Dr. Phil Hartropp

As many of you may be aware Dr. Phil Hartropp is due to finish his clinical work with patients on the 24th December 2010 and then will formally retire on the 31st March 2011.

Phil has given over 30 years service to our patients here at Yaxley Group Practice.

We have already received some enquiries from Patients who wish to make a donation in grateful thanks for their care over the years. It is Dr. Hartropp’s wish that all donations received will go on his behalf to Yaxley Group Practice Patients Association.

GP Carers Prescription

- Are you caring for someone?
- Are you feeling emotionally or physically overwhelmed
- Would help or a break make a difference

NHS Cambridgeshire and Crossroads Care Cambridgeshire are working in partnership with Yaxley Group Practice to help improve recognition and help for carers and provide breaks where needed.
What can you get from Crossroads Care Cambridgeshire?
As a carer you will be able to visit your GP to explain your circumstances and your GP will then offer you a prescription for a visit to help decide the most appropriate form of support including a short break. When you receive a prescription a specialist worker at Crossroads Care Cambridgeshire will visit you and help complete an assessment of your situation. They can point you in the right direction to where you can find out more about caring, your rights, free services or benefits you may be entitled to. If a short break is prescribed, they will help you choose to book something that would make a real difference to you. You may need a short break to support your own health, keep an appointment, or just need some “me time” away from it all.

How to get a Prescription?
See your doctor, briefly explain your circumstances
Your doctor will write the prescription and they will make sure they record you are a carer, so they can support you appropriately in the future. You can take the prescription away and contact Crossroads Care Cambridgeshire within 28 days. They will respond within 24 hours and provide the information service and an agreed break if you choose, without any charge to you

If you would like to know more about the GP Carers Prescription before you speak to your Doctor please see Linda in the Patients’ Library

Alcohol Awareness

Getting your head around how the things you do today might affect you in later life is not an easy thing to do. Take alcohol for example. If you are at a party this festive season, you are unlikely to be thinking about the cumulative impact a few drinks might be having.
Regularly drinking more than the NHS recommended guidelines for sensible drinking however can put you at risk of serious long term health conditions, such as liver damage, strokes or depression. Alcohol is also the leading cause of mouth and throat cancer, second only to smoking.
The NHS recommendations on sensible drinking are that men should not drink more than 3-4 units per day on regular basis and women should not exceed 2-3 units per day on regular basis.

It’s a myth to think that it is safer to take the number of units of a weekly limit and drink them all at once. Binge drinking is harder on your body, is linked to violent and antisocial behaviour and is a risk factor for developing heart disease.

Let me offer a brief guide through the confusing maze of units, measures and labels. One unit is 10ml (8g) of pure alcohol. The alcohol content in drinks is also expressed as a percentage of the whole drink. Take a look at the label on a bottle of wine for example and you will see either a % followed by the abbreviation ‘ABV’ - which stands for ‘alcohol by volume’ or just the word ‘vol’. So wine that says 13ABV on its label contains 13% of pure alcohol. Most wines are between 12-13 %, some robust wines from hot countries including wines from Australia, South America or South Africa can be 17%ABV. And don’t forget about the size either. If you ask for a glass of wine at the bar, you will be offered large or small glass. A large measure is 250ml – which is 1/3 of a bottle. This can mean nearly 3 units of alcohol in just one glass. So if you have just 2-3 glasses, you could be drinking a whole bottle of wine and almost 3 times your recommended daily units without realising.

So, to work out exactly how many units are in your drink, you need to know the volume of your drink and its alcoholic strength % (or ABV). Multiply the % alcohol content by the volume of your drink and divide by 100 if the volume is in centilitres(cl) or by 1000 if the volume is in millilitres (ml).

This way you can keep count and know your units when you’re drinking.

Dr Darina Padmore

Welcome Back

We are delighted to welcome back to Dr. Jas Bhari and Caroline Brear, Practice Nurse who both return from their maternity leave in January.
DATES FOR YOUR DIARY

Christmas Closures

We will be closed on

Christmas Day, Boxing Day
Monday 27th December 2010
Tuesday 28th December 2010
Monday 3rd January 2011

The Doctors and Staff send their best wishes for a Happy and Healthy Festive Season

Carer Group Meeting

The next meeting of the Carer Support Group will be on Wednesday 8th December 2010 1pm at The Farmers for Christmas Lunch.

The next routine meeting will be on Wednesday 12th January 2011 from 2-4pm in the Health Education Room.
All Carers are welcome to attend.