happen to anyone, of age and at any time and they have an immediate effect.



### Stroke Prevention

By having regular health check-ups and following some simple lifestyle changes you can dramatically reduce the chances of having a stroke.



#### Eat a healthy diet

Healthy eating can help you reduce three risk factors for heart disease and Stroke - High cholesterol, High blood pressure and Excess body weight.

#### Check your Blood Pressure

High blood pressure causes the arteries to 'fur up' and puts extra strain on the heart. Have it checked on a regular basis.

#### Workout Tips

Find a walking partner you will keep each other motivated. If the weather is too hot or cold, walk in a shopping centre instead.

Match clothing to weather, if its cold, layer clothes, if its hot wear light clothing.

**Research suggests that a combination of 4 healthy lifestyle choices may reduce your chances of having a Stroke by 50%.**

- 5 Fruit or vegetables a day
- No smoking
- Drinking Moderate amounts of alcohol
- Moderate exercise

*Your views are important to us. Please let us know what we are doing well and what we could do better. Your views are important to us. We welcome all feedback!*



#### Stop Smoking

Smoking makes the blood more likely to clot and doubles the risk of you having a Stroke. If you struggle to quit, get help and support.

#### Drink Sensibly

If you drink alcohol, drink in moderation. That means two drinks per day for men and one drink per day for women.

#### Why Exercise?

Physical activity can be a life saver - literally. If you're active **30- 60 minutes a day**, most days of the week, you **dramatically lower your risk of heart disease and Stroke.**

Regular activity also helps prevent and control risk factors such as high blood pressure, high cholesterol and obesity. Because physical activity makes you feel better about yourself, you're more likely to make healthy lifestyle choices and avoid bad ones such as smoking, over eating or drinking too much alcohol.

### Think F.A.S.T- Act F.A.S.T

- **Stroke** is a medical emergency, call **999** at any sign of **Stroke**
- **Face** - Ask them to smile does the face look uneven?
- **Arm** - Ask them to raise both arms. Does one arm drift down?
- **Speech** - Does their speech sound strange? Ask them to repeat a phrase.
- **Telephone** - Brain cells die every second! Call 999 at any of these signs.

Have you seen our book swap scheme? Bring your old books in and take on another book to read.

If you have any magazines dated within 6 months, we also welcome these for our waiting rooms. Thank you



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### CONTACT DETAILS



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