

Gleadless Medical Centre Newsletter

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Issue 5, Summer 2011

THE SUMMER NEWS LETTER

Welcome to the Summer 2011 edition of the Gleadless Medical Centre Newsletter.

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Telephone update

Gleadless Medical Centre recognises that some companies charge more for telephone calls to a 0845 number. To make sure that our patients don't pay more than they have to, you can use our Sheffield number which is 0114 239 6687. Calls will still be redirected to the out of hours service when the practice is closed.

We will still retain the 0845 number as this gives us the ability to redirect calls to a mobile telephone, should our Sheffield lines be damaged so you can continue using that number if you wish too.

Did you know:

- Gleadless Medical Centre has 4 telephone lines for incoming calls and another 4 lines to make outgoing calls
- When the phone lines first open at 8.30 am and again at 2.00 pm, this is our busiest period so unless your call is urgent, please phone after 9.00 am or 2.30 pm.
- We will always make sure you obtain help and advice from a Doctor by either telephone, Three Minute Surgery or an emergency appointment that day.
- We handle on average, 265 calls into the surgery on a Monday. Our least busy day for phone calls is a Thursday when we have 175 calls on average.

Email addresses and mobile phone numbers

More patients than ever use email and mobile phones. We would like to keep patients informed of any updates using these methods so we're asking everyone to update their records when they're next in the surgery. Please help us to keep you informed!

NEW ARRIVALS!

Helen, Receptionist, has recently bought two pygmy goats, Star a 3 year old nanny goat and Ziggy a 3 year old Billy. Star is a quiet goat who doesn't cause much trouble where as Ziggy likes to be causing trouble, escaping out of the pen and into the garden. Once out "he likes to eat my mum's flowers!" says Helen. Star has recently given birth to two kids, a boy and a girl which have been named Prince and Magic. Magic likes to keep herself to herself and doesn't like to play whereas Prince is a very playful kid who has been caught dancing on the bird table!



YOUR CHILD IS AT RISK IF YOU DON'T HAVE THEM VACCINATED!

Are the following statements true or false?

- Not all children can have vaccinations.
True False
- Children are traumatised by vaccinations.
True False
- The MMR vaccine causes autism.
True False
- Your child no longer gets the BCG vaccination at school.
True False
- You can't take your baby swimming before they're vaccinated.
True False

Please pick up a slip with the answers from the leaflet board.

Doctor's tour de France: Jez on 300-mile bike ride for kids' charity

Dr Jez McCole, from Gleadless Medical Centre, is taking on an epic challenge in aid of children's charity Action Medical Research by cycling 300 miles from London to Paris.

The 35-year-old has already tackled a 100-mile ride across the Peak District, and 250 miles from the east to the west coast of England, but this will be his toughest challenge yet.

His charity stunts come after he decided to swap his car for a bike five years ago - opting for a greener way to visit his patients at home. They have now got used to the sight of their cycling GP, who thinks nothing of clocking up 100 miles a week commuting and visiting.

Jez, who has diabetes, has also found biking has improved his health and fitness. He said: "It's hard work training but I love cycling and I am really looking forward to this four-day challenge.

"I'm well prepared, but will need to stop regularly on route to check my blood sugar levels. I am taking advice from colleagues in the diabetic team and will be taking on board healthy snacks and energy drinks to keep those levels up."

Jez, a partner at the medical centre which is part of Central Sheffield GP Consortium, is hoping to raise as much as £2,000 from the challenge which will go into research to improve the health of babies and children. He added: "Action Medical Research is a fantastic charity dedicated to improving the health of babies and children here in the UK.

"It's not well known but for almost 60 years it has been behind numerous breakthroughs such as the UK polio vaccine, ultrasound scanning in pregnancy, and the fetal heart rate monitor."

The ride starts on July 20 at the O2 arena in London, continues through the Kent countryside before crossing the Channel, travelling through rural villages in Northern France and finally arriving under the Eiffel Tower in Paris the day before the Tour de France rolls in.



RACE FOR LIFE - by Amanda, Senior Receptionist

"I ran race for life on Sunday 3rd July. I enjoy running and me and my son's girlfriend Laura decided to do the run to raise money for Cancer Research. It is a charity close to my heart after losing my mum in August 2001 to pancreatic cancer at the age of only 66. We both started training at weekends and even after work some nights! The day of the race was very hot and sunny. The race started at 9.30am and for the first time took place in Sheffield City Centre with over 6500 women all wearing pink. Taking lots of fluid on board we were very pleased to complete the 5km course in 32 minutes and hope to raise at least £100 each in sponsor money for the Cancer Research charity."



"Helen, who works in Reception & Admin, also took part in the race with her friend Chloe hoping to raise money for the good cause. Overall the day was enjoyable and everyone remembered family and friends that have been affected by cancer."

Twenty years is a long time and Alicia Sheldon our Reception Manager has worked with us at the Medical Centre for longer than this. She retired in June and we will miss her quiet efficiency and gentle smile. We had a farewell lunch at the surgery attended by Dr Bacon who in his retirement has continued as a prolific and talented artist. When Alicia joined the practice it was a very different place. We worked in the old single storey building and as well as Dr Bacon, Alicia had Drs Clayton, Blindt and Bradford to contend with! We are extremely fortunate at the Medical Centre to have some very loyal employees. Sandra Walters who retired last year spent over 20 years with us and Nurse Naomi West and Brenda Howard our secretary continue now into a third decade of work with the Practice.

*Please let us know if there are any issues you would like us to cover in the seasonal newsletter,
The Doctors and Staff at Gleadless Medical Centre.*