



PRACTICE NEWSLETTER NO.3

Earlier Starts:

Dr Hilary Burbidge is offering some earlier appointments on Tuesday and Thursday mornings. The earliest available is 8 am. Dr Jenny Cooper is offering a number of appointments over the lunch-hour for patients who work in town.

This is all part of a plan to offer a greater range of appointment times. We still plan to offer an evening clinic once we have the staff to cover it. We have no plans for weekend clinics.

Healthy Eating App:

We are always on the lookout for ways of making the healthy choices easy. There is a smartphone app. called FoodSwitch that helps you make healthy food choices. Scan the barcode of packaged food at the supermarket using a smartphone camera. You will get immediate, easy-to-understand nutritional information on more than 30,000 products. If you have coeliac disease or are otherwise gluten-intolerant, the GlutenSwitch filter can instantly identify when a scanned food contains gluten. It will recommend alternative products listed in order of healthiness.

Healthy Child App:

Another app has been released to help busy parents keep track of immunisations and health checks. Once the app is downloaded and the child's birthdate entered, the app can show the due dates of immunisations and health checks. It can also show the child's recordings on growth charts and other important health information.



Healthy Homes:

No electronic technology is required to make this healthy choice. Insulation makes it easier to keep a home warm and dry. A warm dry home makes the prevention and treatment of a lot of chronic ill health much easier, particularly in children and the elderly. There is still funding available for insulating the homes of patients with certain conditions. With winter fast approaching, ask one of our practice nurses if you or someone in your family could be eligible. Our practice nurses can make the necessary referral. The patients we referred last year note better health, well-being, and reduced power bills.

Influenza Vaccination:

Influenza vaccine against the current strains arrived in March. The annual vaccination campaign is in full swing and it is not too late to request yours. The price is still the same as last year, but many patients with the highest health risk are eligible for free vaccination. Our practice nurses can tell you if you are eligible. If you are an employer we can provide vaccination for your staff.