



Practice News

Special points of interest:

- No Smoking Day
- Food Dates
- GP Funding
- Travel Vaccinations

No Smoking Day

No smoking day is on 9 March 2011.

Smoking is the UK's number one cause of avoidable premature death and is linked to a range of serious and often fatal condi-

If you have previously tried to quit and failed you are not alone, most people who give up successfully have tried on a number of previous occasions. Keep trying!!

Visit nosmokingday.org.uk



Benefits after	
20 minutes	Blood pressure and pulse return to normal
8 hours	Nicotine levels halved, oxygen levels return to normal
24 hours	Lungs start to clear out the build up of tar
48 hours	No nicotine left in body, taste and smell improve
72 hours	Breathing becomes easier, energy levels increase
2-12 weeks	Circulation improves making exercise/ walking easier
3-9 months	Breathing problems improve as lungs improve
15 years	Risk of heart attack same as non smokers

Use By and Best Before dates



Most pre-packed foodstuffs carry a date indicating how long they last.

This may state 'best before' and a date or 'use by' and a date.

Best before dates show the date up to which the food if properly stored would be considered to be at best quality. Food may be

quality may be affected.

Use by dates are used for foods which are highly perishable and can, after a short time, cause a health risk. These foods should not be used after the quote date.

Please feel free to make a donation at our Charity Book Stall in reception.

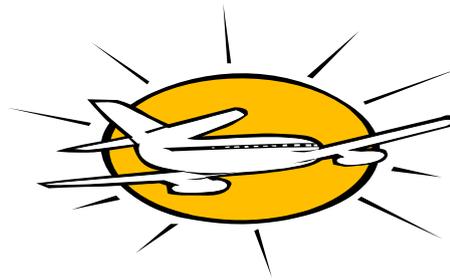
All proceeds to Marie Curie and Action Cancer at this time.

GP funding



Please be aware that a total of £5 million has been lost from General Practice Funding since August 2010. It is possible that further cuts will be made and we are concerned that this will reduce the services we are able to provide.

This could lead to



Withdrawal of services
Job losses
Longer waiting times
More hospital admissions
Longer hospital stays

We need your help to stop the threat to your GP services.

The BMA has organised a petition which will be given to the Health Minister and the NI Assembly. Please sign our petition to help secure the future of General Practice and the

Travel Vaccinations



Most travel vaccinations are available at this practice.

To access this service contact reception and complete the travel risk assessment form. It is important to do this as early as possible, at least **6 weeks** before you travel.

You will be asked to call at the surgery a few days after the completed form is received to collect the necessary prescriptions and make an appointment for their administration.

Comprehensive personalised travel information including vaccinations will be given at this appointment. This service is not available at open surgery.

Most services provided by this practice are free under the National Health Service, however not all vaccinations or prescriptions in connection with travel abroad are available on the NHS.

From December 2009, all private prescriptions for travel vaccines will incur a fee of £10.00 per injection.

This includes the following:

Hepatitis B
(3 injections per course)
Rabies
(3 injections per course)
Japanese B Encephalitis
(2 injections per course)
Tick-Borne Encephalitis
(3 injections per course)

An additional administration fee of £10.00 will apply to advice and literature provided regarding

“please contact us at least 6 weeks before travel ”