



GREENSAND

Stockett Lane
Health Centre



Patient Newsletter

We hope you enjoyed the summer and managed to take a well-earned break. Our website and Facebook page will link you to lots of useful information leaflets to keep you and your family safe in the sun. Our website address is www.stockettlane.co.uk and our Facebook page is www.facebook.com/stockettlane, please like our page and keep in touch.

We have two new members of staff to add to our clinical team, Cath Cooksey and Maria Rivas-Lee. They are employed as Clinical Pharmacists and are able to carry out medication reviews, annual reviews, NHS Healthchecks as well as offering smoking cessation advice and administering Flu vaccines. Please feel free to come and meet them, and to arrange an appointment, even if you would just like to talk about your general health and well-being.

Cath and Maria will be supporting our GP team to free up their appointments enabling the GP's to spend longer with each of their patients, we hope to be able to offer 15 minute appointments soon!

We understand that it can sometimes be very frustrating when you have difficulties booking appointments via the phone and we encourage all of our tech-savvy patients to use our on-line appointments system and our on-line repeat medication ordering system, that way you can book an appointment at your leisure outside of surgery hours, freeing up valuable resources to enable the elderly to book via the telephone.

This year we are running walk in flu clinics so there is no need to make an appointment.

The walk-in clinics will be held on :-

Morning Clinics - Tues 29th Sept, Wed 30th Sept and Thurs 1st Oct between 7.30 and 10.30am

Afternoon/Eve Clinics - Tues 12th Oct, Wed 14th Oct and Thurs 15th Oct 4-7pm

Flu Vaccinations are available for all of our patients over the age of 65, all those suffering with a long term condition such as diabetes, pregnant women and all children aged 2,3 or 4 (please book an appointment for children).

Text Message Reminders

We are now reminding our patients of their appointments via text message as well as reminders about annual health checks and entitlements to vaccines. Please can you ensure that we have your correct mobile number, we have update forms placed around the surgery, so please complete and pass to reception.

Safe and Secure - If you agree to us contacting you via your mobile phone number, Stockett Lane Surgery agrees to adhere to the following:

- The mobile phone number will only be used by the GP Practice and will not be passed to any other parties.
- Your mobile phone number will solely be used by the GP Practice in relation to the healthcare services offered by the GP Practice. You will not be contacted in relation to any other types of products or services.
- No personal details will be included in the message to identify you.
- Whilst the GP Practice will regularly check your telephone numbers with you, please be aware that the onus of keeping your contact details current with the practice rests with you.



Trying to lose weight?

Sadly there is no quick fix to losing weight, but a healthy balanced diet with a focus on reducing portion sizes and high calorie snacks is usually the most successful. We always recommend that you combine this with exercise. You may find it helpful to download the NHS Choices calorie tracker to enable you to count your calorie intake or you may prefer the app, myfitnesspal. There is research suggesting that it is important to make eating, conscious. Keeping a food diary can help keep us on target. The eat well plate is a well-recognised tool, which demonstrates the proportions of each food group that you should aim to consume. Just using a smaller plate can cut that intake dramatically! View our Facebook page for a colour image of the eatwell plate to help you in your weight loss programme.

Message from the GP - What do I do if I need a doctors certificate?

By law, for the first 7 days of illness you do not need a Dr's certificate. Your employer can provide you with a self-certification note to complete with the details of the reason for your absence.

If you have had an operation or hospital stay, the Dr's in hospital should provide a sick note for the expected period of incapacity. If this has not been done, the surgery Dr can sign a sick note based on written correspondence from the hospital without needing to see you in person.

Our GP's are happy to provide Dr's certificates after the first 7 days for patients they have been caring for.

When considering a return to work, the Dr's can sign a "fit note". This can specify terms which your employer can consider to enable a successful return to work, such as, a phased return, amended duties and reduced hours. There is also a new government scheme called Fit For Work to support patients who have been off 4 weeks or more. Ask the Drs for details or visit our facebook page. www.stockettlane.com/facebook

Are you considering trying to quit Smoking?

If you want to stop smoking, you can make small changes to your lifestyle that may help you resist the temptation to light up.

- Think positive! - You might have given up before, but tell yourself that you're really going to do it this time.
- Make a plan to quit smoking - Make a promise, set a date and stick to it. Don't be put off by a wedding, party or other time when you'd normally smoke.
- Change your diet - Is your after-dinner cigarette your favourite? A US study revealed that some foods, including meat, make cigarettes more satisfying. Others, including cheese, fruit and vegetables, make cigarettes taste terrible. So swap your usual steak or burger for a veggie pizza instead.
- Change your drink - The same study looked at drinks. Fizzy drinks, alcohol, cola, tea and coffee all make cigarettes taste better. So when you're out, drink more water and juice. Some people find that simply changing their drink (for example, switching from wine to a vodka and tomato juice), affects their need to reach for a cigarette.
- Identify when you crave cigarettes - A craving can last five minutes. Before you give up, make a list of five-minute strategies. For example, you could leave the party for a minute, dance or go to the bar. Think about this: the combination of smoking and drinking raises your risk of mouth cancer by 38 times.
- Get some quitting support - If you have an iPhone, iPad or iPod touch you can download the free NHS Stop Smoking app from the iTunes App store. The NHS Stop Smoking app makes it easier to stop because it:
 - o Provides daily support and instant tips
 - o Keeps track of how much money you're saving
 - o Shows how many days you've been smoke free
 - o Includes a direct line to the NHS Smoking helpline
 - o Provides links to local NHS Smoking Services - make an appointment today to see one of our smoking cessation advisors.



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If you would like to leave us some feedback about your experience with the surgery, please visit www.iwantgreatcare.org and search for Stockett Lane.

We look forward
to hearing from you
Have a great summer!

Contact

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