

SPINNEY SURGERY NEWSLETTER

Spring 2017

For patients registered with the Spinney

Education evening for Spinney Patients

Spinney Patients Association

Thursday 30th March

7.30-8.30pm

St Ives Methodist Hall

CARING FOR YOUR SKIN

**Dr. Cedric Banfield,
Consultant Dermatologist**
**Come and hear about all aspects of
skin conditions! Eczema, psoriasis,
acne, cancer and much more!**

STAFF NEWS

Announcing New Partners!

We are very pleased to announce that Dr. Eira Trewavas and Dr. Abu Belal will join the partnership from the 1st April. This will mean that the partnership will then consist of Dr. Sean Culloty, Dr. Janie Anderson, Dr. Eira Trewavas, Dr. Abu Belal and Mrs Debra Wheatley (Managing Partner). We are really pleased that they are taking up this opportunity to join our team and work with us on ensuring the future development of the Spinney Surgery.

We are sorry to announce that Dr. Andrew Matthews will be leaving the practice at the end of February to work nearer his home and therefore be able to spend more time with his family. We would like to wish him all the best for the future. We are really pleased to tell patients that Dr. Raj Banerjee, whom many of you will have met,

will be joining the practice permanently from 1st March. He will take over the patients registered with Dr. Matthews.

Dr. Meena will be returning to the practice on 1st May having been on maternity leave. We are pleased to announce that Dr. Jenny Claydon will also be returning to the practice having had her baby. She will be working permanently at the Spinney from 5th April and taking over some of Dr. Sanderson's and Dr. Rahman's patients. Dr Mark Amphlett our current GP Trainee will be joining our team permanently from August when he finishes his GP training. He will take the remainder of Dr Sanderson's and Rahman's patients. Dr. Mountis will continue to work two days a week with us for the foreseeable future.

We do appreciate it has been a difficult few years for some patients with GP staff changes, but we do really hope now that the addition of new partners some new GPs to our team will mean that patients feel a little better about things.

Dr. Karisma Khurram has just joined us as a GP Trainee and will be with us until August.

Molly Carter joined the practice as an apprentice receptionist in January and has settled in well.

NEWSLETTER – IMPORTANT NEWS

We greatly appreciate the service given during many years by our 'loyal group' of newsletter deliverers. However, in future the Spinney Newsletter will not be

delivered by hand to each household having patient(s) at the Practice. This is partly due to the difficulty in replacing newsletter deliverers and also because of the increased number of patients now having internet/email access. For those patients having internet access each newsletter can be read on the Spinney Website at www.spinney-surgery.org.uk For those patients preferring to have the newsletter delivered as an e mail attachment, they need to ensure that they provide the Spinney Surgery with their e mail address. There are currently 1100 e mail addresses listed. The paper version of the newsletter will however still be available at the Practice and can be collected as follows: Autumn edition will be available in September and Spring edition in February.

Carers Vintage Tea

Following the great success of the 2016 Carers Vintage Tea, we are arranging another this year. It will be on Friday 23rd June in the afternoon at Needingworth Village Hall. If you are a carer and you don't think you are on our list of Carers, please contact our Carers Receptionist, Mandy Clarke and she will get you listed on our system. The event last year was a fantastic event, enjoyed by all who attended. You will receive an invitation if you are a carer, but put the date in your diary now!

Message from the Spinney Patients Association (SPA)

Many of you will have noticed that the Information Screens are no longer in use. This is because the company that owned them withdrew the support of the system.

The practice would like to replace these with new screens which should have the facility to display which patients are being called to the GP surgeries, as well as display important practice and health information. To install such a system will cost in the region of £3000 and the Spinney Patients Association would like to help the Surgery by raising some money towards this system, which of course, will be helpful to patients and enhance our experience while waiting for appointments. At the moment the SPA do raise money by the selling of books, kindly donated by patients and which are on display in the waiting room. We would like to widen this scheme by including DVDs and CDs (but not videos). We will also put a second display case on the second floor waiting room. Please do donate any books, DVDs, or CDs if you can and support the scheme by buying any that you see on display, if they take your eye. We have also decided on an Easter Raffle, more details of that later. If anyone has other ideas to raise funds for this worthwhile cause, please do let the SPA committee know. You can do this by leaving a message at reception or e mailing no-reply.spinney@nhs.net
Thank you.

Research

The surgery frequently takes part in research projects and is just about to embark on a project called BEST – this is research into the early diagnosis of Barretts disease. If you are asked to join the study we hope you will take part.

Research is an important part of the services the Spinney provides and if you are approached about taking part we hope you will agree

that this is a positive initiative and get involved if you can.

Urine samples

We receive a lot of urine samples at Reception for testing either in the surgery or sending to the laboratory. If you are asked by a nurse, GP or other team member to bring a sample, please mention this when you bring it. Please do not bring samples for testing without being advised to do so, as we will be unable to carry out this testing.

New Telephone System

This was introduced in October, 2016 and after a few teething problems things have settled down. For those who aren't aware the number to call is 01480 495347.

MOBILE NUMBERS & EMAIL ADDRESSES

We still need up to date mobile numbers and e mail addresses (where available) for as many patients as possible. You can do this on our website, when you attend an appointment, or drop us an e mail at no-reply.spinney@nhs.net . Please do not use this e mail for medical enquiries or for passing messages on to GPs – it is not monitored on a daily basis.

Self Care

Even minor illnesses and ailments - such as colds, headaches and diarrhoea - can disrupt your life. Be prepared for most common ailments by keeping a well-stocked medicine cabinet at home. Many items are cheaper to buy at a pharmacy than the cost of a prescription, so if you can please consider consulting a pharmacist

first. It can often save you time and money as well as saving an appointment for another patient.

Pain relief

Painkillers such as aspirin, paracetamol and ibuprofen are highly effective at relieving most minor aches and pains, such as headaches and menstrual pain. Aspirin must not be given to children under 16. These medicines also help with some minor ailments, such as the common cold, by reducing aches and pains and high temperatures. Aspirin and Ibuprofen also help to reduce the inflammation in arthritis and sprains.

Antihistamines

These are useful for dealing with allergies and insect bites. They're also helpful if you have hay fever. Antihistamines can come in the form of creams that you apply to the skin (topical antihistamine), or tablets that you swallow (oral antihistamine). Antihistamine creams soothe insect stings and bites, and rashes and itching from stinging nettles. Antihistamine tablets help to control hay fever symptoms, and calm minor allergic reactions to food. They can also help to calm itchiness during chickenpox. Some antihistamines may cause drowsiness. Ask your pharmacist about this: pharmacists also have antihistamines that don't cause drowsiness.

Oral rehydration salts

Fever, diarrhoea and vomiting make us lose water and essential minerals, and can lead to dehydration. If you have these symptoms and can't continue your normal diet, oral rehydration salts can help to restore your body's natural balance of minerals and fluid, and relieve discomfort and

tiredness. But they don't fight the underlying cause of your illness, such as a virus or bacteria. Rehydration salts, available at your local pharmacy, are an easy way to take in minerals and fluid, and help your recovery.

Anti-diarrhoea tablets

Diarrhoea is caused by a range of things, such as food poisoning or a stomach virus, and can happen without warning. It's a good idea to keep an anti-diarrhoea medicine at home. Anti-diarrhoeal remedies can quickly control the unpleasant symptoms of diarrhoea, although they don't deal with the underlying cause. The most common anti-diarrhoeal is loperamide (sold under the name Imodium, among others). It works by slowing down the action of your gut. Don't give anti-diarrhoeals to children under 12 because they may have undesirable side effects. Speak to your pharmacist or your GP for advice about a child with these symptoms.

Indigestion treatment

If you have stomach ache, heartburn or trapped wind, a simple antacid will reduce stomach acidity and bring relief. It's ideal after a celebration or party. Antacids come as chewable tablets, or tablets that dissolve in water, or in liquid form.

Sunscreen

Keep a lotion of at least factor 15. Even brief exposure to the sun can cause sunburn and increase your risk of skin cancer. Ensure that your sunscreen also provides UVA protection. You can protect

yourself further against the sun by wearing a hat and sunglasses, and by avoiding the sun during the hottest part of the day, between 11am and 3pm.

Some interesting figures!

Appointments

From the 1st November to the 31st January the Doctors, Nurses and Health Care Assistants carried out a total 18,604 appointments. During this time there were 831 DNA (did not attend) – this is equivalent to 3¾ weeks of appointments to see a doctor, nurse or health care assistant. So please do remember, if you cannot make your appointment, please let us know in good time so that we can offer it to someone else.

Prescriptions

From 1st November to 31st January, we have printed 5363 prescriptions!

Patients

We have 10240 patients, of which 5024 are male and 5216 are female.

There are 8155 patients who are aged up to 65 years, and 7 patients are the grand age of between 96 and 100. 2 patients who are 101 and 1 patient who is 103 years of age! That's amazing