

DRS WILEY, SINCLAIR & KETTELL



MAIDEN NEWTON SURGERY



TUNNEL ROAD SURGERY

NEWSLETTER

ISSUE NO: 1

TEL: 01300 320206
Mon—Fri 8.00am—6.30pm
Fax: 01300 320399

THE TEAM MAIDEN NEWTON

DOCTORS

Dr Paul Wiley
Dr Jonathan Kettell

NURSES

Sara Porter
Kate McConnell

PRACTICE MANAGER

Sheila McConnell
Alison Green PA

RECEPTION/DISPENSARY

Karen Carstairs
Mary Smith
Jo Strong

Marion Harrison

Diane Minty

DATA INPUT

Sara Mitchell

HEALTH VISITOR

Mary Ann Rimer

CLEANING STAFF

Norma Baker

SERVICES PROVIDED

The practice is also able to offer you the following services. Please ask at reception for appointment times

- ♣ Antenatal
- ♣ Chiropody
- ♣ Dietetics
- ♣ Citizens Advice
- ♣ Physiotherapy
- ♣ Audiology
- ♣ Counselling
- ♣ Minor Surgery
- ♣ Smokestop
- ♣ Asthma Clinic
- ♣ Diabetic Clinic
- ♣ Parentcraft
- ♣ Mother and Baby
- ♣ Travel Advice
- ♣ Cervical Cytology

TEL: 01308 862225
Mon—Fri 8.00am—6.30pm
Fax: 01300 863781

THE TEAM BEAMINSTER

DOCTORS

Dr Romana Sinclair
Dr Jonathan Kettell

NURSES

Clare Snelling
Linda Fooks

PRACTICE MANAGER

Sheila McConnell
Alison Green PA

RECEPTION/DISPENSARY

Tracey Wright
Pam Wren
Gilly Puzey

Sue Conroy

Teresa Charles

Christina Azor

Christine Lockett

DATA INPUT

Sue Langdon

HEALTH VISITOR

Toni Green

**Welcome to the first edition of our
Newsletter**

When did you last have your blood pressure checked

Raised blood pressure is an increasing problem in today's world. People with raised blood pressure do not have symptoms and are unaware it is raised unless checked regularly.



If you should have high blood pressure, reducing your blood pressure can lower your risk of having a heart attack or stroke. About 4 in every 10 people in England have high blood pressure and of these nearly one third are not being treated!

If you have not had your blood pressure checked recently and would be interested in attending the surgery for a blood pressure check please phone for an appt

BIRD FLU!!

The media love talking and even scaring us about it but the truth is, the risk of anyone catching it is extremely low.

Avian flu or "bird flu" is a highly contagious disease affecting many species of **birds** including chicken. There have been **no** reports of birds being infected with avian flu in the UK to date. To catch it you have to touch infected birds or have contact with their saliva, fluids from their nose or droppings. Infected droppings can also contaminate dust, soil, water, feed, equipment, vehicles and clothing.

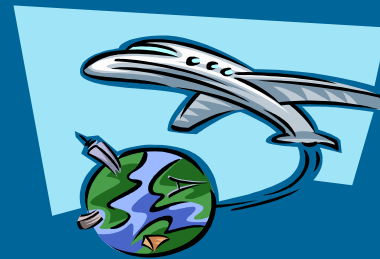
Should you be travelling in a country that has had avian flu outbreaks, stay away from live animal markets and poultry farms. Avoid bird droppings, keep away from any dead birds you may see and don't bring any live birds or poultry products including feathers back with you.

These outbreaks **do not** pose a risk to food safety for the UK consumer because the virus is not blood borne and is not transferred through cooked food. As a precaution, the

UK has banned poultry imports from all countries that have had bird flu outbreaks.

The Government and the NHS have robust plans in place on how to manage the possibility of an outbreak in the UK. Although this is thought to be highly unlikely.

HOLIDAY TIPS



Its that time of year again when we all start to think of sunnier climes, if you intend to escape this year don't forget to check your travel vaccines are up to date. The practice nurses are on hand to advise you on all aspect of travel health and also which vaccines you will need but don't forget to book your appointment in plenty of time as vaccines need to be given well in advance of travelling. 6—8 weeks planning prior to departure is necessary as we cannot guarantee that we can see last minute travellers or late bookers.

New for 2006 Choose and Book

Choose and Book is a national service that, for the first time, combines electronic booking and a choice of place, date and time for first outpatient appointments. It revolutionises our current booking system, with patients able to choose their initial hospital appointment.