

Staunton & Corse Surgery Patient Group Newsletter

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New Practice Website

We are pleased to confirm that our new website has recently been launched. The site can still be found at www.stauntonsurgery.co.uk (our actual website address has not been changed).

We have tried to make the site easy to navigate and simple to use. We have included additional information about practice services and there is a practice news area accessible from the home page. We have added useful links to some of our forms (third party consent, travel etc.) and links to the Patient Access system for booking appointments, accessing medical records or ordering medication on-line. You will also find health information, a list of useful telephone numbers, details of local services and information for carers. Please do let the practice know if you notice any problems with the site so we can take steps to rectify them as soon as possible.

Surgery Closure Dates for Staff Training

We occasionally close the practice for the afternoon so all our staff can attend mandatory training sessions. We wish to inform patients that we intend to close from 12:00 noon on Tuesday 17 October 2017.

Access to Chiropody and Podiatry Services

There's no difference between a podiatrist and chiropodist, but podiatrist is a more modern name. Podiatrists work with patients to prevent, diagnose, treat and rehabilitate abnormal conditions of the feet and lower limbs. They also prevent and correct deformity, keep people mobile and active, relieve pain and treat infections. If you have diabetes, your podiatry needs are looked after as part of your condition. For all other podiatry needs you should find an appropriate local podiatrist who you will need to pay privately for any services provided. To find practitioners, look for advertisements in local shops and magazines or visit the NEW surgery website at <http://www.stauntonsurgery.co.uk/category/news/> and click on the 'Surgery News' box on the Home Page

Health Advice – EXERCISE by Maggie Etheridge, Practice Nurse



The news is.. well not just the election,

Have you heard the latest statistic about exercise? Well, according to recent news reports walking to work is associated with a 27% reduction in the risk of developing heart disease, whilst cycling reduces the risk by a very impressive 46%. Of course this will depend on the length of your journey to work.

I'm not planning on buying a bicycle yet as my commute to work is about 22 miles, some of which is down the M50, although I do know some medical personnel who do many more miles than this in a day! But it does make me think about the benefits of exercise, such as, improved mobility and muscle strength, reduction in those general 'aches and pains', helping weight loss, and reducing the risk of developing cancer, to name but a few. It's a good time of the year to try and get out and about, lovely light evenings and luckily, some dry days. If you have not taken very much exercise over the winter, maybe start with walking, a 10- 15 minute walk could be a good beginning.

There are some local walking groups around if you are interested. You can find out about walks for health at www.walkingforhealth/walkfinder/forest-dean-walking-for-health. They start at Staunton Village hall (Tuesdays), Hartpury Village Hall (Wednesdays) or Newent Chill Out Zone (Thursdays).

If you feel you need help and support with health issues such as stopping smoking, losing weight and being more active, then look at the Gloucestershire Healthy Lifestyles website, on www.hlsglos.org, where you can log on and get advice.

And don't forget the 'falls prevention clinic' held in the hall at Staunton, for those of us who are not quite so 'mobile' but want to try and keep active. For advice on the falls prevention clinic, please make an appointment with a Practice Nurse at the surgery, who will be able to give you more details.

If you don't have a computer, or need any help or advice regarding the above, please contact me on the normal surgery telephone number, or make an appointment to see me.



Patients group Contacts

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| Sue Knox (Chair) | 01452 700882 | Hartpury |
| Norman Davis | 01452 840200 | Corse |
| John Leask | 01452 780243 | Tirley |
| Malcolm Harley (Vice-Chair) | 01452 840391 | Corse |
| Jane Rose | 01452 849535 | Corse |
| Jane Evans | 01452 840168 | Staunton |
| Ann Watkins | 01531 650321 | Redmarley |
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Contact Us:

If you have any suggestions about how our practice might improve patient services, you can pass these to the PPG for consideration. Either drop a note in our Suggestion Box which is situated in the foyer at the surgery or send an email to us at sandc.ppg@nhs.net

E-Newsletter:

If you would like to receive our newsletter by email, please let us know at sandc.ppg@nhs.net