



November/  
December 2018

# Bourn Surgery Newsletter

**Gransden Surgery Closure: Due to unforeseen circumstances there will be no further Tuesday Gransden Surgeries this year.**

**Christmas Closure: Tuesday 25th and Wednesday 26th December 2018.  
New Year Closure: Tuesday 1st January 2019.**

## Self Care Week:

The week commencing the 12th of November is this year's annual self care week, focussing on promoting self-care. This year's theme is *Choose Self Care for Life*, promoting the message that small changes that can make a big difference, and the importance of making improvements in your life to protect your physical health and mental wellbeing.

- Get active; advice is to exercise for at least twenty minutes a day, it's ideal if you can incorporate this into your day by ditching the car and walking to work, or walking the dog, taking the stairs or even dancing around the kitchen table to your favourite songs!
- Eat well. We all know that healthy eating is crucial to our health so we can start by swapping unhealthy snacks for healthy options such as nuts, seeds and fruit. Ask your pharmacist for advice on managing your weight.
- Make positive changes! Take steps to stop those bad habits that don't serve you well. This Self Care Week make a plan to stop smoking, reduce alcohol intake and get active! Your pharmacist can help with lifestyle changes such as weight management and stop smoking services.
- Rest. A good's night's sleep is as essential to our health and wellbeing as eating healthily and exercising so, make sure you get the recommended 7-8 hours a night!
- Stop! These days we lead such busy lives that we sometimes forget to slow down and stop. Find time in your day to just quieten your mind. Mindfulness or yoga might be helpful.

The Self Care Forum is an excellent source of advice for the self-management of many common ailments, and has developed very useful Factsheets on common ailments, which can be found here: <http://www.selfcareforum.org/fact-sheets>. In particular, the Self Car Forum has made a list of Factsheets for 12 common ailments that can be dealt with by Pharmacists. They are:

- Low Back Pain
- Indigestion and Heartburn
- Constipation
- Coughs in adults
- Sprains and Strains
- Ear Ache
- Eczema
- Sinusitis
- Headache
- Acne
- Sore Throat
- Common Cold

**The Doctors and Staff of Bourn Surgery would like to wish all of our patients a Merry Christmas and a Happy New Year.**

## **Plan ahead and order early!**

The last date for ordering medication at Dispensary for collection before Christmas is **Tuesday 18th December.**

## **Evening and Weekend GP Appointments**

The Extended GP Opening Hours, or Extended Access programme, run by our local Federation, the Cambs GP Network, is now up and running, and several of our patients have benefitted from this service. This programme provides access to routine, pre-bookable GP appointments in the evenings and at weekends. Services offered include GP and nurse appointments, and can be used for any routine medical issue, such as medication reviews, chronic condition reviews (i.e. asthma or diabetes), dressing changes, smear tests etc. Our local hub providing appointments is Comberton Surgery, but there are other hubs that we can book into around Cambridgeshire.

Appointments in this Extended Access programme can only be booked through Bourn Surgery. If you are interested in arranging an appointment, please speak to Reception. Your GP or nurse may suggest using this service if it can provide a more timely review. Please note that when you book an appointment for this service through Reception at Bourn Surgery, you will be provided with a phone number to contact the Extended Access service on in case you need to cancel or change your appointment.

## **New staff!**

We will be joined in mid-November by a new GP at Bourn. Dr Jassim Ali is a fully qualified GP, whom some of you may remember from his time with us as a GP Registrar several years ago. Dr Ali joins us for six months in order to provide cover for administrative time for the regular GPs. We look forward to welcoming Dr Ali back to Bourn!

## **'Flu vaccine delivery issues**

Those of you who are eligible for the new over-65's 'flu vaccine this year may will have noticed that there have been times when we have been out of stock of the vaccine. This has been a national problem. All pharmacies and GP surgeries in the country received their vaccine deliveries in a phased way, with 40% of vaccine ordered delivered in September, 20% in October and the final 40% in November. This has meant that between deliveries we have had periods of time when we have run out of vaccine prior to the next delivery. We know that this has led to several appointments being cancelled and rescheduled, and we are sorry for the inconvenience that this has caused. This problem has been repeated in surgeries up and down the country, and has been reported on at a national level, so we would hope that this situation is not allowed to recur next year. We still have some vaccine; if you have not been vaccinated please contact Reception.

### **Reception**

- **Mon-Fri:**  
**8.30am-1pm, 1.30pm-6pm**
- **Appointments: 01954 719469**
- **Emergencies: 01954 719313**

### **Dispensary**

- **Mon-Fri: 8.30am-1pm,  
2pm-6pm**

### **Out of Hours**

- **01954 719313 and listen to the  
automated message.**