

Buckden & Little Paxton Surgeries Newsletter

March 2018



The "COMINGS"

DR KIRSTY SHEPHARD

SALARIED GP



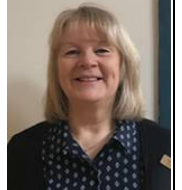
We welcome Dr Shephard to the practice.

"Hello my name is Kirsty and I'm delighted to be joining the team at Buckden and Little Paxton Surgeries. I graduated from Kings College London Medical School in 2009 and have worked in Kent, Australia and South-East London in the years since. I have recently completed my training to become a fully qualified GP with particular interests in women's health and medical education. Some patients may remember me from the few months I spent at Buckden and Little Paxton in my final year of medical school in 2009 under my maiden name of Dr McEwan, and I'm excited to be returning again now to work as part of the team. These days I have 2 young children who keep me very busy when I'm not at work! I also enjoy exercise, running in particular, as an important way to look after my physical and mental health. I am looking forward to meeting you all over the coming months and I will always try my best to help you where I can."

Welcome, Dr Shephard!

TERESA DAY

RECEPTIONIST



We welcome Teresa to the reception team.

"Hello, my name is Teresa and I have recently joined Buckden and Little Paxton Surgeries as a receptionist. My background is in business admin and I felt it was time for a new challenge.

In my spare time I do like going for walk and have a passion for photography. I try to combine both interests with walks around nature reserves and travels to the coast..... As long as it's not raining! I enjoy travelling to warmer climates, but I've recently discovered North Wales with its imposing landscapes and lots to see... it does rain a lot but when the sun comes out its really quite impressive with its castles, harbours and mountains.

I also have to admit to being a lifelong follower of Leicester City Football Club although these days im more of an armchair supporter!"

Welcome, Teresa!

GDPR



The GDPR (General Data Protection Regulation) is a new law coming in to effect on May 25th 2018. We will be sending out a separate email regarding GDPR to our patients very soon. Please respond to the email to continue receiving practice news and information.

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,

Wednesday

8.00 am-1.00 pm Thursday

8.00 am- 5.00 pm Friday

On the 1st of April the price for an item on a prescription will rise to £8.80.

CHRISTMAS TOMBOLA



A big thank you to everybody who donated some great gifts for the tables at both surgeries!

Special thanks in particular to businesses in Buckden who have donated:

Que Sera

Days the Butchers

Ann Furbank

Elouise Lingerie

Raffle results: LP raised £136.50 and the

Tombola at Buckden £371.77. Half of the funds will go to the Patient Equipment Fund and half to the St. John's Hospice. Thank you to everyone who has brought tickets.

BLOOD TESTS



For those of you who use the services of our nurses regularly, you will appreciate how expert they are in their field. Our team of three practice nurses work extremely hard to maintain your appointment times and keep up with their ongoing training whilst maintaining their ultra-professional and friendly approach to all our patients. A nurse's remit has grown considerably over the years and where once only GPs performed such tasks as certain examinations, injections or smears, the nurses are now required to fulfil these duties. So too, where a nurse's remit was to take bloods (phlebotomy), this requirement has now passed to our highly trained Health Care Assistants. To this end, you may find that our receptionists or our nurses themselves will redirect you to make an appointment with an HCA rather than them if phlebotomy services are required. In some cases, this may mean an extra appointment for our patients, but in a world where careful planning is so important to Primary Care due to funding and compliance with the GP Forward View: [GP Forward View](#), we must drive our efficiencies where necessary to give others the opportunity of seeing our nurses more readily when needed.

IMPROVEMENT TO LITTLE PAXTON TELEPHONE SERVICE



Much work has been done to bring the telephone system up-to-date at both surgeries and one benefit of the new system is that calls to Little Paxton, if not answered within 30 seconds, will be transferred to Buckden surgery. You will be aware that the systems at

both surgeries are fully interoperable and as Buckden is the bigger of the two sites, with generally more receptionists on hand, your call will be dealt without what can be seen sometimes as unnecessary waiting time. We truly hope you find this to be an improvement but don't be alarmed when your Little Paxton call is answered as Buckden – we will still be able to help you!

BANK HOLIDAYS



Please be reminded that the surgery is closed for all public bank holidays including Friday 30th March, Monday 2nd April, Monday 7th May and Monday 28th May.

If you require urgent advice or assistance please ring 111; you will be connected to a trained call advisor. 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.

COUCH TO 5K



If anyone is interested in trying the Couch to 5K then please book an appointment with Dr Irwin to discuss.



THAMES PATH CHALLENGE



This year Dr Irwin was given a Christmas present by his daughter to accompany her on the Thames Path challenge. This is 100k walk, run or jog along the Thames in September 2018. The aim is to complete this within 24hrs. He will be joined by his daughter, her boyfriend

and his son to try and raise £2,000 for Make A Wish. This charity raises money for life changing wishes for children with critical illness. A fund raising page will be available during the summer.

PATIENT PARTICIPATION SURVEY



Thank you to everyone who took part in the emailed survey in February 2018. We had a record number of responses at 536 and in the most part, comments made were really constructive and helpful in allowing us to provide a service our patients really want. Results have been emailed out to patients, a copy can be found on our website and printed copies in each waiting room.

BUCKDEN SURGERY/DIABETIC GROUP



A note from patient Hilary Moorbey:

I belong to a local Diabetic Group and am Secretary to the same. The group has been running for around 17 years and we welcome Type 1 and Type 2, friends and family. We are a friendly group holding a meeting once a month on the last Tuesday of each month at Buckden Millenium Hall at 7.30 pm, with seasonal exceptions – i.e. Christmas meal and summer event. We have and had interesting speakers, varying from diabetic related such as dietary, foot care, exercise to other interesting subjects, i.e. U3A, safety within the home, Tai Chi, Wills etc. On 27 March 2018 our speaker is a retired police officer speaking on crime prevention and on 24 April 2018 I am speaking on living with Type 1 Diabetes. We do fund raising events during spring and summer, raising money for research purposes and in the last six/seven years we have raised £10,000. We would love to have new members to enable our group to keep going and grow and also to have new committee members. Come and give us a try – or give Hilary Moorbey a call on 07762133858 for more information or look on our website

We look forward to meeting you.

**YOUR PATIENTS' ASSOCIATION
NEEDS YOU!**



A note from Chairperson, Flora Sheringham:

A happy and healthy New Year to you all!

I'm very pleased to report that in spite of icy weather our **Christmas Coffee Morning** attracted around 50 hardy people, including the Healthy Walkers group. We enjoyed a range of delicious goodies from the vegan to totally inclusive fare made and donated by our members. The event was free but donations added £100 to the coffers. Our thanks to the Methodist Church for hosting us.

Our **latest purchases** for the surgeries bought through our fundraising activity have been new phlebotomy chairs. The chairs for each site are now in use.

The book trolley managed by Jean Matheson and the reception staff at Little Paxton raised £47.

Our main fundraising is done through the 200 Club. A small investment can make you a big winner!

To join the **200 Club** contact
Sheena Wilkinson 01480 810086
kwilki5986@aol.com

A note from patient Pam Dodman:

Voluntary car scheme

This provides transport for patients who need it to keep appointments at the surgery.

Thanks to the new volunteers who came forward from Buckden and Little Paxton. However, the demand is still high and we always need more drivers particularly from Little Paxton. A locally based driver would bring the cost to Little Paxton patients down to £2 per journey. Having a Buckden-based driver makes it more expensive (£7). So if you would like to help, can spare an hour occasionally and have a car do get in touch. Pam Dodman is the coordinator and will tell you more.

Contact her on 01480 812880
pam.dodman@buckdencambs.co.uk

As a patient registered with the Buckden & Little Paxton Surgeries, you are a member of the Surgeries' Patients' Association (BLPSPA) which exists to support the surgeries in their services to you, our main aim is to help to meet non-clinical healthcare needs and other issues which may impact on you as patients. We are a friendly, all-inclusive group and meet 4 times a year.

Every year our committee, officers and members, have to stand for re-election at our AGM. We are always looking for new members that could represent our community as widely as possible. Could this be you? Or maybe you feel you have a particular interest or skill to contribute from time to time? If you would like to know more do give me a call. See contact below.

If you'd like to know more, please do contact me, I look forward to hearing from you:

Flora Sheringham, Chair, Tel: 01480 811189
f.sheringham@btinternet.com

DATES FOR YOUR DIARY

Easter Cuppa

Thursday 29 March 2018

Little Paxton Surgery
High Street

Little Paxton 1.30-2.45

All Welcome to this FREE event

Annual General Meeting

Tuesday 25 September 2018

7p.m.

200 CLUB



A note from patient Sheena Wilkinson:

Please be advised the annual renewal for subscription letters will be sent out late March. All newcomers welcome! More details available on how to join the 200 Club will be available at the Easter Cuppa event being held at Little Paxton Surgery on 29th March. See article below.



Easter Cuppa

at

Little Paxton Surgery

Thursday 29th March

1:30pm – 2:45pm

Hope to see you there!



Free Admission

