



Spring 2017 Newsletter

Welcomes and Goodbyes!

We are pleased to welcome two new members to the admin team, Susan Hetherington who joined us in December and Hollie McGregor who joined us recently at the start of April.

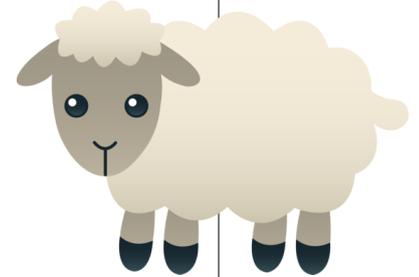
Welcome also to Dr Sam Barnes who joined us on 5th April, and will be with us until July. He is in the 2nd year of his 2 year Foundation Training which all doctors have to do once they qualify. He will be taking surgeries but may seek advice from one of the other doctors if needed.

We are also pleased to welcome Dr Alison Ambrose, who will be working in the practice as a locum GP from mid April.

We are sad to be saying goodbye to Dr John Honeyman, after working with the practice for over 32 years. Many patients will have seen Dr Honeyman over the years. Dr Honeyman will be retiring at the end of April. We will all miss him in the practice and would like to wish him a long and happy retirement . (Message from Dr Honeyman on page 2).

We would also like to give Helen Twentyman best wishes for her retirement. Helen, who has been working as part of the admin team, will be retiring at the middle of April after 5 years.

And our thanks and best wishes to Yvonne Oxtoby who left the FFT team in February after working at the practice for 13 years.



Inside this issue:

A message from Dr. Honeyman	2
Surgery Equipment Fund	2
Antibiotic Awareness	3
Moving House	3
NHS Health Checks	3
Chance to Change	3
Hay Fever Information	4

Reminders



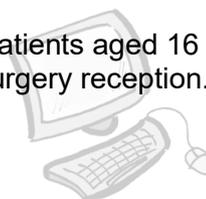
- Changed your mobile number? Please remember when you change your mobile phone number to inform us here at the surgery so we can update our records and have an up to date contact number for you.
- Please can we ask that you only use the car park when you are using the medical centre services. We are aware that the car park is increasingly being used by parents when taking/collecting children from school. This prevents patients attending the surgery or pharmacy from being able to park. We would very much appreciate your cooperation in not doing this and making it known to others that this is not acceptable. Remember, it may be you who is unable to park next time. Please also note that there is a one way system in place and disabled spaces are for badges holders only.
- Please ensure that you either report to reception or use the self check in service when attending for any appointment so whoever you are seeing knows you are waiting.
- A reminder that patient online access is available to all patients aged 16 years and over. More information is available from the surgery reception.

Easter Holidays:

The Surgery will be closed on
Friday 14th April
2017 & Monday
17th April 2017

Bank Holidays:

The surgery will be closed on:
Monday 1st May
2017 & Monday
29th May 2017





A message from Dr Honeyman

It is with very mixed emotions that I approach retirement from the practice at the end of April. The warmth and affection of the people in the town has meant that Wigton has been a very happy place to work for the past 32 years.

I can hardly believe that it is now over 32 years since I first came to work in the practice after Guy Jones retired in November 1984. So much has changed in medicine and in the practice since then. At that time we were a very small team, with just three GPs (George Brown, Robin Swindells and me) with very few support staff and only two nurses who worked 10 hours a week each in the surgery. Much of the care that the practice provides nowadays was care that was delivered in hospitals 32 years ago and as that change has happened, so the number of people who work in the practice has grown to the large team that operates out of the new medical centre building today. Close working with community colleagues has been important to me in my time in the practice and the Solway area has been at the forefront of such joined up working compared to other areas in Cumbria and

elsewhere in the country.

A major achievement in my working career was the practice being rated as outstanding by the CQC when they visited in November 2014 - at the time we were one of only ten rated as outstanding in the country and we were the first in Cumbria to achieve that accolade. You may have seen recent comment in the local press that Cumbria has a higher percentage of outstanding rated GP practices than other areas of the country and we are proud to have been part of that.

The NHS is however going through a very difficult time both locally and nationally with news items about the NHS almost daily. Having worked for over thirty years at Wigton Hospital I am saddened that its beds are now likely to close and wonder what there will be instead. I also anticipate that practices will need to respond to the demands placed upon them by providing care somewhat differently to how it happens today. That however is what has already happened in my working time with our team of nurses now appropriately providing clinical

care that GPs or hospital specialists used to do in the past.

Many people have asked me what I am going to do in retirement. Over the summer I will be doing some limited and specific work in diabetes and minor surgery in the practice. I really have no specific plans. Helen and I do not intend to move away from Curthwaite which has been a very happy home for the family. There will however be more time spent on the fells in the Lake District, more trips to Cornwall and opportunities to explore other parts which have not been feasible while working full time. I also intend to try to regain some fitness and will continue to coach squash at Wigton Squash Club.

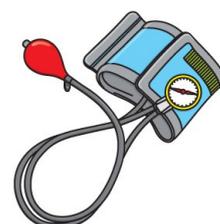
But for now it is good bye and farewell to you the patients and also an opportunity to thank you for the many kind thoughts and messages that I have received in the past few weeks.

Surgery Equipment Fund

Due to the generosity of patients and their family and friends donating to the fund, we have recently purchased the following items for the benefit of all our patients:

- 2 Ear syringe machines
- 1 CRP Machine—equipment to assist with determining whether a bacterial infection is present
- 1 24 hour Blood Pressure Monitor (with a special thanks to Mr and Mrs Hall)

Thank you all for your donations.





Antibiotic Awareness

Cumbria has a higher rate of antibiotic prescribing than other parts of the country. That would suggest that Cumbrian GPs are sometimes prescribing antibiotics inappropriately.

Antibiotics are important medicines designed to treat bacterial infections such as meningitis, kidney infections and pneumonia. However bacteria can adapt and find ways to survive the effects of an antibiotic to become 'antibiotic resistant' so the medicine no longer works.

Using antibiotics when they are not necessary will increase resistance to them and make it difficult to treat serious bacterial infections in the future. Antibiotics also can have side effects, for example thrush and

diarrhoea. Antibiotics can even contribute to very severe infections, one of which is known as Clostridium Difficile (C Diff) which makes people really very unwell.

We are sometimes asked to



prescribe antibiotics for conditions that do not need treatment with this important group of medicines. Most coughs, colds and sore throats are caused by viruses and antibiotics do not work against infections caused by viruses. Cystitis will often settle without antibiotics.

By using antibiotics less often

we can slow down the development of resistance and spare patients any side effects. It is appropriate and good practice not to prescribe antibiotics for such conditions. In this practice we are trying to only prescribe antibiotics when appropriate, so you may find your doctor or nurse discussing with you the reasons why he or she is advising against an antibiotic.

There are other things that can be done to relieve symptoms from coughs, colds and sore throats. Your doctor will discuss this with you. Alternatively you can get advice or over the counter remedies from your local pharmacist.

Thinking of Moving House?

Please be aware that if you move house your new address may be out of our practice area which will mean you will need to register with another GP practice.

If you are unsure whether your new address will be within the area covered by the practice you can ask at reception.



NHS Health Checks

Aged 40 – 74?

Even though you might be feeling great, if you're over forty you may be at risk of heart disease, stroke, kidney disease, diabetes or dementia. The good news is that these conditions can often be prevented – even if you have a history of them in your family.

A Free NHS Health Check can help you reduce these risks and make sure that you stay healthy.

The NHS Health Check is available for anyone aged 40-74 who has not already been diagnosed with the conditions mentioned and you are eligible for a health check once every 5 years.

NHS Health Checks are suitable for 'Well' people.

If you feel unwell you should make an appointment to see a GP.

The Chance to Change Weight Management Programme

Rehab Centre, Wigton Hospital

Do you need help losing weight, increasing your fitness or improving your lifestyle?
Are you overweight, obese or type 2 diabetic?
Have you tried every diet on the market?
Have you reached a weight plateau, feel your weight has stuck?
Do you need help to establish an exercise routine?
Do you have a BMI of 30 or above?
Is your weight causing you mobility issues?

The Chance to Change is a 12 week NHS funded course of specialist tailored exercise and nutrition advice.

Please contact your **Practice Nurse** who can make you a referral to the service.

Ah Tishoo!!!!



Late spring and early summer can be lovely in North Cumbria, but as the days lengthen and the trees and flowers begin to bloom, so people start to suffer from Hay Fever. We see many patients in the surgery with Hay Fever, mainly between April and July. Symptoms include a runny, itchy nose, a blocked nose, sneezing, itchy watery red eyes, and an itchy throat. Sometimes if people have asthma, then wheezing and breathlessness can be worse during the Hay Fever season.

People with Hay Fever can do many things to reduce their symptoms such as staying indoors, keeping windows shut, wearing wrap around sun glasses, avoiding being outside late in the day (when the pollen count is highest), and avoiding being in long grass or cutting

the grass. Showering and changing clothes after being outside can help to relieve symptoms too.

Treatments for Hay Fever include antihistamine or steroid nose sprays, antihistamine tablets or medicine, and eye drops. Many different medications can be bought very cheaply (and much less than a prescription charge of £8.60) over the counter in a pharmacy or in supermarkets.

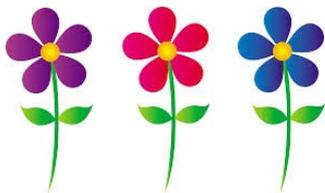
Patients often come into the surgery because they feel that their usual medication has stopped working. However it is important to remember that Hay Fever is worse some days than others depending on how much pollen is about.

Symptoms will be worse on

warm dry windy days on damp, cooler days.

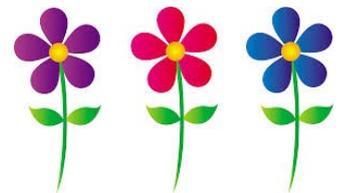
It is important to realise that medication cannot cure Hay Fever and get rid of symptoms completely. Medication taken regularly will reduce and relieve symptoms but not abolish them entirely.

Fortunately, troublesome Hay Fever symptoms will reduce as the pollen count falls. Meanwhile, sufferers can help themselves by some simple actions (as described above) and by taking their medication regularly to relieve symptoms.



Everybody working at Wigton Medical Centre aims to help patients be happy and satisfied with our services.

We are always pleased to receive feedback from you.



Wigton Group Medical Practice

South End,
Wigton,
CA7 9QD

Telephone: 016973 42254

Fax: 016973 45464

Website: www.wigtonmedicalpractice.co.uk

Practice Manager: Mrs Lynn Singleton

GPs: Dr John Honeyman, Dr Christina Russell,

Dr Anna Turnbull, Dr Louise De Cornet,

Dr Ganga Nair, Dr Louiza Belghazi & Dr Jane Cooper.



Staff Training

The surgery will be closed for staff training from 1pm on :

Thursday 18th May 2017

Wednesday 21st June 2017

Wednesday 12th July 2017



As at all other times when the surgery is closed, if you are in need of emergency medical attention, you should phone NHS 111 Service on: **111**

Remember out of hours call the NHS 111 Service on: 111

