



Welcome to our sixth newsletter. The aim of 'Friends of Webb-Peploe Surgery' is to add value to the government-funded service, which the surgery is contracted to provide, by improving patient access to health education and by raising money to purchase additional facilities and equipment for the surgery.

<http://www.webb-peploe.org/>

Our website – <http://www.webb-peploe.org/> – contains information about the 'Services and Support' that we provide, our 'Fundraising' activities and how you can 'Become a Friend'.

For those of you without access to the Internet, we publish these newsletters, for collection at the surgery, in order to keep you up-to-date with what we are doing and also to provide you with information on our forthcoming events. In addition we have our own notice board in the surgery waiting room to act as a further reminder to you of our aims, intentions and successes.

Making Appointments On The Internet

You can now use the Internet to make appointments to see your doctor. We have been undertaking a trial of this facility now for quite a few weeks, and we hope that we have ironed out the bugs! If you have access to the Internet and you would like to sign up for this facility, then please telephone Webb-Peploe Surgery – 01590-675428 – and ask to talk to Michele Towns. She will then make the necessary arrangements for you to be registered to use our Internet appointment booking facility.



Hydraulic Examination Couch

Due to the generosity of one of Dr Maule's patients, we have been able to acquire a virtually new motorised, hydraulically operated examination couch for £250, which is significantly below the retail price for a brand new model.

Befriending Service

The object of our Befriending Service is to provide companionship for those in our community who have become isolated by, for example, being forced by illness to stay at home. Befriending would offer them the chance to develop new relationships as well as opportunities to participate in local social activities. If you know of any patient of Webb-Peploe Surgery that you think would benefit from a Befriending Service, then please contact the Chairman of the Friends of Webb-Peploe Surgery – telephone: 01590-677710 or email: info@webb-peploe.org We have volunteers who would be willing to make home visits, and we would also be able to help by putting those patients of Webb-Peploe Surgery who are considered to be in need of such a service in touch with local organisations that could help them.

If you are a patient of Webb-Peploe Surgery, then please complete and return this tear-off slip – as, without you, Friends of Webb-Peploe Surgery cannot operate:

Name:

Address:

Telephone:

Email (if available):

Coffee Mornings

As you may know, we had two very successful coffee mornings during the summer last year, and we are now looking for volunteers to help us run another two coffee mornings this summer. If you could offer a venue or would be willing to contribute cakes, please contact the Chairman.

Health Education Presentation On Dementia

The fifth of our patient support group meetings, focusing on health education, was held at the Lymington Baptist Church on Tuesday 10th February. Our guest speaker for the evening was David High, who is the Manager of the New Forest Branch of the Alzheimer's Society, and he gave a most interesting and informative presentation on Dementia. David began by reviewing the types of dementia, the problems associated with diagnosis, the current treatments available and the outlook for the future – particularly with regard to the development of a cure. He then highlighted the key elements of the new National Dementia Strategy, and, finally, he outlined the work undertaken by the New Forest Branch of the Alzheimer's Society. David's presentation provided an opportunity for a lively debate, and a collection at the end of the meeting, in aid of the New Forest Branch, raised the

highly commendable sum of £100. A summary of David's presentation is available both on our website and in the surgery waiting room.

Meet Our Receptionists – Kate Tutty

Kate, the daughter of a Devon GP, has worked as a part-time receptionist and secretary at both our Lymington and Barton surgeries since 2003.

Though Kate has also worked briefly in property sales and the leisure industry, she has spent most of her life “as a full-time mother”, looking after her four children: now a lawyer, a trainee Royal Marine and two students – one in Bath and one in Santiago, Chile. She fills her spare time with her growing art collection, concert going, tending her garden and aviary, and horse riding, often with her sociable dog ‘OJ’. She lives in Lymington, with ‘OJ’, rather than her partner, because “I’m never again sharing a bathroom with a man”!



Next Meeting

Our next health education meeting will be held at the Lymington Baptist Church on Tuesday 9th June – starting at 7.30 pm. Our guest speaker for the evening will be Sarah Paynton, who is a Primary Care Dietitian at the Department of Nutrition and Dietetics at Moorgreen Hospital, Southampton, and she will be speaking to us on the subject of nutrition and diet. These meetings are open to the general public, and so, if you know of anyone who might be interested to learn more about nutrition and diet, then please bring him or her along. As always, excellent light refreshments will be provided. It would be very helpful if you could let us know if you are planning to attend, either by email – info@webb-peploe.org – or by completing and returning the tear-off slip at the bottom of this newsletter.

Please Join Us

If you would like to join us or help us in any way, please indicate this on the tear-off slip below and either hand it in to the surgery reception or send it by post to: Friends of Webb-Peploe Surgery, Webb-Peploe House, 45, Church Lane, Lymington, SO41 3RA. Or you can contact Paul Wood (01590-677710 or email: info@webb-peploe.org).

Please tick any box that applies to you:

- I will be attending the health education meeting on Tuesday 9th June.
- I would like to become a Friend of Webb-Peploe Surgery.
- I would like to help with activities such as: Fund Raising, Administrative Work, and the Befriending Service.
- I would like to make a donation towards the 'Wish List'.



Beaver's Pages



Welcome to the third edition of 'Beaver's Pages', which aim to provide you with facts, figures and a little humour while awaiting an appointment at the surgery and on your return home.

Arctophile

Has that title got you guessing? Actually, it means someone who has a fondness for toy bears – usually a collector – and it comes from a combination of the Greek words arctos (bear) and philos (lover). The folk name for a bear, especially the brown bear, is Bruin, and its first recorded use was as the name for the bear in the fable 'Reynard the Fox'. Toy bears, or Bruins, appeared in the late Victorian period. In those days it was not uncommon for dancing bears to come to town, often as part of a circus, and it is probable that this led to the start of toy bear making on a relatively small scale.

The term 'teddy bear' can be traced back to November 1902, when President 'Teddy' Roosevelt was taken hunting in Mississippi and refused to shoot a captured baby bear. His refusal became the subject of a cartoon, which was published in the Washington Post, and it is believed that this inspired the subsequent craze for toy teddy bears in the USA. Meanwhile, at about the same time, Richard Steiff, who was unaware of the interest in toy bears in the USA, made a prototype toy bear in Germany. The Steiff bear was exhibited at the Leipzig Toy Fair in 1903, and, although there was little interest in it in Europe, an American buyer ordered 3000 of them.

Teddy bears have featured in many books, films and television programmes, and names like Rupert Bear, Paddington Bear, Sooty and Pudsey Bear are very well known; many of you may recall the bear called



Aloysius, which was Lord Sebastian Flyte's teddy bear in Evelyn Waugh's novel – Brideshead Revisited.

The world's first teddy bear museum was opened in Petersfield, Hampshire, in 1984, and, in 2007, the world record for a private collection of toy teddy bears stood at five thousand and twenty-seven! Yes, I have to put my hand up and admit to a collection of a mere fifty or so – one of which is so small that he sits in the palm of my hand. His name is 'Rupert', and he is beautifully made by a local well known Bear Artist – 'Hardy Bears'.

Actual Answers To Sixth Grade History Tests

- Ancient Egypt was inhabited by mummies and they all wrote in hydraulics. They lived in the Sarah Dessert. The climate of the Sarah is such that the inhabitants have to live elsewhere.
- Solomon had three hundred wives and seven hundred porcupines.
- The Greeks were a highly sculptured people. They also had myths. A myth is a female moth.
- Actually, Homer was not written by Homer but by another man of that name.
- Socrates was a famous Greek teacher who went around giving people advice. They killed him.
- History called them the Romans because they never stayed in one place for very long.
- Nero was a cruel tyrant who would torture his subjects by playing the fiddle to them.
- William Tell shot an arrow through an apple while standing on his son's head.
- Shakespeare wrote tragedies, comedies and hysterectomies. Romeo and Juliet are an example of a heroicouplet.

Collecting Shells For A Hobby

Molluscs, recognised by most people by their shells, create some of the most diverse and beautiful objects on Earth. Collecting shells (also known as Conchology) is an interesting way to increase your knowledge of molluscs and marine biology and to develop a new hobby to engage in at the beach. If you want to know more about this and many more hobbies – and you have access to the Internet – then go to: <http://www.wikihow.com>



Brevity Is The Soul Of Wit – Extracts From Car Insurance Claim Forms

The truck backed through my windscreen into my wife's face.

The other car collided with mine without giving warning of its intention.

I pulled away from the kerb, glanced at my mother-in-law and headed over the embankment.

Oddments

According to the government's actuary department, the UK's population of centenarians is forecast to soar from about 10,000 now to as many as 1.2 million by 2074. That represents a lot of telegrams from Queen Camilla! The independent think-tank Demos recently issued a report, which suggested that life expectancy would rise to 150 in 30 years time. It also made the astonishing claim that the first person that will live to the age of 1,000 may be alive today.

Cosmetic surgery has avoided the economic downturn – with more people than ever in the UK choosing to go under the knife. More than 30,000 procedures were carried out last year – up five per cent from 2007.

Two Tips For Avoiding Split Wood When Using Nails

Firstly, blunt the point of the nail with your hammer. Do this by placing the nail on a hard surface with the point facing up, and tapping the sharp end with your hammer. The blunted point will now act as a chisel to cut itself in without splitting the timber.

Secondly, for especially hard woods like oak or maple, you may have better luck if you lubricate the nail first by dipping it in petroleum jelly. This will reduce the friction of the driving process and decrease the probability of the wood splitting.

We Must Never Forget

Living so close to the sea here at Lymington and enjoying the leisure activities associated with it, we must never forget the terrible loss of life at sea during the Second World War.

Five thousand one hundred and fifty merchant ships were sunk – of which two thousand seven hundred and fourteen were British. Much more importantly, the British Merchant Navy lost thirty thousand, two hundred and forty eight men through enemy action.

Royal Navy casualties amounted to fifty thousand, seven hundred and fifty eight killed, eight hundred and twenty missing, fourteen thousand six hundred and sixty three wounded and seven thousand four hundred and one prisoners of war. In addition the Women's Royal Naval Service had one hundred and two killed and twenty-two wounded.

A Poem – "Today"

**Today, welcome my friend,
with your dawn
bringing new strength
to continue,
never to be forgotten, that
which was started yesterday.**

**Today will continue
with its promise
of help and support,
love and compassion, so that,
as it becomes another yesterday,
still my friend in the next Today.**