



Waterhouses Medical Practice Newsletter

ISSUE 13

Summer 09



Comings and goings in the Practice

Waterhouses Medical Practice

Waterfall Lane
Waterhouses
Stoke-on-Trent
ST10 3HY

Phone: 01538 308207

Fax: 01538 308653

Primary Care Centre
Hurstons Lane
Alton

Stoke-on-Trent
ST10 4AP

Phone: 01538 704220

Fax: 01538 703345

www.waterhouses.net

Surgery Times

Waterhouses surgery:

Monday: 8.30am-1.00pm, 2.00-8.00pm

Tuesday, Wednesday and
Friday

8.30am-1.00pm, 2.30pm-6.00pm

Thursday 8.30am-1.00pm
Alton surgery:

Monday-Friday 8.30am-12.30pm

Out-of-hours Emergency Treatment

North Staffs Urgent Care
01782 719100

Minor Injuries, Leek Moorlands
Hospital

01538 487104 (8.00-20.00)

Repeat Prescriptions

Phone 308207 between 9.00am
and 1.00pm

Fax: 01538 308653

Email:

prescriptions@waterhouses.net

This year we have again enjoyed hosting a series of final year medical students on placement. During their 8 week attachments the students are actively involved in all aspects of the work we do at the Practice. In addition to the main focus of "fine tuning" their medical skills in preparation for their final examinations, we also emphasise the importance of developing other skills that will be vital in their future medical careers, such as their ability to work effectively as part of a professional team and their understanding of the differences between the practice of medicine in the community compared to that in a hospital setting. I am sure that any of you who met our final year students, James, Fran, Alex and Fiona, this year will be delighted to know that they were all successful in their final examinations and will be starting their first jobs as doctors in August.

In addition to the final year students, we have also continued to have third year students with us at Alton and Waterhouses on Thursday mornings, and to run group teaching for a larger group on Thursday afternoons. This programme has been very successful over the last four years and many of the students placed with us initially in the third year have later chosen to come back to us in the fifth year. However, unfortunately this summer we are waving good-bye to the third year students, as due to a major reorganisation in the medical school curriculum at Keele University the third year students are no longer being placed with General Practices in this way. Undoubtedly we will miss the third year students, but we are taking this opportunity instead to focus on our teaching for the fifth year students and to work with post graduate trainees in General Practice.

It is always a pleasure for us to work with the medical students and to see these enthusiastic young people on the threshold of their careers embracing the standards and values we strive to deliver in our GP service. However, we could not do any of this without your continuing support and understanding. I would therefore like to take this opportunity to thank once again each and every one of you who have helped us and the students with our extensive teaching programme. So many of you have helped us out in so many ways: by your patience and understanding if students are present in your consultation; through your agreement to see students individually before your consultation with the doctor; and those of you who have been willing to come in especially on Thursdays to share your experiences of specific medical problems with the third year students. We are extremely grateful for all you do to help us and hope that you will continue to work with us in the important task of training our doctors of tomorrow. Remember you are the most important part of our teaching team!

Dr Dawn Moody

Dr Dan Chang, our current junior doctor, will be leaving the practice in early August to continue his professional training. Dan hopes to pursue a career in either anaesthetics or acute care, and is in the process of applying for jobs all over the UK. We wish him luck for the future!

After a brief pause, we are delighted to announce the resumption of GP training in our practice. In August of this year Dr Chirag Mehta will join us for six months.

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Volunteer Centre
Staffordshire Moorlands

Volunteering can benefit both the mind and body and a new initiative by Staffordshire Moorlands Volunteer Centre being strongly backed by Waterhouses and Alton GP practices will give local people the chance to find out more about opportunities available in the area.

Gill Dring, from the Volunteer centre will be available on every 2nd Wednesday in the month at the Alton Health Centre.

If you have often thought about checking out volunteering, now is your chance.

To book an appointment for a chat about how you can join the hundreds of people who already volunteer in your area, either ask for a leaflet at the surgery, or call 01538 398240. You can also contact us via email : volunteering@smcvs.cAo.uk

There are so many different roles to choose from and anyone can volunteer - volunteers come from all walks of life, so what are you waiting for?

Gill Dring



NHS

SMCVS North Staffordshire

Walking For Health in Waterhouses

11am Wednesdays

Start 10th June

The Cycle Track car park
at the rear of the Crown Hotel

Walks are for beginners and those recovering from illness or injury.

Walks are 50-90 minutes duration and are fairly leisurely but there may be some sharp inclines.

Just turn up, wear sturdy footwear and weather appropriate clothing.



Walking in Waterhouses

BORED? LONELY? NOTHING TO DO?

I was all these when my Doctor put me in touch with the Leek Volunteer Bureau on a new initiative partly funded by the National Lottery. Having just lost my husband and my previous life of caring for him came to an abrupt end, I was lost for something to do. I needed to fill my days with something useful to help make me feel a valued member of society.

Through my GP, I was contacted by Gill, a worker for the bureau and she came to my home and over a cuppa, had a chat about what I might be able and/or want to do. She was very friendly and helpful, taking notes regarding my abilities and in a few days she sent me details of various jobs in which I might like to get involved. These ranged from stable-hand to home reader service to shop work with various jobs in between. But, when I called at their office on a very sunny day I met Shaun who is the Walking for Health Co-ordinator and he outlined his role of taking people of differing states of health on walks in and around Leek. He made it sound so appealing that I immediately wanted to do just that, become a walk leader and also being able to take my dog, Jasper, along it fitted the bill admirably.

The idea is to get people out and about to improve their health and strength after illness or an operation perhaps, or like me, wanting something useful to do and help people who might like to walk in the company of like minded people, a walk which is tailored to meet the needs of the participants. So, if you are unsure of your ability to walk very far, then the walk will be a short, easy one. Once your strength and stamina improve, then longer walks might be undertaken.

I have already undertaken the initial training and I will soon be leading the walks in and around Waterhouses together with another lady, Marie who lives in Leek. If you would like to become a volunteer in any of the various capacities you can contact the Leek Office direct on 01538 398240 and they will put you in touch with an organisation to get you out and about and meeting people. Or contact your GP.

I am very grateful to my doctor for putting me in touch with this bureau, I am sure once the walking for health is up and running in Waterhouses, it will prove very popular - hopefully I will soon be able to welcome you into the Group of Walkers in Waterhouses.

Linda Wilkins



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He is a qualified doctor and this placement is in his second year of a three year training programme to become a qualified GP. He will be able to see patients and address their medical and health needs under the supervision of the GPs in our practice. Our involvement in training, and in particular training future GPs will continue to enrich and maintain at very high standards our clinical services to our patients.



Waterhouses Community First Responders

Since the first of January we have had 38 call-outs, responding to members of the public in and around the village. Some were to illness and others to road traffic collisions. We are expecting to have more call outs in the coming months, as Alton Towers gets busier and more tourists visit our village. Please take care on the roads, especially in wet weather.

With funding from Lafarge and Grassroots Grants our responders have been attending advanced driving sessions provided by the Advanced Institute of Motorists. Most are near the end of the 12 week course and are getting ready to take their tests. Once they pass their tests they will

attend a 2 day police blue light driver course. These courses will allow our responders to drive to an incident using blue lights; in turn this will allow us to get there a little faster and safer.

In the near future your responders will be training with Ipstones fire crew. We will be attending road traffic collision training sessions. This is to get a greater insight into how the emergency services work together during an incident. This will provide better team work and understanding as each service has different priorities. This will also provide the best care for a patient.

HELP us to help you, please make sure your property name or number can be seen from the road. This can save precious seconds and minutes, the difference between life and death.

Thank you for your continued support and donations. There will be an AGM in the near future. If you would like to be a part of the team, as a responder or support staff, please look out for future advertisements.

Tim Batey

Co-ordinator

Tel: 07545 501895

Moorlands Community Minibus and car-share



I took over the role of Co-ordinator of the minibus and car share scheme in March of this year, trying to follow in the very capable footsteps of Janice Cooper (incidentally, you don't have to be called Cooper to be a co-ordinator!)

I quickly came to realise the amount of unseen and unsung work being done in our community by our volunteer drivers. From driving people to out-patient appointments throughout the area, to delivering people to hospitals for admission at crack of dawn, and transporting relatives to hospitals at visiting times, not to mention helping folk without transport to attend appointments with chiropodists, dentist etc.....our small band of drivers do it all with apparently endless patience and good humour.

Ivy Askey, of Waterfall Lane, died in April of this year after a long illness which she bore bravely and cheerfully. In March she asked to speak to me about "this here newsletter"; Ivy said she wanted to write something for the next issue about all the people, neighbours, friends and voluntary drivers who gave her so much support. Sadly she passed away before she was able to put pen to paper, but I feel that she would have wanted me to say it for her. So

from Ivy and all those others who struggle with illness and disability a big THANK YOU to all those in our community who quietly give their time and friendship to make life a little bit easier.

The Moorlands Community Minibus now goes to Bakewell market twice a month; from **Ipstones** on the **second Monday** and from **Waterhouses** on the **third Monday** of every month, leaving at 8.30am and arriving back at about 2.00pm.

Please note that the minibus is for everyone to use.....young, old or in-between!

If you want to book a Minibus trip, or need transport through the car share scheme, or if you would like to become a volunteer driver, please contact me on **07964 297850**

Clare Cooper

Minibus & Car Share Co-ordinator

Waterhouses has had enough of rubbish!!



Meet at The Hub @ Waterhouses Community Bungalow at **200.pm** on **Saturday 27th June** for **The Big Tidy Up!** Join us for a walk around Waterhouses and Waterfall, collecting rubbish and enjoying the scenery, followed by a barbecue at The Hub. For more information contact Teresa on **01538 308057**

Travel Advice



Are you travelling abroad this year? Have you had the necessary injections? Did you know we run a free travel advice service?

If you are holidaying or working abroad it is good practice to ensure you are protected as much as possible from diseases that you can pick up whilst travelling, such as hepatitis A and typhoid; we will advise what you need. We also provide advice about antimalarials, and if you require them we can prescribe the appropriate medication for the area you are visiting, as there are many different types.

For assistance with any travel related health matters please make an appointment to see either of the nurses at Waterhouses or Alton during normal surgery hours. For more information visit

www.malariahotspots.co.uk

Alison Hawley/Ann Strang

Waiting for hospital appointments

All the doctors who work in Waterhouses Medical Practice regularly refer those patients who require further tests, assessments or operations to a suitable hospital of the patients' choice. The level of urgency which accompanies the referral is decided by the clinical nature of the problem, as stated in national guidance and rules.

Patients who have been referred sometimes feel that the time they have to wait for the appointment at hospital is too long, and often contact the surgery asking us to "hurry thing up". The doctors at the surgery would like to point out that the decision about hospital appointment dates is made solely by the hospitals, and we have no influence over this; we can only request that an earlier appointment is given if the medical nature of the complaint can be proved to have changed to a more urgent state.

An increasing amount of doctor and staff time is being taken up with requests which do not merit an upgrade in urgency. Please help us to help you better by deciding if your condition has genuinely become more urgent before contacting the surgery with such a request.

Thank you for your help and co-operation in this matter.

Dr Sunil Angris



"Hello" from Ann at Alton

Just a note to say "thank you" for everyone's good wishes over the last 12 months. I am now fit as a fiddle and bionic!

A reminder that I am at Alton surgery from Monday to Thursday mornings for diabetic and contraceptive checks, smoking cessation, well-woman checks, travel advice and immunisations, blood tests, and weight and blood pressure checks as well.

Problems with transport to Alton? - then Car Share may be booked in order to bring you to the surgery for a small charge. Ask at reception for details or contact the Minibus and Car Share Co-ordinator Clare Cooper on 07964 297850 in good time and she will do her best to arrange transport for you.

Dr Artus is here on Monday and Tuesday mornings, (with his minor surgery appointments at the end of Monday's surgery) and Dr Angris is here from Wednesday to Friday mornings.

I'm looking forward to seeing you here for your routine checks.

Ann Strang, Practice Nurse

This newsletter will be issued quarterly, in March, June, September and December. If you have any comments or suggestions about the newsletter, or would like to contribute an article or information which would be of interest to other readers, please contact Clare Cooper at the surgery or email clare@waterhouses.net



The Rhyming Receptionist

Well I'm sitting here and pondering, wondering what to say?

It's that time to put fingers to keys, it doesn't come easily today!

I'm sitting at sunny Alton (not!), it's rainy and windy again;

I'm off next week on my holidays, a caravan in Porthmadog, in rain!

I think I'll take the Scrabble, hot water bottle and brolly...

And in case we catch a cold, bottle of whiskey for a hot toddy!

I'm going with a friend and her girls, and looking forward to the rest;

With a 12, 10 and 6 year old my patience will be put to the test

I hope we have a few days of sun, otherwise it's really no fun...

Squelching on the beach, looking for shells, sliding about on our bums!

So here's hoping for nice weather, until the next time I write,

Keeping my fingers crossed for Porthmadog; and hoping it doesn't end in a fight!

Michelle Wilton
Future Poet Laureate