

Buckden & Little Paxton Surgeries Newsletter

December 2017



All of the Doctors and Staff at Buckden and Little Paxton Surgeries would like to take this opportunity to wish all our patients a Merry Christmas and a Happy, Healthy New Year.

The "COMINGS"

DR HANNAH WARD

**FY2 (qualified doctor
but not yet
specialised)**



We would like to welcome Dr Ward to the practice.

"Hi, I'm Hannah and I'm one of the new junior doctors starting at Buckden and Little Paxton for the next 4 months. I trained in London before moving to Huntingdon to start my training last year and am glad I did as everyone here is very friendly and welcoming! I do a lot of pre-hospital and events medicine which I really enjoy and hope to do more of in the future.

Outside of work I used to compete nationally in trampolining, but now just do it for fun. I also play a lot of musical instruments which helps me relax after a busy day at work!

I'm really looking forward to starting with the Buckden and Little Paxton team and meeting those of you who I see in clinics. Have a lovely Christmas!"

Welcome, Dr Ward!

RCGP RESEARCH AWARD



Dr Newark has won a national research award and has become the Royal College of General Practitioners First 5 Researcher of the year, an award which can be won for GPs in the first 5 years after qualifying as a GP.

Below is part of his acceptance speech:

Thank you for selecting me as the winner of the RCGP First 5 researcher of the year.

It seems strange to win this award in isolation when research requires such a huge team effort. I am very lucky to have such an excellent and enthusiastic research team at Buckden & Little Paxton Surgeries. I would personally like to thank our IT research lead, Claire Thompson, who is undoubtedly queen of the patient search.

I am delighted to accept this award. Thank you.

Chris

Please click the link below to read an article from the national institute for health research.

<https://www.nihr.ac.uk/news/royal-college-of-general-practitioners-award-win-for-eastern-gp/7265>

DYNAMIC HEALTH



If you are living with pain due to your joints, muscles or nerves then you can access NHS Physiotherapy advice and treatment directly from DynamicHealth, provided by Cambridgeshire Community Services NHS Trust. To find out more, simply visit <http://www.eoemskservice.nhs.uk/home>, like us on [Facebook](#) and follow us on [Twitter](#).

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,

Wednesday

8.00 am-1.00 pm Thursday

8.00 am- 5.00 pm Friday

CCTV



Smile for the camera. We have recently installed CCTV at Buckden Surgery. If you require any more information please ask at reception for our CCTV policy leaflet.

STAFF CONGRATULATIONS



Dr Newark has had a new arrival with the birth of Edward James Newark born 27th October.

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 you require urgent advice or assistance please ring 111; you will be connected to a trained call advisor. 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**

WEBSITE OPENING TIMES



Our opening and closing times are clearly displayed on our website, however there is a glitch within Google, which does not correctly show these details. Should you wish to find any information out with reference to our surgery, please be sure to enter our website either via a

search engine or via www.bandlp.co.uk and not rely on the information provided by Google.

CHRISTMAS TOMBOLA



This year we will be doing Christmas tombola. There is still plenty of time to purchase tickets. It is £1 a ticket.

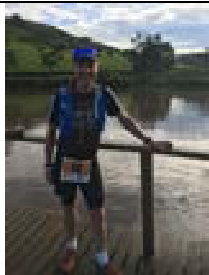
Donations would be gratefully received for our raffle tables (please ensure perishables are in date and prizes are of good quality), and half of all proceeds will go to our Patient Equipment Fund and the other half to St John's hospice (Moggerhanger).

CHRISTMAS AND NEW YEAR APPOINTMENTS



During the Christmas and New Year weeks, there will be additional early morning and evening telephone appointments. This is to compensate for our usual Monday late nights which fall on both Christmas and New Year's day and are therefore bank holidays.

KENYA MARATHON



"In the last week of October I flew out to Kenya to run the first Kericho Tea Plantation Marathon to raise money for the microfinancing charity Five Talents. During the week we visited villages where these saving groups had been set up and joined in their celebrations that Mzungu (white visitors) would come all this way to see them. This always involved tea and dancing! We trained in tracks through tea plantations and on a very muddy running track with local runners including Bernard Rotich who had to leave us to run and win the Dublin marathon that weekend. It was a difficult time politically in Kenya with their

elections and so the run course had to be changed many times until we found a local who agreed us to use his private tea plantation the day before the run. It was high at over 2,000m. It was hot and humid with regular rain every day in the afternoon. The Tea Plantation course was hilly and muddy. We ran a 10k route four times and each time we were joined by more and more locals! I did a PW (personal worst) in my 30th marathon but it did not matter as we raised a very large amount of money for the great charity.

I would like to thank anyone who helped me raise over £1,000 for

www.impactmarathon.com/fundraising/david-irwin

Next year I have more plans for another charity event but this time along the Thames in the UK. David"

PNEUMONIA VACCINATIONS



We are still booking appointments for pneumonia vaccinations. You are eligible to receive a free pneumonia vaccination if you:

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

Please ask at reception if clarification is necessary.

HOME VISITS



If you require a home visit please telephone your usual surgery number before 10.00am. Home visits are available when medically necessary at the doctor's discretion. They are for patients who are too ill or unable to come to the surgery, such as the terminally ill or housebound. Please do not ask for home visits just for convenience. If you need a home visit speak to the receptionist who will ask you about your problem so that the doctor can be given the information needed to plan visits, enabling them to see those patients with the

most serious problems first. If you are calling for someone else who needs to see a doctor quickly, please say so.

YOUR PATIENTS' ASSOCIATION NEEDS YOU!



Our AGM was held Tuesday 26 September 2017 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, the nominated officers were elected for the coming year as our constitution states. While it was sparsely attended, we elected two new members – Marjory Wain for Buckden and Janine Newby-Robson for the Offords – welcome! Look out for Marjory's eye-catching designs on our publicity.

We are really keen to see more patients on the committee. As a patient registered with the Buckden & Little Paxton Surgeries, you are a member of the Surgeries Patients' Association (BLPSPA) which exists to support the surgeries in their services to you. Although we do some fundraising through the 200 Club, 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. We are a friendly, all-inclusive group and meet 4 times a year

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

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

On 7 November **Dr Fagnoli** gave a talk on '**Sun and the Skin**' at Buckden School. Around forty of us took advantage of his vast knowledge on the subject and I'm sure his witty reminders will act as reminders to follow the dos and don'ts that he recommended. Our thanks to the school for hosting us so generously.



Forthcoming Events

Christmas starts here!

Coffee morning

Friday 8 December 2017

10.30 – 12noon

Methodist Church Hall
Silver Street, Buckden

Easter Cuppa

Thursday 29 March 2018

Little Paxton Surgery
High Street
Little Paxton
1.30-2.45

All Welcome to these FREE events

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

kwilki5986@aol.com