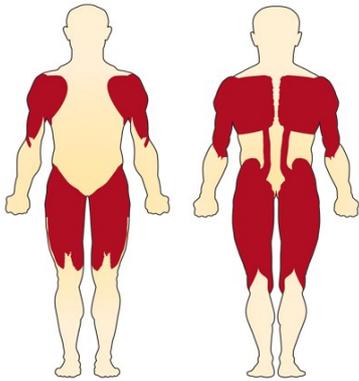


Welcome to the seventeenth edition of the Patient Newsletter. Each issue we include an article by a member of the Patient Reference Group. This month's article was kindly written by one of our patients Wendy Freadricks, who is a remedial massage therapist.

### Unfreeze Your Frozen Parts.



Muscle fibres look like long bundles of dried spaghetti, wrapped in shiny cling film. The cling film's job is to move muscle bundles effortlessly against each other. This happens normally during the day, when we contract and flex our muscles. Web like structures build up between the bundles when we sleep, due to inactivity. This also can happen when we are injured or the thought of movement carries the fear of pain and limits our movements. The webs build up each day, forcing the muscles to eventually stop moving. The way we melt these fibres is to move the muscle bundles against each other, using the heat of friction. Stretching is the simplest way to do this.

Also stretch out the lactic acid which also builds up in muscle fibres. It's a natural substance in the body. Sometimes the lactic acid forms a knot in muscle fibres halting movement.



Classes like yoga, Pilates, resistance work are all fantastic for getting stretching and mobility back in places you wouldn't normally use. If areas of the body are stiff and painful they may need some body work. Consider deep tissue massage or hands on physiotherapy to help reintroduce movement and flexibility. I often find that patients I work with have a better quality of life when they are pain free and are able to move without restriction.



Every morning, stretch every part of your body, get the machine working. We warm up before sport, let's warm up for the day. (If you want to find out more, and aren't squeamish look on YouTube for Gill Hedley fuzz speech.)

Wendy Fredericks EMBODY CTHA (Remedial massage therapist )

### C-card

The C-Card Scheme gives FREE condoms and lube to young people (age 13-24) in Norfolk and Waveney. You will be given 12 condoms/lube of your choice. Using your card you can request further supplies of condoms to a maximum of 6 times (3 times if you are aged 13-15). Once you have used up the allocation on your card, you can get it renewed.

#### **How do I get C-Card condoms?:**

- Sign up at any C-Card Registration Point – We have one here at the surgery.
- You will need to give your date of birth and part of your postcode, (We will never contact you using this information.)
- Whenever you want condoms, you can use your C-Card in many locations.
- You can choose a mixture of 12 items.

Your C-Card is marked every time you use it.

**Under 13 or over 24?** If you're under 13 or over 24 **you can't register with the C-Card scheme.** But if you need help and advice around sexual health you can still visit your local GP surgery or [iCaSH clinic](#).



**Did you know you can still have you flu vaccination!**  
**Available till Friday 31st March 2017, If your over 65 or pregnant**  
**or in an 'at risk group!**



**Please contact us now on 01263 724500 to book or decline.**

### Travel

You don't always need vaccinations for travelling abroad: It depends on where and when you're travelling and what activities you plan to do. The NHS recommends that travellers check the information on the website [www.fitfortravel.nhs.uk](http://www.fitfortravel.nhs.uk) or [www.nathnac.net](http://www.nathnac.net) which provide a comprehensive guide to the immunisations required for each country and general advice. These websites include daily updates on current issues affecting health such as the Zika virus and yellow fever.

We are more than happy to provide you with the vaccinations which are usually available free on the NHS should you require them but we are no longer able to provide comprehensive advice for travel at the practice. If you need us to check your medical records to see which immunisations you have previously had then please contact reception. Some patient records are still on paper so would need to be taken out of storage, so please allow at least 2 weeks for us to check. Remember if you previously had any immunisations at a private clinic these will not be on your practice record unless you have told us about these.



The immunisations available at the practice are: diphtheria, polio, tetanus boosters, hepatitis A and Typhoid. If you require any other immunisations or advice then please arrange to visit a private travel clinic that can offer you a full range of services and convenient appointment times.

Please allow enough time to book your appointment at the practice prior to your date of travel or we may not be able to see you before you depart on your holiday. Pharmacists are also able to advise you on antimalarial medication.

### Did you know?

At Mundesley Medical Centre we offer "Online Services" to patients that have access to the internet. This allows users to book their appointments online, request repeat prescriptions and to view your "Coded" medical record online.



Patients will be able to see their read coded medical record using this service. **Read codes** are the standard clinical terminology system that is used in General Practice. The read codes include clinical signs, symptoms and observations; laboratory tests and results; diagnoses; diagnostic, therapeutic or surgical procedures performed; and a variety of administrative items. This service will **not** allow you at present to access your full medical record including consultations.

To register for this service you will need to complete our Online Services application form which is available to collect from the front desk at reception here at the medical centre or alternatively you can find this form on the practice website: [www.mundesleymedical.co.uk](http://www.mundesleymedical.co.uk).

ID checks will also be required and you will need to provide two forms of ID, one photo (e.g passport, driver's licence etc) and a document such as a utility bill or a monthly statement that can confirm your address. Examples of what forms of ID we can accept can be found on the application form.

Once the forms are completed you will then need to pop into the surgery and hand your completed form to the receptionist who will then ask to see your two forms of ID. When ID checks have been completed then you will be handed some paperwork which will have your username and password which will allow you to log in to use this service.