



Welcome to the ninth edition of the Patient Newsletter. Each month we hope to include a short item by a member of the Patient Reference Group. This month's article was written by Mr. Philip Rawlings.

Healthy Hemp

History: The use of hemp has been a part of our human history for many thousands of years. This is also true of flax, the "sister" seed of hemp. Hemp seeds can be eaten and the plant can be used for making cloth, canvas, rope or paper. The American Constitution was printed on hemp paper and many of the early presidents were hemp farmers. About 100 years ago companies like DuPont lobbied hard against the production of hemp in favour of cotton which was more profitable.

Agriculture: The hemp plant is a remarkable plant. It's roots penetrate far into the soil to draw up essential minerals, it is very robust and will grow almost anywhere. It thrives without the need for fertilizers or pesticides. Compared to cotton this is environmentally very important; about a third of all the pesticides manufactured are used on cotton growing.

Clothing: Hemp can now be processed to make good quality clothing such as shirts, dresses or pullovers. Such clothes are hard wearing and have a very pleasant feel. They are available in many shops or online.

The Bad News: About 100 years ago a lot of effort was put into developing new strains of hemp that could be converted to narcotics such as cannabis. This article is NOT about such aspects. Rather it is about the ORDINARY hemp products that can be bought in Health Food shops or supermarkets like Waitrose or Sainsbury's.

The Good News – Nutrition! Hemp seeds are rich in minerals and provide good quality protein and carbohydrate. Dietary fibre is also present. Cold pressed oils have a near perfect proportion of omega3 and omega6 essential fatty acids. They also contain small amounts of oils that are good for joint troubles; they are low in saturated fats. It is my belief that hemp foods should be used daily.

Only Order What You Need

In the NHS medicine wastage is a growing problem costing millions of pounds and large quantities of medication.

In NHS Norfolk and Waveney unused prescription medicines cost an estimated **£5.2million every year**. This is the equivalent of around **1402** hip replacements, **5411** cataract operations or **204** more nurses.

There are many ways you can help to reduce the issue of wasted medicines and save money for our local NHS:

- If you have stopped taking any of your medicines please let your GP or pharmacist know.
- Check what medicines you still have at home before re-ordering.
- Discuss your medication with your GP or Pharmacist regularly.
- If you don't need the medicine please don't order it.

If you are having trouble taking your medications, or have any issues you would like to discuss, please ask. If your medication is dispensed by the Medical Centre, ask the dispensary staff for a review of the use of your medication (DRUM). Patients whose medication is dispensed by a local pharmacy, should ask the pharmacist.



Are you getting it?

The C-Card scheme is a free condom issuing scheme for young people living in the Norfolk and Waveney Area. The aim of the scheme is to help young people to use condoms in a correct and safe manner and to improve their knowledge about sexual health. Registration is open to anyone in the age range 13-24 whether they are having sex, thinking about having sex or would just like to find out more about condoms.

Mundesley Medical Centre is a C-Card registering and issuing point. The registration process takes around 5-10 minutes and can be carried out on an individual basis or, if you prefer, in a small group. The scheme is confidential and anonymous.

Once you are registered you can use your C-Card up to obtain a supply of condoms 6 times (3 times if aged 13-15) from us or from any of the local issuing points listed on the website. You will then need to come back to the Medical Centre to get a new Card. It's that easy.

For more information on the C-Card Scheme please pop in to Dispensary for a chat or head to www.areyougettingit.com.

Did you know?

Unused prescription medicines cost NHS Norfolk and Waveney an estimated £5.2million every year.

See article overleaf



Medical Students

We encourage the development and training of the GPs of the future by hosting Stage 2 and Stage 3 medical students from Cambridge University. We hosted the Stage 3 students during September and October. These students are in their final year of study and were able to see and treat patients under the guidance of the GPs.



The Stage 2 students will be joining us on 3 separate occasions during 2014/15 for 2 weeks at a time. They will be here to increase their knowledge in specific areas. In December they will focus on Women's Health, February 2015 child health and in May 2015 orthopaedics, rheumatology and neurology. They will be observing in clinics as well as carrying out examinations. They will invite some patients for a review of their condition so please contact us if you would like to be considered for this.

Patient Suggestions

You may have noticed that there is a suggestion box in the waiting room as we always welcome patient ideas. All suggestions we receive are discussed in the quarterly Patient Reference Group meeting.

For further information about the Patient Reference Group or for a copy of the meetings minutes please ask at reception.

Christmas Opening Hours

Wednesday 24th Dec 8am - 6pm

Thursday 25th & Friday 26th December
CLOSED

Monday 29th, Tuesday 30th & Wednesday 31st December
Open 8am - 6pm

Thursday 1st January
CLOSED

Friday 2nd January
Open 8am - 6pm

ORDERING REPEAT PRESCRIPTIONS OVER THE CHRISTMAS/NEW YEAR PERIOD

Medication requested	Collection date
Mon 22nd Dec	Wed 24th Dec
Tues 23rd Dec	Mon 29th Dec
Wed 24th Dec	Tues 30th Dec
Mon 29th Dec	Wed 31st Dec
Tues 30th Dec	Fri 2nd January
Wed 31st Dec	Mon 5th January

