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Drs Bywater, Salter & Hinton

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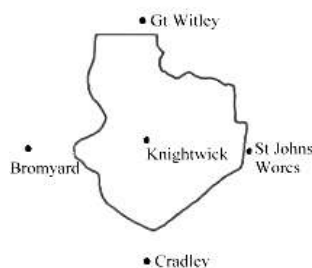


Registering as a Patient
We are currently accepting new patients. If you live within our catchment area and would like to register please call in for further information and registration forms. The Reception Staff will be able to advise whether your address falls into our area.

For feedback or comments about this Newsletter please contact Sharon Salter on 01886 821279 or email sharon.salter@nhs.net. A large print format is available from the surgery on request.

This Newsletter is also available at www.clifton-upon-teme.co.uk or www.temetriangle.net courtesy of Bernadette Higgins.

Surgery Website
For information on our services, links to health information, to order medication online or ask for travel advice, please visit our website:
www.knightwicksurgery.co.uk



PC Troubles?

- PC problems solved
- Broadband connection set-up
- Home network set-up
- Printer and camera problems solved
- Website design service
- Basic PC training at home

For friendly and local advice and to book a free consultation contact
Bernadette Higgins on 07813 302 504
or e-mail: apctrouble@gmail.com

A detailed map of our area is available on our website at www.knightwicksurgery.co.uk, on the Clifton on Teme website www.temetriangle.net and at the surgery on request.

**We are currently accepting new patients onto our list.
If you would like to register please contact Reception.**



Focus On ...

Alcohol Awareness: How much is too much?

Following an increase in media attention regarding alcohol consumption, particularly at home, and the rise in alcohol-related problems, we thought you might like to have an idea of 'How much is too much!'

Taken from the Change 4 Life website: www.nhs.uk/Change4Life suggestions for lower risk guidelines

Women - not more than 2 to 3 units of alcohol a day: **no more than a standard 175ml glass of wine**

Men - not more than 3 to 4 units of alcohol a day: **no more than a pint of strong lager, beer or cider 5.2%ABV**

- 1 unit = 25ml single spirit and mixer or 50ml glass of sherry
- 1.5 units = 275ml alcopop
- 2 units = 440ml can lager, beer or cider (4.5%)
- 10 units = 1 bottle of wine

If you would like any more information or have any concerns please do call the surgery.





Spotlight On



Sharon Salter IT & Data Coordinator / Health Care Assistant

Sharon has been with Knightwick Surgery for 5 years. In her main role as IT & Data Coordinator, Sharon ensures that all patient records are properly maintained and kept up to date. She deals with the security of all patient information held by the Practice and uses data extracted from our system to help implement relevant service provision. Sharon trained as a registered nurse and gained further experience in this area working in Australia. She uses this expertise in her role as Health Care Assistant (HCA). Sharon's interests outside work include art – examples of which can be seen around the surgery. She has recently exhibited and sold some of her pieces locally.



News from the Departments.....

Administration: We have had a positive response to our text message appointment reminder service. People who can not attend are more likely to cancel their appointments when they receive a reminder. Those cancelled appointments are then available for patients needing to book on the same day. We would like to encourage younger people to use this service as it is a good way to reach them with information about health campaigns that are of particular concern to their age group such as smoking and Chlamydia. This service also helps us to keep all our patients health data up to date.

Please ensure that the surgery has your mobile number on record. Text it to 07745209308 or fill in the text message consent form on our website.

Information Governance: All the information held by the surgery about you is subject to the Data Protection Act 1998 which strictly governs the ways in which information is stored, used and shared. The right to see information is regulated by the Freedom of Information Act 2000 and the Access to Health Records Act. Information relating to deceased patients is also strictly controlled. We have a duty to ensure that our patients are kept informed of the way we look after their records.

We would be grateful if you could answer the following two questions regarding information and return the slip to Reception.

Were you aware of the regulations concerning the way your information is held?

YES / NO

Are you confident that the surgery looks after your information in a secure manner as required by law?

YES / NO

Many thanks for your help