

Surrey Docks Health Centre



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www.surreydockshc.co.uk

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PATIENT NEWSLETTER

Southwark Healthy Rides

A partnership between Surrey Docks Health Centre and Southwark Cyclists

An opportunity for cyclists of all levels...

The Rides

Exploring, sociable, friendly, 2 hour rides paced for all using the Thames path, the parks, the quiet back roads, all ending up back to the start. Advice for novices from experienced riders.

For more information see www.southwarkcyclists.org.uk

When?

The second Saturday of each month at 10am

12th February

12th March

9th April

14th May

11th June

9th July

13th August

10th September

8th October

change
4 life
Eat well Move more Live longer

8
change 4 life
Eat well Move more Live longer

- 1 sugar swaps**
I'm swapping sugary drinks for water, milk or unsweetened fruit juice.
- 2 meal time**
I'm eating 3 meals a day - including a healthy school lunch.
- 3 me size meals**
I'm eating meals that are the right size for my age - not as big as a grown up's.
- 4 snack check**
Lots of snacks are full of fat, sugar and salt, so I'm eating healthy snacks!
- 5 5 a day**
I'm trying to eat 5 portions of fruit and veg every day.
- 6 cut back fat**
My family are changing how we cook to make our meals more healthy.
- 7 60 active minutes**
I'm spending at least 60 minutes walking, playing sport, running around or playing outside every day.
- 8 up and about**
After I've been sitting still for a while, I'm jumping up and doing something more active.

Patient Group

If you have views on local health



services or just want to find out more about how things work, why not pop in to one of our patient group meetings. These are held quarterly and are attended by a GP and the Practice Manager. Our next meeting will be held on 11th May at 6.30pm. It is an informal meeting so please let us know if you would like to attend.

Surrey Docks Health Centre Joint first in Southwark!

Every quarter Southwark Primary Care Trust compare performance data on its 47 practices. We are delighted to say that we have moved from second place to joint first place in Southwark based on our results for the latest quarter. Have a look on our website for more detailed information on the results.

Where?

Meet at Decathlon Café

What do I need?

- Bike (in good working order)
- Optional helmet
- Puncture repair Kit
- Spare Inner tube
- Drink and snack

How to improve your self confidence

Free one day workshops to help you feel less negative about yourself.

Selected Saturdays in March and June 2011 at Ladywell Leisure Centre, Lewisham. Call 0203 228 3568 or email self-confidenceworkshops@kcl.ac.uk

Census 2011

Census = £s = Services

In March you will receive a census questionnaire in the post. It is important everyone completes this questionnaire because it helps the Government and your Local Authority to plan and budget for the services you need, like health-care, education, transport and housing.

It is also very important for you, your friends and your family to be registered with a GP to ensure you get the health services you need. By ignoring the census questionnaire you and your household won't be counted and your local NHS will get a smaller share of money than it should for patient healthcare.

Please complete your questionnaire and return it by 27th March or go to www.2011.census.gov.uk for more details and information on how to complete your questionnaire on line.



Did you know you are seven times more likely to give up smoking if you get support and medication than if you go it alone? Ask for an appointment with our practice nurse team. Or call 0800 022 4332 or go online to

MOODSCOPE

The Institute of Psychiatry, part of Kings College Hospital is looking at a new online tool to determine low mood to see if it is effective. If you would like to participate in this research or find out more about the research and how to participate please discuss with your GP or contact Kings College on 0207 848 0423 or email ga-reth.1.drake@kcl.ac.uk

NHS WALK-IN CENTRES

Did you know that you can use NHS Walk-in Centres if something is urgent and you can't get to us easily within our usual hours. Most walk-in centres are open all day from early till late and at weekends. There are walk-in centres based in the City, at Canary Wharf and in the West-End as well as in Southwark. Details of walk-in centres can be found on our website and from our reception.

DISCOVER HOW TO BEAT STRESS AND WORRY!

DISCOVER is a new workshop for 16-18s. In ONE DAY you can DISCOVER a new perspective on your life.

This FREE workshop will teach you ways to handle:

- > exam/coursework pressures
- > work stresses
- > high expectations
- > concerns about fitting in
- > worries about the future
- > feeling tense, panicky or fearful

To DISCOVER more and sign up, go to: facebook "DISCOVER 16-18" page or www.discover16-18.co.uk or email discover@slam.nhs.uk or tel 020 7188 6216

Now DISCOVER how your life can be different!

DISCOVER runs through February to July 2011 on selected dates at:

- > Dulwich Library
- > Inspire (Walworth)
- > Surrey Docks Watersports Centre

CELESTINE & ST THOMAS' CLARITY

South London and Maudsley NHS Foundation Trust