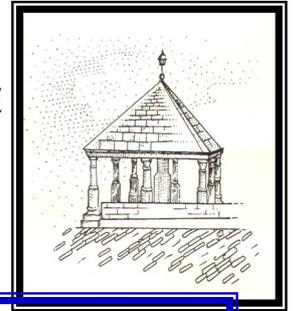


NEWSLETTER



Good bye to Dr Sarah Mills

Dr Sarah Mills has now left us and moved on to pastures new.

We are all going to miss working with her but hope she enjoys her new position. A leaving party was held for her at Alston House where many of her colleagues and friends old and new joined to wish her good luck.

A lovely afternoon was spent reminiscing about how things used to be and where we are now. Dr Hanley and Maggie Paine who was a Receptionist at Alston for many years, read out two poems which they had written for Dr Mills. Kathleen Walton then gave a speech thanking Dr Mills for all her hard work and dedication to all of use in Alston.

Dr Mills was then presented with many gifts from staff, Patients and Friends including a picture from the pottery shop in Alston and a bird house replicate of the Cottage Hospital.

She was delighted with all her gifts and in her speech thanked everyone for their kindness and support over the years and she gave special thanks to Phil and her children. She is now looking forward to more time spent with her family as she begins her new role as a GP nearer to her home.

A poem for Dr Sarah Mills by Dr Michael and Hazel Hanley

A full 27 years ago,
A young Dr Mills arrived in the land of snow,
The surgery only had 2 rooms to show,
And Lloyd George envelopes stored above and below.

For a full 13 years Sarah worked 1 in 2,
Long hours, night calls, and weekends too,
Friday night suturing, it's not always a peaceful place to be,
But she still managed to produce wonderful children, 1, 2 and 3.

Despite all the pressure and the heavy workload,
Never a cross word, between us was heard,
The Practice has grown from strength to strength,
Sarah's service, of great quality and strength.

Thank you Sarah, for your commitment, without jest,
Without you, would we have aced the CQC test?
Which shows the whole world that we are the best,
Bon Chance, good luck for whatever comes next.
Sarah, we will miss you, and on behalf of patients and staff, THANK YOU.

Ode to Sarah by Margaret Paine

We say goodbye to Dr Mills,
Or Sarah as she's known to us,
A new path she has chosen to take,
To lessen the stress and the rush.

So it's Canonbie that calls her now,
Thirteen minutes from her home,
No long drives over hill and dale,
Or snowy roads to roam.

She likes to live in the countryside,
Away from the rush of the crowd,
Her home her family and her garden,
All make her very proud.

She mostly works with women's issues,
It's her speciality:
Babies, hormones, the menopause,
She covers reliably.

Patiently she sits and listens
To all who come her way,
She's been there for everyone,
For many a long long day.

Gone are the days of being on call,
Rushing out in all sorts of weathers,
Ignoring the cries of motorbike folk,
"Please don't cut my leathers"

Her Preston North End mug she proudly shows,
As she loves to go to the football,
The family too all go along,
"Preston North End for ever they call"

Her kids are all grown up now,
And her boy is getting wed,
So for spending more time at home,
She knows there's something to be said.

So good luck Sarah, we'll miss you here,
But now you'll have more time ahead,
For gardening, football and holidays,
And later mornings spent in bed.
Love Maggie.

Dr Gillian Bell

Dr Bell has returned to the Practice to complete her GP training. She will be with us until August.

When attending the surgery for an appointment please inform the receptionist on duty that you have arrived this will help avoid unnecessary delays.

Change of personal details:

Please can you inform the practice if your address, telephone or mobile number has changed. This ensures we are able to contact you with important test results or information when necessary.