

# GREAT STAUGHTON SURGERY

57 The Highway, Great Staughton, Cambridgeshire, PE19 5DA

NEWSLETTER AUGUST 2018



surgery tel: 01480 860770 / fax: 01480 862893

email: [greatstaughton@nhs.net](mailto:greatstaughton@nhs.net)

website: [www.great-staughton-surgery.co.uk](http://www.great-staughton-surgery.co.uk)

	MORNING Appointments 8:30 – 12:00	AFTERNOON Appointments 2:30 – 5:30
MONDAY	Dr Johnson & Dr Shields	Dr Shields
TUESDAY	Dr Johnson & Dr Shields	Dr Johnson
WEDNESDAY	Dr Johnson & Dr Modi (from September)	Dr Johnson & Dr Modi (from September)
THURSDAY	Dr Johnson or Dr Shields	Dr Johnson or Dr Shields
FRIDAY	Dr Shields & Dr Modi (from September)	Dr Shields & Dr Modi (from September)

## A Message from Dr Johnson

*With mixed emotions it is time for me to take early retirement for many reasons but none negative.*

*I first came into contact with Great Staughton Surgery when I just qualified as a GP 28 years ago.  
I worked as a locum for Dr Mike England.*

*I then returned after my second child was born 24 years ago and became a partner along with Dr David Roberts. During this time, we have had a roller coaster ride in managing the business, but we have continued to keep our sense of humour. I feel I have now experienced all of people's life events including retirement, marriage, birth, death, divorce, teenagers, domestic issues, redundancy and this is only the staff!!!*

*It has always been a great privilege to share with my patients in the joys, trials and tribulations of their life. I think my most proud moment was last year when we had the results of the National Patient Survey. 7th for patient experience in England and 1st in Cambridgeshire. I think this sums up the type of service I would want to be remembered for and as someone who never judges you and lives by the saying "Do unto others as you would have them do unto you". UNTO*

*I will retire on 30th September 2018 with many very fond memories. Dr Stuart Shields tells me that old doctors never leave and keep returning even to come and do the garden (David Roberts still owns the building and comes to cut the grass at the weekends), so you may continue to see me, but I am passing on the mantle of senior partner to Stuart. I hope you will continue to look after him as you did me. Life is now tough in primary care with, so few doctors and I am sure changes will have to be made but I trust he will do these with your best interests at heart. Dr Johnson*

## Welcome Back Dr Grady

Dr Laura Grady will be returning from maternity leave in October...welcome back!!

## Farewell Loraine and Kirsten

After 7 years at Great Staughton Surgery, Loraine, our Practice Manager, is leaving us at the end of August. Kirsten, our Health Care Assistant will be leaving at the end of August after 3 years. We wish them both well in their new adventures!

## ... and from Dr Shields

Dear Readers, I've been at the practice for two years now and hopefully met a good few of you. I work part time at the practice and during the rest of the week I am busy organisation the practices into an organisation called a federation. I have only been able to do this because of Dr Johnsons support and the Good patients of the surgery. This is set to continue and so we will have the next generation of GPs joining the practice.

The future of little places like Great Staughton is bleak. They are not super practices in huge city buildings. With this in mind the practice will move with the times. We have good relationships with our neighbouring practices; our new GPs will be taking part in leadership in the wider area. We will not get left behind and my approach is: if it works for the little practices then it will work for the big ones.

The future is bright, despite some gloomy forecasts you might see nationally, and so I look forward to taking over from Stephanie, keeping up standards, and ensuring that our little practice modernises without losing its compassion, service and humanity. Dr Shields

### **ANNUAL FLU CLINIC 2018**

Flu season will soon be back and we have appointments available on Thursday 4<sup>th</sup> October.

**Appointments are still available - please contact reception to book!**

We'll also have cake sales, a patient group raffle, local groups sharing information and food bank collection point in the foyer.



In true Great Staughton Surgery tradition, the Doctors welcome an opportunity to say goodbye to our lovely patients on their retirement. Dr Stephanie Johnson would therefore like to invite you to join her at **'The Snooty Tavern'** in Great Staughton on **Friday 28 September** from **2pm** until **6pm**. Come along and join us for a cup of tea and a reminisce. We look forward to seeing you!



### **Dispensary News**

Due to staff holidays and staff shortages, we are unable to provide our normal service. We are currently recruiting and will hopefully resume our normal service shortly.

Great Staughton Surgery apologises for any inconvenience this may cause during August and September.

### **A warm welcome to Dr Rakesh Modi**

**Dr Modi will be joining Great Staughton Surgery as a Salaried GP from 1 September.**

Dr Modi has a wealth of previous experience and is joining us from London. Before joining us Dr Modi was a Salaried GP; Researcher at UCL Institute for Global Health; Msc in Public Health London School of Hygiene and Tropical Medicine; Beyond Europe Deputy of the Junior International Committee of the Royal College of GP's; Chair (until Oct 2017) and trustee of the SEED Project' Charity. I know you will join us all in welcoming Dr Modi to Great Staughton.

### **PPG Meeting Information**

Our next patient group event will be held at the Surgery on Wednesday 19<sup>th</sup> September at 12.30.

### **Bank Holiday Preparation**

The Surgery will be closed on Monday 27<sup>th</sup> August for the Bank Holiday. Please drop in your prescription in plenty of time to ensure you have enough medication.

### Don't let hay fever spoil your summer...

Antihistamines are usually the best treatment for hay fever and these can easily be bought from local pharmacies (such as Boots or Lloyds) or supermarkets. **Please be aware the Surgery does not sell over the counter items.** Buying a packet of 30 tablets can cost as little as £2, but if a patient goes to their GP to get a prescription then it costs the NHS considerably more. For more information about treating allergies or to find your nearest pharmacy and opening times visit [www.nhs.uk](http://www.nhs.uk)

#### Top tips to help ease hay fever symptoms:

- Keep house and car windows closed, especially when the pollen count is high (early morning between 7am to 9am and evenings between 5pm and 7pm)
- Avoid large grassy areas, woodland, cutting the grass and car fumes
- Wear wrap-around sunglasses
- Use petroleum jelly inside your nose to block inhalation of pollen
- Don't dry washing outside to avoid pollen sticking to your clothes
- When you get in from outside wash your hands, face, hair, rinse your eyes and change your clothes.



### Screening programmes matter!

We were asked to audit patients who had been diagnosed with cancer in the last 2 years, and found that although unfortunately we had 38 cases diagnosed during this time period, only 2 patients presented in an emergency situation. 27 patients had visited their GP and were referred to hospital on a "2 week wait". 9 patients were picked up on a routine screening programme. The cancer programmes such as bowel, breast or cervical screening pick up evidence of disease and gives you the best chance of recovery.

We also offer a free NHS Health check every 5 years to patients between 40 and 74 if they haven't got a pre-existing condition; this aims to pick up early signs – and may prevent conditions such as diabetes, heart or kidney disease, stroke or dementia. If you don't receive a letter from us and you'd like a health check, please ask at Reception if you are eligible.

Other screening programmes are available on the NHS – visit this page on the NHS Choices website if you want to learn more:  
<https://www.nhs.uk/conditions/nhs-screening/>

### Are you ready for holiday season?

Make sure you're stocked up with sun tan lotion and insect repellent (and antihistamines just in case!).

If you're being referred to a hospital and going on holiday, let us know so we know when you're free to make your appointment.

### Did you know?

Schools no longer require a prescription in order to administer your child with over the counter medication. Just make sure you let them know the required dosage.

### New General Data Protection Regulation (GDPR)

Thank you to everyone that has responded to our correspondence regarding the change in legislation. Please be aware our Privacy Policy is displayed on our website.

A new website [nhs.uk/your-nhs-data-matters](https://www.nhs.uk/your-nhs-data-matters) has been launched which allows you to find out more about how your data is used by health and care organisations.