

Buckden & Little Paxton Surgeries Newsletter



December 2015



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

The "COMINGS"

DR CHRIS NEWARK

ST3



We would like to welcome Dr Newark who is an ST3 in his final year of GP training.

"Hello, my name is Chris, and I am the new GP registrar working at Buckden and Little Paxton surgeries until August 2016. I was born in Middlesbrough and completed my medical degree at Manchester University in 2011. I met my wife at university and we have both been living and working in Cambridgeshire since we graduated. In fact you may remember her as she worked here as a junior doctor in 2012/13!

I am interested in all areas of medicine, which was one of the reasons I chose a career in General Practice. I have a particular interest in men's health and medical education. Outside of work I enjoy playing golf and support Sunderland football club (please take it easy on me this season). I have really enjoyed my first few months here at the surgery and I will always try my best to help you where I can."

Welcome, Dr Newark!

VERONICA WILLIAMS

**LYMPHOEDEMA
NURSE**



Joining us is Veronica Williams who will be running our new lymphoedema service.

"My name is Veronica and I have had quite a long and varied nursing career which started in 1977 in Manchester, continued in London and then finally,

28 years ago I settled here in Cambridgeshire. I have worked as a ward nurse at Hinchingsbrooke Hospital, as a Community Nurse in the St. Neots area, as a Practice Nurse in St. Neots and as a Lymphoedema Nurse for the Huntingdon area.

I was excited and delighted to be offered the opportunity of helping to run a Lymphoedema service for Buckden and LP surgeries. I have been in post for a month now and am beginning to feel very much at home in this very friendly and helpful working environment.

In my spare time I enjoy sewing, particularly embroidery and dressmaking. I am the chairperson of a local committee, and I run a book club.

I have a husband and two grown up daughters, one of whom recently got married.

My husband owns two Honda motorcycles, one of which is a large touring bike. In fair weather we regularly pack up and head off for weekends away touring different parts of the country. Most years we also take our two week holiday on the motorbike. Next year we are planning to go to Spain.

Welcome, Veronica!

NICKI BROWN

**HEALTHCARE
ASSISTANT**



New to the practice is Nicki. A health care assistant who will be helping out in both the lymphoedema service and the within surgery.

"Hi my name is Nicki and before joining Buckden and Little Paxton Surgeries I worked as a Phlebotomist at Hinchingsbrooke Hospital. My role involved taking bloods from patients in the ward and also in the treatment centre walk in clinic. Alongside Phlebotomy I worked on the bank as a HCA covering many roles within the hospital and clinics and also more recently in the mortuary.

On a personal note my husband and I are busy parents to three children and a rabbit. If I'm not busy being a taxi service I like to catch up with friends, go for a walk and recently I have just got myself a push bike after twenty years so I am looking forward to taking my stabilisers off!!!

I am so excited about the opportunities and the new challenges I will face and hope to become a valued and important member of the team. I am also looking forward to meeting the patients.

Everyone has made me feel very welcome, thank you."

Welcome, Nicki!

DENISE RICHARDSON

NURSE PRACTITIONER



New to the team is Denise in the nurse practitioner role.

"My name is Denise and I have many years of experience working initially as a Practice Nurse and then after further training as a Nurse Practitioner in Primary Care.

Having recently moved to the area I am excited to take up my post at Buckden and Little Paxton surgeries and look forward to helping our patients with illness and health promotion.

As a Nurse Practitioner I work closely with the GPs and can see patients to assess, diagnose, treat and manage illness. I can prescribe and refer to secondary care as needed. I am also the team leader for the nurses and offer support to them in their roles.

I am married and have two children and two wonderful 2 year old Grandsons who certainly keep me on my toes and like all Grandmothers I tend to spoil them more than I should. I look forward to becoming a true member of the team"

Welcome, Denise!

CHRISTMAS RAFFLE



There is still time to buy raffle tickets. They are £1 per strip. Donations would be gratefully received for our raffle table and all proceeds will go to our Patient Equipment Fund and to Magpas. We will be drawing it on Friday 18th December. A big thank you to everybody who has already donated some great gifts for the table!

You could also have a go at guessing the name of the bear at reception at just 50p a go.

Will you be lucky and win!

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

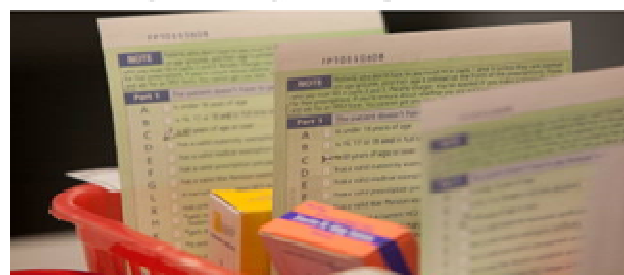
8.00 am-1.00 pm Thursday

8.00 am- 5.00 pm Friday.



To all patients who have prescriptions dispensed at a pharmacy:

Your prescription: your choice



You have the right to collect medicines that have been prescribed for you from any pharmacy you choose.

Your choice should not be influenced by letters you receive in the post, or by any doctor or pharmacist.

Please contact NHS England if someone is trying to influence your decision on which pharmacy you would like to use.

You can contact NHS England in the following ways:

Call: 0300 311 22 33

Email: england.contactus@nhs.net

(with 'your prescription: your choice' in the subject line)

Post: NHS England, PO Box 16738, Redditch, B97 9PT

HOSPITAL EQUIPMENT



Please could we remind all of our patients that we cannot take back any hospital equipment; this includes crutches and wheelchairs. They have to be returned to the hospital or organisation which supplied them to you. Thank you.

LYMPHOEDEMA SERVICE



We are proud to announce that we have a new service alongside our already successful community dermatology, minor surgery and vasectomy services - this is **LYMPHOEDEMA** and is run by Veronica Williams and our HCAs. We look forward to welcoming Huntingdonshire patients as the lymphoedema service has only been available in Peterborough and Bedford until now. For more information see our community website www.dccsltd.org.

WIFI



You will soon be able to use free of charge, our surgery Wifi which will soon be installed at Buckden surgery for your convenience. The Wifi is perfect for the odd web browsing whilst waiting but will not be powerful enough to download tonight's movie! But we do hope you won't be sitting in the waiting room too long though!

COLD WEATHER



Remember to try and stay warm this winter especially if you are 65 or over, or have a health condition such as heart or lung disease. The government suggest homes should be heated to at least 18°C to minimise risk to health. For more information click on the link below.

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/465111/Top_tips_to_keep_warm_keep_well.pdf

NAMED ACCOUNTABLE GP FOR ALL PATIENTS



The practice is required by the Government under the terms of the latest GP contract to allocate all patients a named accountable GP.

Individual patients will be informed of their named accountable GP at the first appropriate interaction with the practice.

If you wish to be told the name of your named accountable GP (usual GP), please ask the receptionists when you are next in the surgery.

Where a patient expresses a preference as to which GP they have been assigned, the practice will make reasonable efforts to accommodate this request.

Having a named GP does not prevent you seeing any other doctor in the practice. Your named GP will not be available at all times and if your needs are urgent, you may need to discuss them with an alternative doctor.

FLU DAY



Flu Day was very busy and very successful with 725 eligible patients being vaccinated on the day and 588 opportunistically before flu day. In total we have now vaccinated 2064 eligible people. There are a few vaccines left so if you fall into an eligible group and would like the flu jab, please let us know ASAP.

STAFF CONGRATULATIONS



Big congratulations to Dr Leonard who has had a baby girl called Joanna Muriel Leonard. She was born on the 7th October and weighed 8lb 5oz. Mum and baby doing well.

Many congratulations to Buckden receptionist Ann whose daughter made her a first-time nanny earlier in September; a girl, Caitlyn weighing in at 5lb.2oz on 23rd September.

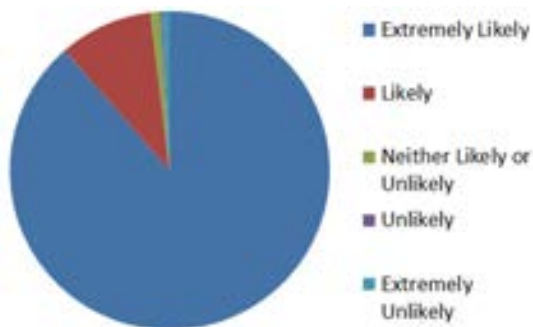
Congratulations to another Buckden receptionist Mary who has also become a granny for the third time. Quinton was born on 4th October and weighing in at 6lbs 2oz.

Don't spoil them too much!

FRIENDS AND FAMILY RESULTS



From the 1st December 2014 NHS England requires all GP practices to give their patients the opportunity to report how likely they would be to recommend their practice to their Family & Friends. Here are the results for the past year for Buckden and Little Paxton surgery. Altogether we have had 415 responses. Thank you to everyone who has filled in a card.



OPENING TIMES REMINDER



Buckden

Mon 8-8
Tues 8-6
Weds 8-6
Thurs 8-2 (emergency on-call duty doctor service 2- 6pm)
Friday 8-5 (emergency on-call duty doctor service 5-6pm)

Little Paxton

Mon 8-6
Tues 8-12:30 (please contact Buckden)
Weds 8-6
Thurs 8-12:30 (please contact Buckden - emergency on-call duty doctor service 2- 6pm)
Friday 8-5 (emergency on-call duty doctor service 5-6pm)

Buckden Dispensary

Mon – Weds 8-6
Thurs – 8-1
Friday 8-5
Buckden surgery does not close for lunch.

BANK HOLIDAYS



Please be reminded that the surgery is closed for all public bank holidays including upcoming Friday 25th and Monday 28th of December, followed by Friday 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.

CLOSURE AFTERNOON



Clinical Governance - We have a clinical Governance afternoons on the afternoons of Wednesday, January 28th and Wednesday June 17th for the purposes of staff training.

COUCH TO 5K



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!



Welcome to the Buckden and Little Paxton Surgery Patients Association.

The AGM took place at the end of September and we recognised the excellent work of the retiring chair, Richard West – thanks, Richard, for all your

work and dedication. There were changes to the committee which are on display at the surgeries. You will notice that in addition to the village representatives from Buckden and Little Paxton that there are also reps from other villages. This is because the surgery has increasing number of patients from 'outside' who choose to be treated at the surgeries.

As the new committee we have been looking at the remit of the association. In addition to the well-known activities of transport of patients to and from the surgery and fund- raising, the group supports the development of good health in our community. News of initiatives and research are given through the surgery newsletter and informative events are also organised.

We also can provide, where appropriate, communication between patients and surgery staff, enhancing what is available.

This association exists for the benefit of all patients and to achieve our goals we need you to feel part of it. In order to represent the community more fully it would be good to have wider involvement. Your input via your patient representative, with planning for instance, would be very useful to us. You may have ideas of topics for events that could be of interest to you or your family. We also hope to have representation at village events where you can talk to us.

For starters, we're having a ***Coffee Morning at the Methodist Hall (on Church Street in Buckden) on Friday 11 December, 10.30 a.m.- 12 noon. Refreshments kindly provided by Tesco. All welcome.***

We look forward to seeing you

Flora Sheringham

Chair

01480 811189

f.sheringham@btinternet.com

- A list of the new committee is on the surgery notice boards
- **The 200 club** has raised funds over the last 15 years to purchase and service equipment including touch screens on entry, pump drivers, ear syringes, an equipment bag for community work, annual servicing of touch button doors, local photographs and chairs in the waiting room.

All patients registered with Buckden and Little Paxton Surgeries are eligible to become members. The yearly cost is only £12 payable in March as the year runs from April to March. Draws take place in the waiting room at Buckden in the first week of June, September, December and March.

Prizes each draw: 4x £25 and 1x £100, plus bonus prize in June £100 and in December £200.
Contact: Mrs Sheena Wilkinson Tel 810086 200 Club