

X-Ray Referrals

When your Doctor refers you for an x-ray, you can choose to attend either
The Countess of Chester Hospital or Halton Hospital.

The Countess of Chester Hospital – Appointment only
(No open access system) **Telephone No. 01244 363043.**

- ◆ The referral from the GP is sent electronically
- ◆ You will need to ring to make your appointment –
Monday to Friday 9.00 am – 12 noon or 2.00 pm – 4.30 pm.
- ◆ The department is open for attendance for x-rays
Monday to Friday 9.30 am – 5.00 pm

Halton Hospital (open access system)
Telephone No. 01928 714567 Ext 3259

- ◆ Your GP will give you a completed form at your consultation for you
to take along to the X-Ray department.
- ◆ The X-Ray Department is open Monday to Friday 8.00am – 5.00 pm,
Tuesday 8.00 am to 8.00 pm, Saturday 9.00 am – 12 Noon.

Telephone Advice

Rather than request an appointment, we may be able to help you with
telephone advice. If so, please phone the Surgery any time between
8.00am – 6.30pm to arrange a call with a doctor or nurse. It will help them
if the receptionist is given basic details of your enquiry. The doctor or nurse
will phone you as arranged.

If your request is **urgent** please inform the receptionist

Sickness Certification

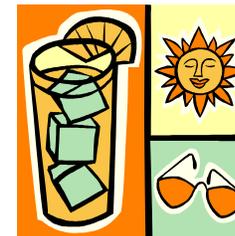
If you are unable to work due to illness, your employer may require sickness
certification. For the first week of absence you may provide a self-
certificate Form SC2. These are available at reception. **You are not legally
required to provide a medical certificate from your doctor unless your absence is for more
than one week.**

**TRAINING DAYS WHEN THE HEALTH CENTRE WILL BE CLOSED
IN THE AFTERNOONS 12.30 – 5.00 p.m.**

Thursday 25th July 2013
Thursday 22nd August 2013
Tuesday 17th September 2013

The Health Centre is covered by Out of Hours service during this time.

Helsby & Elton Practice Newsletter SUMMER 2013



I can't believe that we are already well into the summer months. There
have been considerable changes taking place within primary care over
the last 6 months and I'm sure this has contributed to the time passing
very quickly. Whilst many of these changes are not visible to our patients I
am confident that you can see we are still continuing to deliver an
excellent level of health care.

Please find below some notable information regarding life in the practice
and I hope you have a great summer.....

Brian Yorke
Practice Manager

New Partner Joins Helsby & Elton Practice

The Helsby & Elton practice is delighted to welcome Dr Heather Sage as a
new partner. Dr Sage is replacing Dr Kumar who emigrated to Australia
with her family in May. Dr Sage undertook her undergraduate training in
Liverpool and completed her GP training in St Helens. She worked as a
locum in a number of local surgeries, including Helsby and Elton, and was
delighted when the opportunity to become a permanent member of the
team arose.

Dr Sage enjoys the variety of general practice. She has extra training in
Family Planning, and also particularly enjoys Palliative Care, occasionally
working at the local hospice.

Having grown up locally, she moved back to Cheshire with her husband
fairly recently, and is enjoying living back near to her family and friends.

New Staff

We are delighted to welcome Elaine Davies to the reception team. Elaine
has previously worked for the NSPCC in Warrington where she gained a
wealth of office experience. We are also pleased to welcome Caroline
Martin and Eleanor Barendt who are working for us in the practice for the
summer months.

Barbeque Food Safety

Food poisoning cases double over the summer, so remember these simple steps to help keep food safe. Food poisoning is usually mild, and most people get better within a week. But sometimes it can be more severe, even deadly, so it's important to take the risks seriously. Children, older people, and those with weakened immune systems are particularly vulnerable to food poisoning.

The safest option is to cook food indoors using your oven. You can then put the cooked food outside on the barbecue for flavour. This can be an easier option if you're cooking for a lot of people at the same time.

If cooking only on the barbecue, the two main risk factors are:

- undercooked meat
- spreading germs from raw meat onto food that's ready to eat.

This is because raw or undercooked meat can contain germs that cause food poisoning, such as salmonella, E.coli, and campylobacter. However, these germs can be killed by cooking meat until it is piping hot throughout.

Cooking meat on a barbecue

When you're cooking any kind of meat on a barbecue, such as poultry (chicken or turkey), pork, steak, burgers or sausages, make sure:

- The coals are glowing red with a powdery grey surface before you start cooking, as this means that they're hot enough.
- Frozen meat is properly thawed before you cook it.
- You turn the meat regularly and move it around the barbecue to cook it evenly.

Remember that meat is safe to eat only when:

- It is piping hot in the centre.
- There is no pink meat visible.
- Any juices are clear.

Don't assume that because meat is charred on the outside it will be cooked properly on the inside. Cut the meat at the thickest part and ensure none of it is pink on the inside. Some meat, such as steaks and joints of beef or lamb, can be served rare (not cooked in the middle) as long as the outside has been properly cooked. This will kill any bacteria that might be on the outside of the meat. However, food made from minced meat, such as sausages and burgers, must be cooked thoroughly all the way through.

Raw meat

Germs from raw meat can move easily onto your hands and then anything else you touch, including food that is cooked and ready to eat. This is called cross-contamination.

Cross-contamination can happen if raw meat touches anything (including plates, cutlery, tongs and chopping boards) that then comes into contact with other food.

Some easy steps to help prevent cross-contamination are:

- Always wash your hands after touching raw meat.
- Use separate utensils (plates, tongs, and containers) for cooked and raw meat.
- Never put cooked food on a plate or surface that has had raw meat on it.
- Keep raw meat in a sealed container away from foods that are ready to eat, such as salads and buns.
- Don't put raw meat next to cooked or partly cooked meat on the barbecue.
- Don't put sauce or marinade on cooked food if it has already been used with raw meat.

Fire safety

Keep children and pets a safe distance away from the barbecue

Make sure your barbecue is steady on a level surface, away from plants and trees.



The Fire Service advises covering the bottom of your barbecue with coal to a depth of no more than 5cm (2in). Use only recognised firelighters or starter fuel, and then only on cold coals.

Keeping food cool

It's also important to keep some foods cool to prevent food-poisoning germs multiplying. Make sure you keep the following foods cool:

- salads
- dips
- milk, cream, yoghurt
- desserts and cream cakes
- sandwiches
- ham and other cooked meats
- cooked rice, including rice salads
- salad dressings, especially mayonnaise.



Don't leave food out of the fridge for more than a couple of hours, & don't leave food in the sun.

Stings

Knowing how to treat an insect sting and how to recognise when it needs medical attention will help you do the right thing if you or your child is stung.

Insects such as wasps and bees sting as a defence mechanism (when they feel in danger) by injecting poisonous venom into the skin. For most people, stings are painful but harmless. But some people can have an immediate allergic reaction to being stung, which can be very dangerous. Seek emergency medical treatment if, immediately after being stung, you experience any of the following symptoms:

- swelling or itching anywhere else on your body
- wheezing
- headache
- nausea
- fast heart rate
- dizziness
- feeling faint
- difficulty swallowing
- swollen face or mouth

These symptoms could mean you're having a generalised allergic reaction. This can be fatal.

Treatment

If you have been stung by an insect and there is a sting left in your skin, remove it as soon as possible. Do this by scraping it off using a hard blunt surface, like the edge of a credit card. Don't try to pinch the sting out using your fingers or tweezers as this risks spreading venom.

If a child has been stung, a responsible adult should remove the sting. Bee stings have a venomous (poisonous) sac, so take care not to puncture it as you remove the sting.

To treat insect stings:

- Wash the area with soap and water.
- Put a cold flannel on the area.
- Raise the part of the body that has been stung to prevent swelling.
- Use a spray or cream containing local anaesthetic or antihistamine on the affected area to help prevent itching and swelling.
- Take painkillers such as paracetamol (if the sting is very painful).
- Don't scratch the area, as it may become infected.

Ask your GP for advice if any redness or itching is still there after 48 hours.

