

Buckden & Little Paxton Surgeries Newsletter

September 2017



The "COMINGS"

**DR ABDULLATIF
AYDIN**

FY2



We would like to welcome Dr Aydin to the practice.

"Hello. I'm Abdullatif, one of the new junior doctors here at Buckden and Little Paxton Surgeries. I graduated from the University of London (St. Bart's and Royal London School of Medicine) and am in my second year of training as a doctor. I have previously worked at Hinchingbrooke Hospital, where I will complete the remaining part of my training this year.

I have a particular academic interest in education and am currently undertaking a PhD in Surgical Education as well as being actively involved in teaching undergraduate students at Guy's Hospital, King's College London. I love surgery and hope to pursue a specialty career in urology following my training rotations this year.

I enjoy spending time with my family and have a 3-year old son keeping me on my toes at all times!! I also enjoy travelling and exposure to new cultures and have been fortunate to travel to many places around the world; the last being Guangzhou, China and next being Vancouver.

I will be here for the next four months and look forward to meeting all booked into see me. I hope I can be of help."

Welcome, Dr Aydin!

DR ANISSA TOONAH

ST3



We welcome Dr Toonah to the practice.

"Hi everyone, I am Dr Anissa Toonah and I am into my third year of GP training. Having trained in London and then moved around the country going down to as far as Plymouth, I have now settled in the Huntingdon area and I have to say it has been really great living down here so far! I have a 2 year old keeping me on my toes and creating havoc at home.

Thank you to the Buckden and Little Paxton team for making me feel so welcome. I very much look forward to working for the surgery and also meet some of the patients. "

Welcome, Dr Toonah!

FLU SEASON



Our much awaited annual flu day will be held on Saturday the 7th of October this year (with additional clinics available if you are unable to make this date). We will be using the same system as last year and so please book at reception. You are eligible to receive a free flu jab if you:

- are 65 years of age or over
- are pregnant
- have certain qualifying medical conditions
- A carer

Please ask at reception if clarification is necessary.

By having your flu jab here at the surgery, this helps us enormously to achieve our targets and reduce administrative burden.

You may also like to book your shingles vaccine at the same time:



DISPENSARY



A reminder about repeat prescriptions.

REPEAT PRESCRIPTIONS

Please remember when you place a repeat request we need

48hrs

Before you call to collect your prescription

This also applies to medication requests from hospital consultants, etc.

The Dispensary is open as follows:

8.00 am-6.00 pm Monday, Tuesday, Friday

8.00 am-1.00 pm Thursday

8.00 am- 5.00 pm Friday

MENINGITIS ACWY VACCINATION



All school leavers and those going to further education who have not already had a Meningitis ACWY vaccination are eligible. If you would like an appointment for an injection please book at reception.

STAFF CONGRATULATIONS



Congratulations for nurse Erin Pirt who has completed her Fundamentals of Practice Nursing course with great success.

IRON MAN



Dr David Irwin has spent the last three years building up to an Ironman. This he completed on 23rd July 2017 at the only IM event in England at Bolton. An Ironman is a 2.4m swim followed by a 115m cycle ride and then finishes with a 26.2m run, all to be completed within 17hrs. Three years ago he could only swim 25 meters of a pool and hardly done any long distance cycling. Gradually by learning to swim at Hinchingsbrooke Pool and then in Hinchingsbrooke Lake he managed to swim the 2.4m in 1:30. He built up the cycling regularly cycling between Bedford and Peterborough entering many local long distance races up to 100m. He completed the Bolton hilly course in 6:44. As for the marathon he has done 25 of those before but never after so much exercise before and completed it in 4:44. Altogether he completed his first Ironman in 13:44. So what's next.....

KERICHO MARATHON



Dr David Irwin will be running the Kericho Marathon in Kenya on Thursday 23rd October to raise money for projects in rural Kenya. Five Talents make small donations for locals to help start-up businesses in rural and isolated parts of Africa. This is a very worth wild project and something I would like anyone able to contribute to on

www.impactmarathon.com/fundraising/david-irwin

Not only will this be another marathon abroad it will also be a challenging run at over 2,000m in the Kenyan tea plantations so it seems very appropriate to be hoping to raise over £2,000 which will be challenging as well. Thank you to anyone who has contributed.

BANK HOLIDAYS



Please be reminded that the surgery is closed for all public bank holidays including Monday 25th December, Tuesday 26th December and Monday 1st January.

If an urgent appointment is required, please either ring 111 or the usual surgery telephone number which will direct you to out-of-hours. Please do not hesitate to ring 999 if you feel it is life threatening.

Emergency on-the-day appointments will be available at both surgeries the morning following a bank holiday. Please call reception to book.

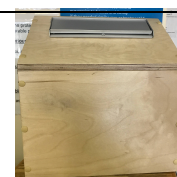
COUCH TO 5K



If anyone is interested in trying the Couch to 5K then please book an appointment with Dr Irwin to discuss.

ONE YOU
COUCH
TO 5K

NEW SAMPLE BOX



We have a new sample box in reception. The box will be located on the right hand side of reception.

When you bring in a sample please ensure it is labelled with your name, address and contact details. If the doctor or nurse is unaware that you are bringing in a sample, please ensure you write your symptoms on a piece of paper provided and place it in a clear plastic bag with your sample, also provided.

BACK TO SCHOOL



There are so many basic medical problems that you can treat at home without a trip to your GP practice. Coughs, colds, upset stomachs, head lice, chickenpox and ear infections can all be treated with medicine from your pharmacies.

Remember that children can get between eight to 10 colds a year, and a cough can last at least three weeks before it starts to improve. Visiting your GP and getting medication on prescription, which could be easily bought over the counter, costs the local NHS approximately £45 each time you visit.

For further information on treatment of common childhood illnesses you can view or download the 'Your Guide to Childhood Illnesses'.

The link to the guide is:
<https://www.cambridgeshireandpeterboroughhcg.nhs.uk/news-and-events/leaflets-and-guides/your-guide-to-childhood-illnesses>

YOUR PATIENTS' ASSOCIATION NEEDS YOU!



Welcome to the Buckden and Little Paxton Surgeries Patients Association.

Sadly, due to bereavement, our secretary, Rob Gardiner, has tendered his resignation. Our condolences to all the family and our thanks for all he has done on the committee.

Our AGM is on Tuesday 26 September 2017, 7p.m. at Buckden Surgery

This is held annually and the business part is relatively brief and informal. It's really an opportunity to bring the wider audience together to discuss plans for your surgery. At this meeting, all the officers will be elected for the coming year as our constitution states that they should be re-elected on an annual basis. We are really keen to see more patients attend to represent the community we serve.

We urgently need a secretary. If you would like to know more or to stand for election, do give me a call. See contact below.

We'd welcome new people onto the committee. As a patient registered with the Buckden & Little Paxton Surgeries, you are a member of the Surgeries Patients' Association (BLPSA) which exists to support the surgeries in their services to you.

You may feel you have a particular skill to offer that could be useful occasionally e.g designing posters, publicity, organising events. We do some fundraising through the 200 Club, but our main aim is to address, where we can, your collective non-clinical healthcare needs and all manner of issues which may affect you as patients. Among others, our funds have provided amenities in surgeries like the check-in screens, the wipe-clean chairs and wifi, blood pressure monitors for patients to borrow, pillows for examination couches and radios. We're currently looking at upgrading the bicycle racks at Buckden Surgery.

We are a friendly, all-inclusive group and meet 4 times a year. Reflecting the spread of patients, there are representatives from Buckden, Little Paxton, Brampton, Grafham, the Offords and other outlying villages.

If you'd like to know more, please do contact me, I look forward to hearing from you:

Flora Sheringham, Chair, Tel: 01480 811189
f.sheringham@btinternet

Other Forthcoming events

Dr Fagnoli will talk on
'Sun and the Skin'

7 p.m. Tuesday 7 November 2017
Buckden School

Christmas starts here!

Coffee morning
Friday 8 December 2017

10.30 – 12noon
Methodist Church Hall
Silver Street, Buckden

Voluntary car scheme

This provides transport for patients who need it to keep appointments at the surgery.

Thanks to the new volunteers from Buckden. The demand is still high and we need more drivers particularly from Little Paxton. A locally based driver would bring the cost to Little Paxton patients down to £2 per journey. Having a Buckden based driver makes it more expensive (£7). So if you would like to help, can spare an hour occasionally and have a car do get in touch. Pam Dodman is the coordinator and will tell you more.

Contact her on 01480 812880

pam.dodman@buckdencambs.co.uk

To join the **200 Club** contact

Sheena Wilkinson 01480

810086

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