



DR UKERA BECOMES A PARTNER

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As you may be aware, Dr Ukerá has recently joined the Practice. Dr Ukerá undertook her medical and general practice training in Australia.

She has an interest in family planning but enjoys all aspects of general practice.

As a result the practice is able to offer coil fittings (copper coils as well as Mirena) and coil checks, implanon insertion and removal, depo provera injections and general contraceptive pill enquiries/prescriptions.

Please make an appointment with Dr Ukerá if you wish to discuss any of these services.

Special points of interest:

- Results of patient surveys
- Surgery consultation times
- Holiday Vaccinations

Results of Patient Surveys

We would like to thank all the patients who took the time to complete our Patient Questionnaires last year. Over 150 were completed and returned.

The main problem that was highlighted was the difficulty in speaking to a doctor.

We have now addressed this by getting the names and telephone number of all the patients who call and wish to speak to a doctor and the doctor will ring them back after surgery.

Thank you for your co-operation in this exercise.

What to do before you reach for the Calpol

Dr Anne Horsman

As some of you may know, I am qualified in Homeopathic as well as conventional medicine. I think that Homeopathy has a lot to offer in the home management of common infections and conditions. Most parents would not dream of contacting the surgery for a child's temperature until they had given some doses of Calpol (unless, of course, the child was obviously seriously ill).

However, homeopathy can, if properly used, avoid the need for the Calpol or a trip to the surgery!

Lets look at some of the very basic situations:

Suddenly unwell—the 'first sneeze', 'all right one minute then obviously gone down with something', or sudden high fever—try ACONITE 30c three doses 1 to 2 hours apart (can use this even if child very unwell while you are contacting surgery or NHS Direct). It is not usually appropriate to do this except on the first day of the illness.

Red and Raving high temperature, flushed, delirious or spacy—try BELLADONNA 30c as above (and while you contact us if this is not child's normal response to temperature), it may be necessary to repeat this over the next two days if the child improves but becomes 'red and raving' again.

Angry Pain—Teething, colic, earache—the child cannot be comforted—is restless—may want to be carried try CHAMOMILLA 30c as above and repeat one up to three doses daily as necessary (i.e when you see the same symptoms and behaviour)

If it doesn't work—you still have the Calpol!!!!

There is also ARNICA 30c for any injury. Both Arnica and Aconite are also useful for shock.

Further information can be obtained from the websites of the Homeopathic medicine companies.

Ainsworth's <http://www.ainsworths.com>

Nelsons <http://www.nelsonshomeopathy.co.uk>

Helios <http://www.helios.co.uk/>

I INTEND TO OFFER A HOMEOPATHIC 'FIRST AID' SEMINAR IN JULY AND SEPTEMBER. LET RECEPTION KNOW IF YOU WOULD BE INTERESTED.

OUR SERVICES TO YOU

Within this Practice we offer our patients:-

General medical services

Minor surgery (performed by Dr White)

Skin Clinic (Dr Titcombe)

Cervical smear clinics

Family planning (including Mirena coil fitting/copper coil

Fitting and removal

Implanon fitting and removal

Dr Harold Jory 15.2.1926—15.2.2007

With great sadness we learnt that Dr Jory died recently at his home in Wiltshire. He trained at St. George's and after serving in Korea, moved to Hertford in 1957 taking over the Practice from Dr Gregson Williams. When Gascoigne Way was built, the Practice moved to Queens Road where Dr Jory ran it initially with Dr Robinson, with Dr Stott joining in 1970.

During his 30 years in General Practice, Dr Jory witnessed many changes, both in medicine and to Hertford itself. Many of his patients he delivered and saw grow up to have families of their own. He combined his work in running the Practice with being a Consultant Radiologist at Hertford County and QEII. He was also a JP and Medical Officer to several local schools.

He retired from the Practice in October 1987 but typically then completed a Law Degree at the University of Hertfordshire.

He became ill in September 2005 and moved to Wiltshire to be closer to his family, facing his illness with stoicism.

Throughout his life he was kind, enthusiastic and dedicated to his patients. He will be greatly missed.

We have been notified that there will be a memorial service to celebrate Dr Jory's life on 23rd July at Queenswood School at 2 p.m

OUT OF HOURS

(18.00-08.00
weekdays and bank
holidays) can be
contacted on

0845 3670147

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Hertford
Hertfordshire
SG13 7EE

Phone: 01992 414500
Fax: 01992 504623

Ware Road Practice is a long established practice in the town.
We moved from our previous Queens Road site in 1988.

Our Practice List covers the whole of Hertford and a small part of Ware (west of the High Street only). The following villages are also covered by the Practice.

Wadesmill	Hertingfordbury	Brickendon
Thundridge	Letty Green	
Tonwell	Hertford Heath	
Stapleford	Bayford	
Waterford	Little Berkhamstead	



HOLIDAY VACCINATIONS



The nights are now beginning to get lighter and our thoughts are turning now to booking that summer holiday. Just to remind you...

Just to remind you that the Practice Nurse needs 4-6 weeks advance notice of holiday vaccinations

You will need to let the receptionist know when and where you are going on holiday and they will issue you with one of our holiday vaccination forms. You will need to fill this in and return it to the surgery as soon as possible. Nurse will contact you

with the vaccinations you will need and an appointment time to come along.

There are some charges for holiday vaccinations

Meningitis ACWY £25.00

Hep B £25.00 each (course of 4 required)

There is also a fee for malarial tablets, in that you need to pay £15.00 for a private prescription for these to be dispensed.