

GREEN PRACTICE

STOCKBRIDGE HEALTH CENTRE

Health Centre Closed – Public Holidays
Friday 18th & Monday 21st April 2014

For Urgent Medical Attention: 08454 24 24 24



Easter 2014

www.greenpractice-shc.co.uk

N
E
W
S
L
E
T
T
E
R

Art Competition

As a local community practice we try and involve members of the local community as much as possible. One way which has proven very successful has been our recent Art Competition with the Primary One class of Stockbridge Primary School. We decided to give these budding 5-yr old artists the chance to help brighten up our walls.

The brief was to draw a colourful picture of themselves as a doctor or a nurse. This worked well with their class project which was looking at 'People Who Help in the Community'. The results have been outstanding and we spent a wonderful afternoon looking through the entries and choosing the best ones. A very difficult choice indeed!

We were initially aiming to chose 3 and award a prize to each but the standard was so high that 7 in total have been chosen. These talented young people were each presented with a certificate and a prize at their school assembly.

We also hope to invite the Primary One pupils into the surgery to view their work and to interview the nurses and doctors about their jobs. You can see the finalist's pictures proudly displayed on our corridor wall and in 2nd floor waiting area.



What is Rheumatoid Arthritis?

Rheumatoid Arthritis (RA) is a common form of arthritis which means "inflammation of the joints". Around 1 in 100 people develop RA at some stage in their life but most commonly diagnosis is made between the ages of 40-60. The condition is more common in women than in men. Small joints are most commonly affected (fingers, wrists) however, any joint can be involved.

Quiet often symptoms are symmetrical. Common symptoms are pain and stiffness, mostly in the morning, but other symptoms may include nodules (lumps) on joints, tiredness and weight loss. RA is different for everyone and there are many different treatments around which can help to decrease disease activity, reduce pain and minimise disability.

The Green Practice nurses are now doing yearly reviews for patients with a diagnosis of RA. It is a good opportunity to have a chat about how you are getting on and discuss symptoms and medication.

Travel Health at the Green Practice

Over the last 10 years it is estimated that 9 million people from the UK travelled outside Europe and North America to destinations much further afield. People travel for a variety of reasons, these include holidays, work, sporting events, volunteering, religious festivals' and medical procedures. Whatever the reason for your trip it is essential that a travel assessment is carried out to ensure that you are protected from contracting infection while you are away. Out Practice Nurses Pauline Waugh and Sarah Head can discuss your trip and any requirements with you.

Please remember:

- Fill out your travel health assessment form at least 4-8 weeks prior to departure date
- The Practice Nurse will aim to call you 5-7 days after your form has been submitted
- Some vaccine schedules take 4 weeks to complete
- Not all travel vaccine are available free on the NHS, the nurse will discuss any potential cost.



Registrar ST1

The Green Practice is pleased to welcome Dr Kirsten Woolley to the team, as part of her GP training for 6 months. Dr Woolley initially studied psychology before deciding on a career in medicine and she undertook her degree through the partnership of St Andrews and Manchester Universities. She has now worked in Edinburgh for 5 years and after initially pursuing anaesthetic training she has decided to move to General Practice and enjoy some more chatty patients! Dr Woolley has also enjoyed some amazing experiences working in Malawi and Zambia. Much of her free time is now spent walking her spaniel puppy!



Weigh Forward Group

An exciting new group started in Stockbridge health centre in January. Of course it is a perfect time for new starts and New Years' resolutions! The group is a friendly environment to help those of us with weight and body image issues. The aim of our group is to explore and address your relationship with food. We are doing this through discussion, laughter, expression through art, and group work. We will look at media pressures that we are all affected by, emotional eating and current eating patterns.

Achievable goal setting and plans for healthier future eating habits will also be covered. Exercise and hobbies will be discussed with a chance to try out new techniques including art, visualisation (which is used by successful athletes) and relaxation. There will be the opportunity to aim for the 5k walk/run in the Botanic Gardens this summer for those who want to and everyone (including people not attending the group) can come and cheer us on.

The group is offered a cup of tea and a chat in a welcoming, supportive and confidential environment. The sessions will be run by Dr Sayers, Kath Williamson our district nurse who has an interest in weight management and Dr Linda Watson. The group is full now but we may run another one soon – watch this space!