

Buckden & Little Paxton Surgeries Newsletter

July 2018



The "COMINGS"

SUZANNE GEORGIU

DISPENSER



We welcome Suzanne to the practice.

"Hello, I'm Suzanne and I started at Buckden and Little Paxton Surgeries as a dispenser at the beginning of April.

My husband and I live in Eaton Socon and have 3 grown up sons and 2 cats.

My background includes working as a receptionist/dispenser at a doctor's practice, as a dispenser in a well-known high street pharmacy chain and cake making.

Recently my husband and I have acquired a new hobby, which is renovating a 200 year old French farm house in rural Pays de Loire. We have found the locals to be extremely friendly and helpful, and have so far managed to make two rooms comfortable to live in. Our sons help in maintaining the 2 acre garden and orchard.

Another hobby of ours is geocaching which combines our love of walking and searching for treasure"

Welcome, Suzanne!

REBECCA NORMAN

**HEALTHCARE
ASSISTANT**



We welcome Rebecca to the practice.

I have been employed at Papworth for the past 6 years as a Phlebotomist and decided with their moving to Cambridge and me needing a little more to get my teeth into a change of job

was needed. Luckily Buckden and Little Paxton Surgeries have taken me under their wing.

I have 2 daughters who are my world, a dog called Roger and my husband Paul. Paul runs a small gardening business (Huntingdon Garden Services) so in my spare time I become his side kick!!!

I love travelling; Paul and I have been around the world travelling in past years. We recently went to Thailand where myself and my youngest daughter tried our hand at scuba diving and now we have the bug to do more.

We are a house of foodies; I love to cook but love to eat even more.

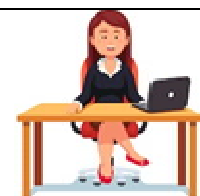
I am originally from Yorkshire and miss this part of the country dearly, the walking, the hills and scenery. We do go and visit when we can.

I am very excited to start in my new role and hope to meet everyone at some point. Im looking forward to learning new skills and to starting on my training.

Welcome, Rebecca!

MARILYN LONG

**LOCUM PRACTICE
MANAGER**



"Hello, I have joined the team on a part time locum basis to provide practice management support for the next few months. Before retiring last year I had worked at another large Cambridgeshire practice for more than 16 years. My catchphrase is 'Im here to help!' So if I can help you with regards to any issues relating to the practice please get in touch."

Welcome, Marilyn!

STAFF GOINGS

ADELE SLANEY

PRACTICE MANAGER



Adele has decided to leave the practice. We thank her for all the work she has done for the practice over the last five years and wish her every success for the future.

GDPR



As of May 25th 2018, this regulation has come into effect. The regulation means that all organisations in the European Union will be required to follow stricter rules for gathering, maintaining and using people's personal data.

The good news is that we have always been very clear on our data protection policies and will need to make very few adjustments.

We have published a privacy statement which explains how we process and manage personal information. This is available on our website and at the front desk.

Patients have also already been asked to give consent to be included in relevant optional email services that we provide eg newsletters, information about flu day etc. If you wish to change your consent regarding emails or text messaging, please speak to Reception.

Should you have any queries regarding the regulations, please do let us know.

DISPENSARY



A reminder about repeat prescriptions.

REPEAT PRESCRIPTIONS

Please remember when you place a repeat request we need

2 Working Days

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

The best way to order your prescription is via the internet ... see reception to help you get started.

You can also order medication by **ticking** the item(s) that you require on your **current** repeat prescribing slip and then:

- Placing the repeat prescribing slip in the blue box near the dispensary hatch at Buckden or in the red box on reception at Little Paxton.
- if the Surgery is closed posting the repeat slip through / in the letter box
- posting the repeat prescribing slip to Buckden Surgery
- Telephoning Buckden Surgery and leaving your request on the Dispensary Repeat Prescription answer machine, please try to speak as clearly as possible and start by giving your patient number. (this is not the best method and should only be used if you are unable to use one of the other methods)
- Non-dispensing patients may leave their repeat slip at a Pharmacy with whom they are registered, and with whom we have a collection service.

WARM WEATHER



Please keep safe and well in the heat this summer. Whilst this newsletter is not designed to provide clinical information, a little public service goes a long way! So, please take some drinking water with you if you are to be out for any length of time, wear a hat and don't forget to put sunscreen on regularly. Try and stay in the shade and drink non-alcoholic drinks regularly.

You can find a Public Health England notice on how to beat the heat and keep cool at home here:

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/525361/Beattheheatkeepcoolathomechecklist.pdf

NHS 70 YEARS



On the 5th of July this year the National Health Service celebrated its 70th birthday.

The NHS was launched on 5 July 1948 by Aneurin Bevan who was the Health Secretary at the time. The last 70 years have seen huge changes in medicine; from heart transplants and the eradication of diseases like polio to advances in the way we treat cancer, enabling people to live longer lives.

There's a whole range of celebrations being planned to celebrate the platinum anniversary of the NHS and a dedicated website,

<http://www.nhs70.nhs.uk> has been set up where you can find out about how you can get involved.

ONLINE ACCESS



You can now access some of your details online. Please ask at reception as to how to do this. Each patient will need to bring proof of identity. Using our online system enables you to book some of your appointments and perhaps more importantly order repeat medication. Ordering medication online should make it quicker and easier for yourself, our dispensers and doctors as well as the pharmacy if you use one.

BANK HOLIDAYS



Please be reminded that the surgery is closed for all public bank holidays including Monday 27th August.

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.

THAMES PATH CHALLENGE



A message from Dr Irwin's daughter.

Make-A-Wish UK grants magical wishes to enrich the lives of children and young people fighting life-threatening conditions. Granting their wish provides seriously ill children with hope for the future, strength to cope and resilience to fight their condition. They're given quality time away from the daily realities of living with their condition and given the chance to make magical memories they can treasure forever – whatever their future may hold. We want to transform the lives of children this year by granting their One True Wish!

Unfortunately we are a stubborn lot and so once one of us suggested trying an ultra, we all had to get involved (not true as she "forced" me!) and nothing but the full 100km would do. So now it looks like this is actually happening. On the 8th September we will be taking on the 100km Thames Path Challenge run and we could really do with any support you could give us to support this amazing charity. There's no doubt this is going to be a ridiculously hard challenge but knowing we are helping to give children magical experiences will help us keep going.

Thanks for all your support!

Alice, David, George and Alastair

www.justgiving.com/fundraising/teamirwin

BLOOD PRESSURE MONITORS



We are currently missing a few of our home blood pressure monitors. Please could you check to make sure you haven't got one at home. All the monitors need to be calibrated in July. Please return them no later than Friday 20th July.

RESEARCH STUDIES



You may have been contacted to enquire as to your availability to take part in certain research studies lately. Please do not feel obliged or pressurised to participate, but if you feel you would like to help shape the face of modern medicine by participating, please follow the instructions which will have been sent to you. The care we provide you will not be affected by your decision.

COUCH TO 5K



The Couch to 5k is a 9 week running program. C25K is a fantastic program that's been designed to get just about anyone from the couch to running 5 kilometres or 30 minutes in just 9 weeks.

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



YOUR PATIENTS' ASSOCIATION NEEDS YOU!



A note from Chairperson, Flora Sheringham:

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.

While we have a viable committee **we are always looking for new members that would be representative of our community.** Or

maybe you feel you have a particular interest or skill to contribute?

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.com**

Diary Dates

Autumn 2018 – There will be an open meeting where Dr Newark has agreed to explain some of the research projects currently running at the surgery. Many patients take part in research projects through the surgery and it will be interesting to see how this participation feeds into the national picture.

Date and venue to be confirmed.

A disappointment for us was the **Easter Cuppa on Thursday 29 March 2018.**

There was tea in many varieties and a selection of goodies lovingly prepared for the gourmet and those on special diets but only **one** brave Little Paxton Resident to sample their delights! We had hoped to meet more of you.

If you have ideas about events you'd like in Little Paxton, we'd be interested to hear how we can help – please let me know.



The book trolley in Little Paxton, managed by Jean Matheson and the reception staff raised £50. Thank you!

Voluntary car scheme

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

Thanks to the volunteers from Buckden and Little Paxton. Pam Dodman manages this service so well and she says demand remains high and we always 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).

You do not need to have any extra insurance to become a volunteer driver however; you should let your current insurance company know.

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

200 Club

All patients registered at Buckden and Little Paxton are eligible to join the club for an annual fee of £12, payable in March.

Draws take place quarterly during first week of June, September, December and March.

A list of Prize winners is displayed on notice board and in Buckden Roundabout.

Each draw the prizes are:

1 x £100 and 4 x £25.

June bonus prize £10

December bonus £200

Please contact Sheena Wilkinson on the details below for further information as we are 29 members short this year.

To join the **200 Club** contact

Sheena Wilkinson 01480810086

kwilki5986@aol.com