



CONTACTS

Barnet Hospital: 0845 111 4000
 Barnet Children Svc: 0208 359 2000
 Northwick Park Hosp 0208 864 3232
 NHS Direct: 0845 46 47
 Age Concern Barnet: 0208 203 5040
 BarnDoc/Out-of-hours 0845 389 0945
 Practice Tel: 0844 375 6867
 Practice Website:
www.laneendmedicalgroup.co.uk

Inside this issue:

Depression	1
Bowel Screening Test	1
Standalone Charity Run	2
News for Pregnant Women	2

Counselling & Psychotherapy with Cindy Collick

Cindy is a qualified and experienced counsellor and experienced play therapist who is committed to providing counselling in a safe, confidential and non-judgemental environment.

www.counselling-for-you.co.uk
 07830 354 808 0208 952 2633
Counselling.for.you@gmail.com



Farewell

Last month, we said farewell to Dr Sarah Scambler who had been working in the practice for the last 16 years. She moves on to a practice in Harrow and we wish her every success in her new venture.



The Lane

The newsletter of the Lane End Patient Group

Volume 1, Issue 7

November 2012



Depression—What is it?

DEPRESSION is a condition which causes changes to mood, feelings, thoughts, behaviour, and general health. It affects the person's physical, emotional, social and psychological well-being. People of all races, ages, sexes and ethnic and religious backgrounds can be affected by depression. The illness is three to five times more common in the elderly as compared to young people.

Depression is caused by abnormalities in the levels of certain chemicals in the brain, which are involved in mood regulation. These chemicals are also known as neurotransmitters, which help the different areas of the brain communicate with each other. When there is shortage of neurotransmitters combined with biological, psychological, and social factors then, it can lead to the symptoms of the illness. The World Health Organization has ranked depression as one of the most disabling disorders. It is expected that at any given time, more than 340 million people worldwide suffer from the illness.

We Don't Care What You Call It? Have You Taken Your Screening Test?

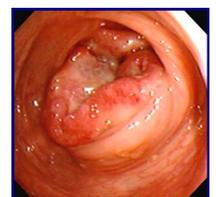
- Poo, Number 2, Motions, Ka-ka, stool.
- We will not be embarrassed
- Neither need you
- Why are we bothered?
- 40,000 new people are found to have BOWEL CANCER each year
- The second biggest cancer killer in the UK
- BUT, if you tell us early enough
- Over 90% with early diagnosis are successfully treated
- So what should you do?
- If you see blood in the poo or looser poo for three weeks: tell us.
- Weight loss for no reason: tell us
- Continually feeling tired for no reason: tell us
- A lump in your tummy or your bottom: tell us
- OFTEN THESE SYMPTOMS ARE FROM SOMETHING MINOR
- BUT, we need to see you to be certain.

Don't be shy: tell us.

If you are sent a screening test for bowel cancer, don't miss your chance.

Dr. Brian Briggs

©



WOULD YOU LIKE YOUR
BUSINESS
TO BE
ADVERTISED
IN
THIS SPACE??
CONTACT US FOR
INFORMATION

NATALIE GOODMAN - BEAUTICIAN



Facials, Waxing,
Pedicures,
Manicures or
Nail Painting.
In the comfort
of your home.

Cellphone: 0779 168 5280
or nattsnails@gmail.com

Contact us:

Lane End Patient Group,
2 Peshurst Gardens,
Edgware, HA8 9GJ

Tel: 07711 330 294
(messages & texts only)

Email:

patientsuggestions@gmail.com

We are a Registered Charity.

The Standalone 10k Run

So our Patient Group wanted to raise some money for two causes :

our chosen charity for the year-Mind in Barnet and a state of the art television system for reception showing up to date medical information. So I volunteered to run a 10 kilometre race in Letchworth, Hertfordshire to raise the money.

A long day in the practice consumes an enormous amount of mental energy and so it can be challenging to go home, put on running gear and run through the streets. Actually, it's amazing that despite mental fatigue, as soon as you start running there are enormous reserves of physical energy available that have not been consumed in the working day. The other added benefit is you have mental space to work through the problems of the day while running!!

The course was a bit 'hillier' than I anticipated. Well, to me, a slope felt like a hill! Fortunately, it didn't rain. So I bet you want to know how I did. Well, I didn't come last!! So how much money did we raise? £175 from 6 donors. Many thanks to them. By the way, it's not too late to make a donation which can be done by sending in a cheque made payable to Lane End Patient Group, or by going to our patient group website

www.laneendpatientgroup.co.uk & donating online. Thank you!

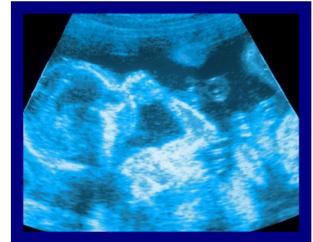
Dr. Mike Wyndham



Important News for Pregnant Women

In the last newsletter, I reported that there had been a significant rise in the number of confirmed cases of whooping cough (pertussis) in 2012 as compared to last year at this time. One particularly vulnerable group is infants below the age of 8 weeks when the first immunisation with whooping cough vaccine is given. "The Joint Committee on Vaccination and Immunisation are convinced that vaccinating pregnant women is likely to be the most effective strategy to provide protection to newborn infants and that there is no evidence of risk to the mother or her baby" (Department of Health Communication 27/09/12). If you are pregnant, please make an appointment to have your immunisation.

Dr. Mike Wyndham



©

Practice & PPG News

1. Have you seen the practice website? www.laneendmedicalgroup.co.uk.
2. Did you know you can order repeat prescriptions via the website? A fast and efficient way to get your regular medication! Why don't you try it next time instead of visiting the practice?
3. The practice, would like to set up a support group for women suffering with the Menopause. To register your interest please call 0844 375 6867 or 07830 354 808.
4. Appointments can be made by telephone on our automated system, by visiting the surgery and if you register for it you can also do this via the website. Of course you can still call in to the surgery in person if that is the easiest for you!
5. Do you know what services the practice has to offer you? See the website for details or pick up a copy of the practice leaflet from reception next time you visit the surgery.

IMPORTANT NOTICE

Any medical articles are provided by medically qualified practitioners. If you have questions about any medical advice in an article, please speak to a doctor at the practice. The Lane End Patient Group does NOT give medical advice.

DISCLAIMER:

We can not be held responsible for the services of any advertisers in this newsletter.