

NEWSLETTER February/March 2018



FEBRUARY IS HEART MONTH: We have available a selection of the British Heart Foundations booklets; please help take one home with you.

These booklets do not replace the advice given by doctors or nurses

We hold *NHS Health-checks and *Healthy-heart checks here, please speak to reception.

*check with reception for eligibility

The Burwell Belles 'Auction of Promises: We are supporting the Burwell Bells, WI Auction of Promises fundraiser event to be held on Saturday, 24th March at the Gardiner Memorial Hall, Burwell. This fundraiser is to provide the Village of Burwell with two new mobile defibrillators. Further information is available in the waiting area and by contacting Jean Reeves: 0796 6552793: jgawlinkski@yahoo.co.uk , Gill Miller 07909 915615: gillmiller5452@gmail.com or Alison Dodds 07808 170688: alisondodds@hotmail.co.uk



We are all familiar with the BHF's Stayin' Alive 'Fight for Every Heartbeat' campaign. Did you know anything with about 100 beats per minute will do? Here's a selection of songs: Cecilia by Simon & Garfunkel: *Hard to Handle* by The Black Crowes: Sweet Home Alabama by Lynyrd Skynyrd: *Rock your Body* by Justin Timberlake: I Will Survive (remastered version) by Gloria Gaynor: *MMMBop (singer version)* by Hanson: Gives you Hell by The All-American Rejects: Nellie the Elephant being the favourite!

***How to do Hands-only CPR:** When somebody collapses in front of you, what do you do? Check the person over. If they are not responsive and not breathing, then their heart has stopped working and they are having a [cardiac arrest](#). Now, call 999. Then you do Hands-only CPR. Lock your fingers together, knuckles up. Then push down, right on the sternum. Push down five or six cms. That's about two inches.

Push hard and fast about two times a second like to the beat of Stayin' Alive. Don't worry about hurting someone. A cracked rib can be mended – just concentrate on saving a life. Keep this up until the ambulance arrives. So don't forget: Check the patient over. Call 999. Push hard and fast to Stayin' Alive. It works. Hands-only CPR - It's not as hard as it looks.

*source: British Heart Foundation



The GP Patient Survey is an independent survey run by Ipsos MORI on behalf of NHS England. The survey is sent out to over a million people across the UK. The results show how people feel about their GP practice. **223 surveys sent out: 129 sent back: 58% completion rate.**

The results received for Burwell Surgery...

What this practice **does best**

97% of respondents find it easy to get through to this surgery by phone

Local (CCG) average: 75% (National average: 71%)

90% of respondents describe their experience of making an appointment as good

Local (CCG) average: 76% (National average: 73%)

72% of respondents usually get to see or speak to their preferred GP

Local (CCG) average: 58% (National average: 56%)

If you would like to view all of the results visit: www.gp-patient.co.uk

When we are closed: **CLINICAL GOVERNANCE TRAINING**

We will be closed the afternoon of Monday 19th February from 12.30 and will reopen at 6.30 pm

If you require medical assistance during this time please telephone 111.

If you have a life-threatening emergency please telephone 999.

MISSED APPOINTMENTS We had a total of 121 missed appointments in January 2018 **121 missed appointments = (approx.) 4.5 full-time GPs working one day (113 in January 2017).** Did you know you if you make your appointment online you can cancel and reschedule your appointment online?

SIGN UP FOR ONLINE ACCESS TODAY at Reception