

CROSS DEEP SURGERY



Issue 7

Bulletin

Summer 2015

WALK FOR HEALTH

Walking costs nothing and requires no special equipment except a pair of comfortable shoes. Walking helps your heart and lungs to work better, it can lower your blood pressure and cholesterol, it helps you keep your weight down and it helps to keep your joints, muscles and bones in good condition. Walking regularly has been shown to have a beneficial effect on conditions such as heart disease, Type 2 diabetes and osteoporosis—it can also help to alleviate stress and depression. So, with all these proven benefits, what's stopping you? Even if you don't think you could manage to walk very far, why not have a go? Every step is a step in the right direction and you might surprise yourself.

If you're not in the habit of walking, start in a modest way—get off the bus a stop earlier or, if you want to pop to the local shops, walk instead of taking the car. Go for short walks and don't overdo it on the outward leg—remember you've got to walk back! Set yourself realistic targets and gradually increase the distance you cover.

There are so many places in the local area to walk. Richmond Park and Bushey Park, both have herds of deer, stretches of water and enclosed gardens which are only accessible on foot. On a smaller scale there is Marble Hill Park and there is Crane Park. We are also lucky enough to have the River Thames—a walk along the towpath is well worth the

effort (and a bus is never too far away should you overdo it!) For people who are not too fond of the "great outdoors" there are some fascinating walks around the older parts of Twickenham and Richmond.



If you prefer something slightly more organised, Richmond Health Walks is a local Walking for Health scheme.

They offer short, easy walks led by trained volunteers and there is a walk suitable for most levels. The walks are free, you can walk at your own pace, and they offer a safe, social atmosphere. Simply turn up at the publicised starting point fifteen minutes before the start time and introduce yourself to the walk leader. For more information visit

www.walkingforhealth.org.uk/richmond

Alternatively phone Richmond Council for Voluntary Service (making reference to Walking for Health Richmond) on 020 3178 8785 or contact the [Health Walks Co-ordinator, Hayley Burgoyne](#)

Email:

HayleyB@richmondcvcs.org.uk

Telephone: 07584 838784

Why not give walking a try—you've nothing to lose and everything to gain.

(If you have serious health problems speak to your doctor before embarking on any programme involving physical activity.)

MENINGITIS VACCINE FOR 17 AND 18 YEAR OLDS

From August 2015, all 17 and 18 year-olds in school year 13 and first-time university students up to the age of 25 are being offered the meningitis vaccine as part of the NHS vaccination programme. The vaccine protects against four different causes of meningitis and septicaemia. There will also be a catch-up vaccination programme for current school year 10 students through schools from January 2016.



LiveWell Richmond is a free health improvement service dedicated to helping residents of the borough to live healthier lifestyles. It is tailored to meet your personal needs and provides access to advice and motivational support through a team of dedicated health coaches and specialist services. **LiveWell Richmond** can help you -

- ◆ have a healthier diet
- ◆ be more active
- ◆ stop smoking
- ◆ manage your weight
- ◆ feel less stressed
- ◆ monitor your alcohol intake
- ◆ monitor your sexual health
- ◆ understand dangers of drug misuse

For more information visit the website www.LiveWellRichmond.org.uk or phone 020 8487 1745

“Am I being over-anxious or is my baby seriously ill?”

It's distressing to watch a small baby who is unwell and new parents in particular might feel quite helpless and unsure of what to do for the best. Is it serious, or will the symptoms subside? Are we making an unnecessary fuss? Trust your instincts and if you are seriously worried get medical help quickly. Any of the following should be regarded as serious—either take the baby to the nearest Accident and Emergency Department or dial 999 for an ambulance,

Your baby is unusually drowsy and lethargic and does not respond to normal stimuli

A temperature of over 39°C or a raised temperature that you are unable to bring down

Fits, convulsions or seizures

Turning blue, very pale, mottled or ashen

Difficulty breathing

A spotty, purple-red rash anywhere on the body. (This could be a sign of meningitis)

Repeated vomiting or bile-stained (green) vomiting

When do I need a Medical Certificate?

Illness that lasts a week or less does not require a certificate from the doctor. In this period you can fill in a self-certification certificate (SC2) which you can obtain from the reception desk or from your employer or DHSS office.

If your employer or your insurance scheme requires a doctor's certificate to cover the first week of illness then that can be issued as a private certificate for which a charge is payable. A receipt will be issued and your employer may provide you with a refund.

Illness that lasts more than a week usually requires an NHS certificate known as a Med 3 or Med 5 for which you will have to see a doctor either at the hospital or at the surgery. There is no charge for these certificates.

When the Surgery is closed a GP out-of-hours service is available -

Monday to Friday - 6.30 pm—8.00 am

Weekends - 24 hours from 6.30 pm on Friday to 8.00 am on Monday

Bank Holidays - 24 hours

Telephone—03000 240 000

AND FINALLY -

PLEASE REMEMBER NOT TO GO TO A&E UNNECESSARILY

A&E is not for hangovers, minor cuts and bruises, colds etc.

Patients in A&E are seen in **order of medical priority** not on a first-come first-served basis so, if you arrive with a condition that is not potentially serious, you might have to wait a very long time. For less-serious conditions it's often quickest and easiest to phone NHS 111 for expert medical advice or go to your local Walk-in Centre. Your local Pharmacy can offer help with common conditions and minor injuries which might enable you to treat yourself at home.

Do not prevent somebody else from receiving urgent treatment in a life-threatening situation.