

Tips to Manage Stress!

We all have stress in our lives. Here are some techniques to help you manage stress.

Learn to Relax

Throughout the day take mini-breaks and visualise a pleasant restful scene

Practice Acceptance

Try to let go of things over which you have no control and see how much lighter you feel

Get Organised

Develop a realistic schedule of daily activities that includes time for work, sleep, relationships and recreation

Talk to Friends

Friends can be good medicine. Daily doses of conversation, regular social engagements, and occasional sharing of deep feelings and thoughts can reduce stress quite nicely



Try Physical Activity

Physical activity has been proven to provide relief from stress. Develop a regular exercise program to help reduce the effects of stress

Don't Dwell on Contrasts

Competition breeds stress. Learn to notice the similarities between yourself and others rather than the differences

Reduce Time Urgency

Practice the notion of pace, not race

Watch Your Habits

Have a balanced diet, don't smoke, drink alcohol within the recommended guidelines - everything in moderation

Balance Work and Fun

Balance school and work demands with some fun and private time. Hobbies are good antidotes for daily pressures

KIDS CORNER



Doctor, Doctor,
can I have a
second opinion?

Of course, come
back tomorrow!

PRACTICE NEWSLETTER

ISSUE NO: 3
DATE: OCTOBER 2009



Maxwell Drive, Loughborough



EDITOR: SAM FOISTER



Cross Street, Hathern

A SPECIAL EDITION OF MEET THE STAFF

A WARM WELCOME TO OUR NEW PARTNER!



We welcome Dr Sioned Williams as a new partner in the practice.

Dr Williams has worked at Maxwell Drive surgery regularly for the past two years and we are delighted she has joined **Dr Kaur & Partners**

A note from Dr Williams.....

Croeso! (Welcome)

Some patients may have already met me at Maxwell Drive Surgery, as I have been working as a locum there for the past 18 months.

I'm a Welsh speaking girl, born and bred in Llandudno North Wales, and I'm very proud of my roots!

I regularly go back to Wales to visit my family, watch the rugby and sample some great Welsh bitter!

My passions are travelling and the outdoors. Over the years I've been fortunate to have seen some fantastic sights in many countries. The highlight so far was a recent trip to Bhutan to see the total solar eclipse. An unforgettable experience.

I settled in Kegworth seven years ago in an idyllic spot on the River Soar. My days of leisure are spent cruising up the river, walking and camping with my husband and two young children.

I feel privileged to have been offered a partnership at this practice and look forward to being part of a great team.

See you all soon!

ARE YOU:

OVER 65?

OR DO YOU SUFFER FROM ANY OF THE FOLLOWING CONDITIONS

ASTHMA
DIABETES
CHRONIC HEART DISEASE
STROKE/CVA
COPD
CHRONIC LIVER DISEASE
CHRONIC RENAL DISEASE

IF SO ASK AT RECEPTION ABOUT BOOKING AN APPOINTMENT FOR YOUR

**FLU
VACCINATION**

APPOINTMENT INFORMATION

In response to patient feedback and to improve your access to routine appointments, we are extending the number of pre-bookable appointments from November. You will continue to be able to book a GP appointment up to 2 weeks in advance in addition to booking on the day for urgent appointments.

Please DO let the surgery know if you cannot make or no longer need your appointment, as this will help another patient access their GP.

Don't forget the practice nurses, Kate and Sheila can deal with many minor ailments.

Nurse Sheila's Health Tip!!!!

STOP PRESS! STOP PRESS!

Surgery sessions are changing from November, please note the regular sessions detailed below

Please note these may be subject to change when Drs are on holiday

Maxwell Drive Surgery, Loughborough

	MON	TUE	WED	THU	FRI
DR KAUR	AM PM	AM only	AM only	AM PM	AM PM
DR SINGH	AM (Alternate)		AM only	AM PM	AM PM
DR SAUND	AM (Alternate)	AM PM			
DR WILLIAMS			AM PM		AM PM
DR MISTRY	PM only	AM only			

Cross Street Surgery, Hathern

	MON	TUE	WED	THU	FRI
DR KAUR			PM only		
DR SINGH	Alternate	AM PM			
DR SAUND	Alternate		AM only		AM PM
DR WILLIAMS				AM PM	
DR MISTRY					