

The New and Exciting

Swanlow Times

Welcome to the Swanlow Times, a monthly newsletter to help share information between patients and staff at Swanlow surgery.

The 1st edition is prepared by Jeanette Glover. We are interested in ideas for inclusion in future journals, if you have any suggestions or ideas please write them down and hand them into Reception.

Up & Coming dates for your diary

Diabetes week – 12th to 18th June 2011

- Who is at risk of diabetes and why should they have a test
- Free urine dipstick testing for diabetes
- Information booklets on diabetes
- Diabetes and weight management
- A change in reporting HbA1c results: Information for patients
- Hypoglycaemia
- Alcohol & diabetes
- Insurance & diabetes
- Driving & diabetes
- Travel & diabetes
- Teach your tot about diabetes
- Children with diabetes at school. What staff need to know
- When your child has diabetes- what care to expect

Message to Our Younger Population

- . We aim to be a young person friendly surgery
- . Confidentiality for young people
- . A positive view of sexuality
- . Informed freedom of choice
- . The availability of free contraception for all
- . Making legal and safe abortion available
- . Respect for diversity

We are hoping to develop a drop in clinic for our high school students for free advice and condom distribution.

Remember to be prepared-especially with the summer season almost upon us.

Why rising STI figures may be good news

From the news recently, you could be forgiven for thinking that young people are constantly on the verge of catching an STI. However everything is not as dire as it may seem.....

Reading the press coverage on STI's, the message is clear; the irresponsibility of hedonistic teens is to blame for record levels of STI's. What articles fail to stress is that the rise in diagnosis can be almost entirely explained by a massive increase in young people coming forward to be tested for Chlamydia, and the proportion testing positive is actually going down. Twenty years ago virtually nobody got tested for Chlamydia. The number of people diagnosed was close to zero. That didn't mean Chlamydia wasn't a problem. We simply hadn't looked to see how big it was.

***GET TESTED TODAY - FREE GIFTS FOR THE
FIRST TWENTY SAMPLES - ALL YOU HAVE TO DO IS PEE
IN A POT!***

Spotlight on Staff

Ange- Manager

Favourite food: *Spanish Tapas*

Favourite film: *To Kill a Mocking Bird*

Last book I read: *Homecoming by Cathy Kelly*

I secretly love: *Walkers cheese and onion crisps*

Snow or beach: *Definitely beach*

Favourite song: *Stuck on You by Lionel Richie*

Why I want to work at Swanlow: *“To try and provide a safe, comfortable environment for our patients to come and have a first class clinical encounter and be met by professional pleasant staff”.*



Jeanette Nurse- Practitioner

Favourite food: *Black olive and anchovy pizza*

Favourite film: *Titanic*

Last book I read: *Fatty by Dawn French*

I secretly love: *Driving fast cars*

Snow or Beach: *BEACH!*

Favourite song: *Louis Armstrong “What a wonderful world”*

Why I want to work at Swanlow *“It’s a great place to come with some great staff members and patients!”*

