

Buckden & Little Paxton Surgeries Newsletter

September 2018



The "COMINGS"

DR JO PRITCHARD

SALARIED GP



We welcome Dr Pritchard to the practice.

"I would like to thank patients and staff alike for their warm welcome to the Buckden and Little Paxton Surgeries. Some of you may have already met me since I have been doing the odd locum here over this last year. I started in my permanent role here at the beginning of September. Prior to this I have been a GP in Cambridge for the last 20 years. To be honest, I love most areas of General Practice and also enjoy being involved in training doctors who want to become GPs.

I have 3 teenage sons, this really occupies all of my spare time but the little bit that's left sees us enjoying adventurous holidays, either on or under the water in scuba equipment or on boats!"

Welcome, Jo

**DR PARRTHIEPAN
VISVARATNAM**

FY2



We welcome Dr Visvaratnam to the practice.

"Hello, my name is Parrthiepan Visvaratnam, but you can call me Thibak! I've started at Bucken and Little Paxton GP Surgeries as a Foundation Year 2 doctor and I'm looking forward to joining the teams for the next four months. I earned my BSc in Human and Medical Science from University of Westminster, and my MBBS from SGUL. I completed my first year

of training at Hinchingbrooke hospital, and have a keen interest in qualifying as a GP in the years to come. In my spare time, I enjoy sports (I'm a big Arsenal fan), and have an interest in performing and choreographing different genres of dance. I look forward to meeting and working with everyone in the next few months!"

Welcome, Thibak!

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

FLU DAY



Our flu days are on Saturday morning 29th September at both Buckden and Little Paxton Surgery and Thursday afternoon 22 November

at Buckden Surgery. Appointments are now available to book, please ask 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

An enhanced vaccine, an adjuvanted vaccine, will be given this year to patients aged 65 and over. This vaccine contains extra ingredients designed to help older immune systems develop a stronger defence against flu. Patients under 65, in the at-risk groups, will be given a vaccine that protects against four types of flu.

Childhood Influenza Vaccination

We can offer nasal flu vaccination to children aged two and three (but not four years or older) on 31 August 2018 (date of birth on or after 1 September 2014 and on or before 31 August 2016). Please call reception to book an appointment in our dedicated clinics in October and November.

Children in reception class and school years 1, 2, 3, 4 and 5 (date of birth on or after 1 September 2008 and on or before 31 August 2014) should be offered the vaccination in school.

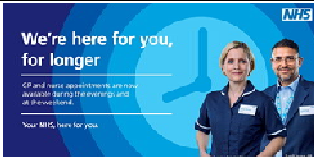
By having your flu jab here at the surgery, this helps us enormously to achieve our targets and reduce administrative burden.

EXTENDED HOURS

We're here for you, for longer

GP and nurse appointments now available during the morning and afternoon

Your NHS, here for you



As part of the pilot scheme for the provision of extended access in West Cambs, on the 1st September we began hosting extended access clinics at Buckden Surgery.

From October, extended access appointments will be available every evening and weekend morning. Our local clinics will be held at Buckden Surgery and Cromwell Place Surgery (St Ives) alternately. Additionally clinics will also be held at Cornerstone Surgery (March)

and Acorn Surgery (Huntingdon). You may book to see a GP, a practice nurse or a health care assistant at any clinic for routine matters. Please call reception to book these appointments. You will be seen by local GPs and nurses, but it is unlikely that you will be seen by your own GP or nurse. If you prefer to see your usual GP or practice nurse, please book an appointment during the normal hours.

Please note, these are not walk-in appointments – all appointments should be booked in advance

These extended access appointments are in addition to the regular out of hour's appointments available at Buckden surgery on a Monday evening and early and late GP telephone appointments.

BANK HOLIDAYS



Please be reminded that the surgery is closed for all public bank holidays including Tuesday 25th and Wednesday 26th December and Tuesday 1st January 2019.

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**

THAMES PATH CHALLENGE



At 06:30 on Saturday 8th September 2018 Dr Irwin, his son, daughter and her boyfriend stood just below Putney Bridge with a few thousand other people. It was chilly first thing in the morning but we knew it would get hot later in the day and would be night time by we reached Henley. We all had back packs with water and fuel for our journey. We were going to run the 100k (62miles) while the majority of the 2,500 were going to walk it. As it became apparent there were only going to be 200 runners and we had the Thames Towpath mostly to ourselves.

We arrived at the feed stations to find they were still setting up, but filled up on coffee and snacks. These were every 12k down the path. We stopped at lunchtime at 50k, but declined the three course meal and opted for soup and bread.

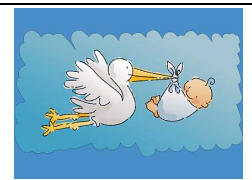
The afternoon was getting tough as our legs become stiff and we all had times when we needed the support of others in our long ultra-quest. We started with running with short walk breaks. Over time the short breaks become longer but we continued to keep moving forward. At sunset we realised that we were not too far from completing this Irwin 2018 Challenge. We only had a last 12k to walk and occasionally run with our head torches. We could hear the parties along the Thames and it seemed as Henley would never appear. Suddenly we turned the corner and the bright lights of Henley appeared and we had finished at 21:30. My hot chocolate never tasted so good!

We did this challenge to raise money for Make-A-Wish which if you would like support this immensely valuable charity for children with life-threatening medical conditions

www.justgiving.com/fundraising/teamirwin



STAFF CONGRATULATIONS



Many congratulations to Iona our secretary whose daughter made her a first-time Nain (nanny). Alyster Luke was born on the 29th July.

VOLUNTARY CAR SCHEME



What it's like to be a Volunteer Driver for Buckden Surgery.

When the phone rings a cheery voice says "Hello, It's Pam Dodman, somebody needs a lift on Thursday for a 10 o'clock appointment – can you do it?"

Having checked the diary to see if it's free, I answer "Yes, I can do that" or "Sorry, no, I'm busy that day". If I am available, Pam goes on to tell me the patient's name, contact phone number and where they live.

The next step is to phone my passenger-to-be and arrange with them the time of pick-up. If they are disabled, I build in a few extra minutes to allow for slow progress.

On the day, I arrive at the agreed time and give whatever assistance is needed – usually it's the important role of handbag carrier!

Whilst the patient is having their appointment, I enjoy a little peace and quiet with a book, before we make the return journey.

I get to meet a number of new people and during those brief journeys we chat about an astonishingly wide range of subjects – from 'cabbages to kings', which is both interesting and rewarding.

Whoever is given a lift makes a small donation to cover the costs of the driver; this benefits both people - the patient had had a very cheap double 'taxi' journey and the driver isn't left out-of-pocket.

It really is as simple as that!

So, if like me, you'd like to do a little voluntary work, but don't want to commit to regular

times or dates, driving for the surgery could be just what you are looking for. Drivers are contacted by the co-ordinator on an 'as need arises' basis, so the work happens irregularly and randomly. It isn't a major commitment: for example, my husband and I have been called on three or four times in the past month.

New volunteers are always needed, and anyone living in Little Paxton would be especially welcomed. For more information please contact Pam Dodman on 01480 – 812880.

YOUR PATIENTS' ASSOCIATION NEEDS YOU!



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. By the time you read this there will be a new committee in place. There will be a list up in the surgeries so you can see who has been elected.

In July we had a stall at the Buckden Village Fete. With a lot of health information on hand to distribute, it was an opportunity to have conversations with people to tell them what we were about. We also had an article in the Buckden Roundabout that we were invited to submit as a result. Hope you saw it!

On a warm evening in September Dr Newark's talk on *The Benefits of Research in General Practice to Patients, Practices and the Wider Population* at Buckden School was well received by an audience of around 40.

Diary Dates

Our Christmas Coffee Morning will be held from 10.30-12noon – date and venue to be confirmed. We look forward to welcoming you and yours to the start of the festive season.

You will have noticed that there are defibrillators situated at points around the village. To maximise the impact of this vital provision, the BLPSPA will offer training in the spring so that you will know what do should the occasion arise.

Date and time to be confirmed.

Fundraising

We do some **fundraising through the 200 Club**. It is our main source of income and this year we bought new phlebotomy chairs for the surgeries.

To join the **200 Club** contact

Sheena Wilkinson 01480

810086

kwilki5986@aol.com

Voluntary car scheme

Do take a look at the excellent feature on the scheme in this newsletter. It will tell you more.

Pam Dodman is the coordinator.

Contact her on 01480 812880

pam.dodman@buckdencambs.co.uk