

Buckden & Little Paxton Surgeries Newsletter

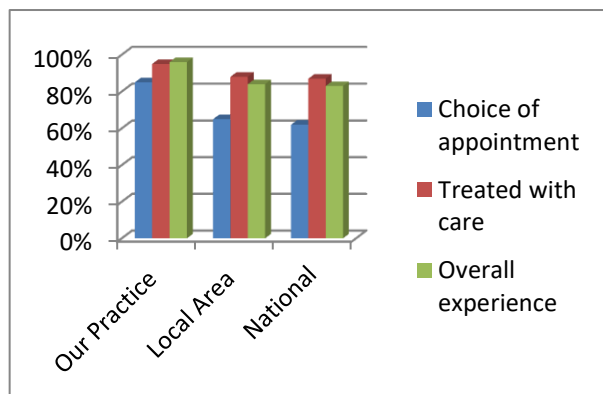


August/September 2019

Welcome to our Newsletter, we hope you are all enjoying the summer so far.



Firstly, we would like to thank all of our patients who participated in the National GP Patient Survey. We are very happy to report that we have received a score of higher than CCG average. Thank you for your continued support. Further results of the survey are published below.



Friends and Family Test

Following on from the GP Survey, We would be grateful if any of you have the time, while coming for an appointment to fill in one of our friends and family cards. This survey allows us to gain vital information from our patients, good ☺ or bad ☹ it helps us to look at any areas that may need improving. The cards and boxes are located in the waiting area of Buckden and Little Paxton Surgeries. Please ask the reception staff if you need any assistance with this and they will be happy to help. Thank you.

Announcements

Dr David Irwin would like to announce that after 28yrs he will be retiring from General Practice on 30th November 2019. He would like to thank his partners, staff and patients for the years of support. He knows that the Buckden Surgery is in good hands with the announcement that Dr Jo Pritchard will become a partner in October.



Thank you David for your constant care and support. You will certainly be missed by us all.



HAPPY RETIREMENT



CONGRATULATIONS to Dr Jo Prichard in becoming a Partner.



New faces

We have a new structure within our reception team and some new faces that have come to join us. We would like to welcome:

Keris Pinder – Management Support
Lauren Farmer – Patient Data Support
Louise Watcham – Patient Data Support
Karen Harper – Dispensing Team
Sarah Cosbey – Reception Team
Mo Webdale – Reception Team

We also have some new GP Registrars joining us:

Dr Ram

My Name is Dr Rameshwor Sunar. I am ST3 Registrar. I have been working in NHS for last 6 years. I look forward to meeting some of you.

Dr Dave

My name is Ash, and I was born in the picturesque area of Peak District in Chesterfield and grew up in New Delhi. I did my primary medical education and postgraduate training in Cardiology from India. For the past few years, I had been working in Cheshire in a substantive role as a Speciality Doctor in Cardiology. I have a particular interest in Structural heart diseases, which includes heart failure and valvular disorders. Apart from providing clinical care, I have been involved in major clinical trials as a principal investigator, appraiser for hospital doctors, managerial roles in the trust and was an educational supervisor to the foundation doctors.

I am very much looking forward to working in Buckden and Little Paxton for the next few months.

New Telephone Options

Over the last few months we have been working on ways to improve the telephone support that we are able to offer our patients. Part of this work has involved restructuring our Reception team so that we can dedicate two colleagues to incoming calls during the morning and one in the afternoon.

Our telephone lines are often busy in the mornings so we have also been looking at better ways to help manage our calls and will be making some changes to our telephone system over the coming weeks. These changes will include a new menu and a new dedicated prescription order line that will be open between 10:00am and 12:00 noon for those patients who are not able to order their prescriptions online.

New opening times for Little Paxton

Monday	08.00am to 18.00pm
Tuesday	08.00am to 12.45pm
Wednesday	08.00am to 18.00pm
Thursday	08.00am to 12.45pm
Friday	08.00am to 17.00pm

Diary Dates

Flu Clinic is being held on Saturday 28 September 2019, 65+ only. We are also holding a clinic for under 65's on Thursday 31 October 2019 please speak to one of our Receptionist to book your appointment.



Bank Holidays

Just a reminder we are closed on bank holidays.

May bank holiday 2020 has been changed for VE Day anniversary. Therefore, next year's early May bank holiday will be moved back by four days for the whole of the UK to coincide with the 75th anniversary of VE Day.

May Day is traditionally held on a Monday but will be put back to **Friday 8 May 2020**.

Studies

We are currently recruiting for two different studies at the moment.

GLOW study– glucose lowering with weight reduction. This is a study which is open for patients newly diagnosed with type 2 diabetes.

SAFER study – Screening for Atrial Fibrillation in patients aged 65 or over. We have sent out 900 invitations to patients aged over 65 and are currently screening patients with a handheld device to see whether they have Atrial Fibrillation (a condition which increases the risk of stroke). We have seen 90 patients so far with plenty more booked to be seen. Thank you to all patients who are currently taking part in research studies at the moment.

Dispensary

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.

It seems there may have been some confusion over the opening hours of the Dispensary at the Practice: these are as follows:

BUCKDEN SURGERY DISPENSING HOURS		
MONDAY	8.00 a.m.	6.00 p.m.
TUESDAY	8.00 a.m.	6.00 p.m.
WEDNESDAY	8.00 a.m.	6.00 p.m.
THURSDAY	8.00 a.m.	1.00 p.m.
FRIDAY	8.00 a.m.	5.00 p.m.

We very much regret that we are still unable to dispense to patients who live 1.6km from the nearest pharmacy in the village, but we are delighted to continue to dispense to those living beyond the 1.6km barrier imposed on us.

BUCKDEN & LITTLE PAXTON SURGERIES PATIENTS' ASSOCIATION (BLPSPA)

A message from Flora Sheringham, Chair of BLPSPA:

Our **AGM** will take place on, Tuesday 24 September 2019 at Buckden School at 7 p.m. This will be followed, by popular demand, with a session of **Defibrillator Awareness Training. ALL WELCOME!!** Light refreshments will be available

NEW OFFICERS NEEDED!

CHAIR

I am standing down as Chair of the BLPSPA after 4 years. It has been a privilege to serve our community in this way and for the patients' association to have been able to contribute to the acknowledged excellence of the surgeries.

We need a new Chair for this friendly and essential part of the service.

TRANSPORT CO-ORDINATOR

We're extremely lucky to have a team of volunteers to take patients to and from their surgery appointments for a nominal charge. Our co-ordinator, Pam Dodman will be retiring in September so we need a replacement. If you'd like to help, please get in touch.

To find out more about either of these posts please contact Flora at:

f.sheringham@btinternet.com

Tel: 01480 811189

Looking forward to hearing from you!

Thank you

Flora Sheringham

Chair, BLPSPA

The Buckden Surgery short walk group.

Have you been meaning to be a little more active but don't know where to start?

Come and join our free Thursday short walks. You don't need to book or join a club -just turn up.

Open to all ages, and everyone in Buckden and surrounding areas are welcome. We are a friendly group of around 8-10 walkers. As part of the Huntingdonshire Health walks, Neil, Marilyn, David and Janine take turns in leading a 30 minute walk around the village.

Walking is one of the safest and easiest forms of physical activity. You don't need any special equipment and you have the benefit of fresh air and the company of other walkers! We don't walk too fast, as you can see from the photos we sometimes stop to smell the flowers!

There are several routes, some of our walkers from around the area have been surprised to find quiet corners of Buckden they had not seen before.

We meet every Thursday at 10am outside the surgery.

If you would like to check out other walks, there are many more to choose from— check out the Huntingdonshire District Council web site -www.huntingdonshire.gov.uk/healthwalks



Sun Safe



I hope you have all enjoyed the wonderful weather we have had....on and off ☺ here are some tips for staying safe in the sun...

Sun safety tips

Spend time in the shade when the sun is strongest. In the UK, this is between 11am and 3pm from March to October.

Make sure you:

- spend time in the shade between 11am and 3pm
- make sure you never burn
- cover up with suitable clothing and sunglasses
- take extra care with children
- use at least factor 30 sunscreen

Most people do not apply enough sunscreen. As a guide, adults should aim to apply around:

- 2 teaspoons of sunscreen if you're just covering your head, arms and neck

- 2 tablespoons if you're covering your entire body while wearing a swimming costume

If sunscreen is applied too thinly, the amount of protection it gives is reduced.

If you're worried you might not be applying enough SPF30, you could use a sunscreen with a higher SPF.

If you plan to be out in the sun long enough to risk burning, sunscreen needs to be applied twice:

- 30 minutes before going out
- just before going out

Sunscreen should be applied to all exposed skin, including the face, neck and ears, and head if you have thinning or no hair, but a wide-brimmed hat is better.

Sunscreen needs to be reapplied liberally and frequently, and according to the manufacturer's instructions.

This includes applying it straight after you have been in water, even if it's "water resistant", and after towel drying, sweating or when it may have rubbed off.

It's also recommended to reapply sunscreen every 2 hours, as the sun can dry it off your skin.

And for any of you who are looking forward to the cooler weather, fortunately you haven't got long to wait. Autumn is only a month away.

From us all at Buckden and Little Paxton Surgery, we hope you all have a lovely rest of the summer.

Website: www.bandlp.co.uk

Buckden Tel: 01480 810216

Little Paxton Tel: 01480 210444

Fax: 01480 810745

