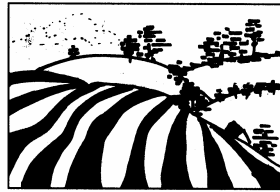


DOWNLAND UPDATE



Notes from The Downland Practice

Issue number 39

Spring/Summer 2011

All telephone calls: 01635 248251

The busy time for calls is up to 11.00 a.m. Please avoid this time unless your call is urgent

Facsimile: 01635 247261

Website: www.downlandpractice.org

Email (admin only):

downlandpractice@nhs.net

Local Hospital Numbers:

West Berkshire 01635 273300
Royal Berkshire: 0118 3225111
John Radcliffe: 01865 741166
North Hants: 01256 4732902
Great Western: 01793 604020

A Day in the Downland Dispensary

The dispensary is a very busy place where thousands of repeat prescriptions are processed each month.

Patients request their medication in many different ways; in person, by fax, post or using our online ordering system.

We start our day transferring these requests onto EMIS our computer system. This enables us to generate a prescription. Once we have the prescription one person picks the items requested. This is then placed in a basket for another person to scan, label and bag the medication.

If through this process any items are not in stock, we have two suppliers that we can order from. They both deliver to us twice a day, so providing the medication is in stock we can generally receive it the same day.

The repeat prescription process is carried on throughout the day as we receive more requests.

If a patient sees a doctor in surgery and is given an acute prescription we dispense these immediately for them.

Another daily job is to check any NOMADS that are due for the next day. A NOMAD is a medication tray to help some patients in taking their tablets.

Also throughout the day we help patients with any queries they may have and contact doctors on their behalf if needed.

Nicky
Dispenser

Meditation

I pause on the footbridge and gaze at the stream
So often I stop here, to stand and to dream,
I watch as the water goes dimple-dance by
Reflecting the sun and the blue of the sky
A dragonfly skims on a rainbow of light
A ribbon of minnows slide swiftly from sight
A blackbird is singing, bright notes fill the air
The water runs chuckling, bereft of all care –
It's an oasis of coolness and calm
A welcome small moment of nature's soft balm

Brenda

Mini-Bus to Chieveley and Compton Surgeries

There are probably some people unaware that there is a mini-bus service from villages in our area to Chieveley and Compton surgeries and costs £1.50. Our driver (Ted) has set days for each village as follows:

Monday

Farnborough, Brightwalton, Chaddleworth, Leckhampstead, East Ilsley, West Ilsley

Tuesday

Frilsham, Yattendon, Hampstead Norreys, Aldworth

Wednesday

Beedon, Peasemore, Chieveley, Winterbourne

Thursday

Farnborough, Brightwalton, Chaddleworth, Leckhampstead, Boxford, Winterbourne

Friday

Frilsham, Yattendon, Hampstead Norreys, East Ilsley, West Ilsley

If you would like to make use of this service please tell reception when making your appointment that you would like to come on the bus, you can then be booked into an appropriate appointment. As travel on the bus has to be booked these appointments are for routine matters rather than urgent appointments when you need to see the doctor that day.

Hello and Goodbye

Maxine left reception and Rosi and Helen have joined us. Cate left the dispensary.

Shu is now on maternity leave from the Pharmacy having given birth in April to Max. Sheila is working in the Pharmacy covering while Shu is away.

Ben Curtis (registrar) has moved on to continue his training and we wish him every success. We still have two GP Registrars; Dr Pratap Khosti and Dr Amit Gupta who will be with us until August.

Our F2 doctor is Dr Sammy Mansour, also with us until August.

Internet Appointments

We now offer a number of appointments that can be booked on line. These are starting to prove more popular and are working well. We are going to start offering appointments for blood tests on line. However, please ensure that you have a blood form before making the appointment as Brenda will be unable to do the test without a form. Forms to apply to use this service and to request repeat medication on line are available from reception or the dispensary.

A Visit to Leckhampstead

Normally my trips to Leckhampstead involve home visits to my poorly patients. Recently however I had a different reason to visit, having been kindly invited to talk at the Parish Council AGM. The chosen topic was 'The Future of Local Healthcare Provision' which I am sure reflects the current interest in the new government's plan to adopt GP commissioning in the NHS.

I spoke about the history of NHS funding since its inception in 1948, and how there has for some time been a division between the purchasers of health care (namely the PCTs) and the providers (mostly hospitals). The plan now is that groups of GPs (consortia) should take over the purchasing from the PCTs.

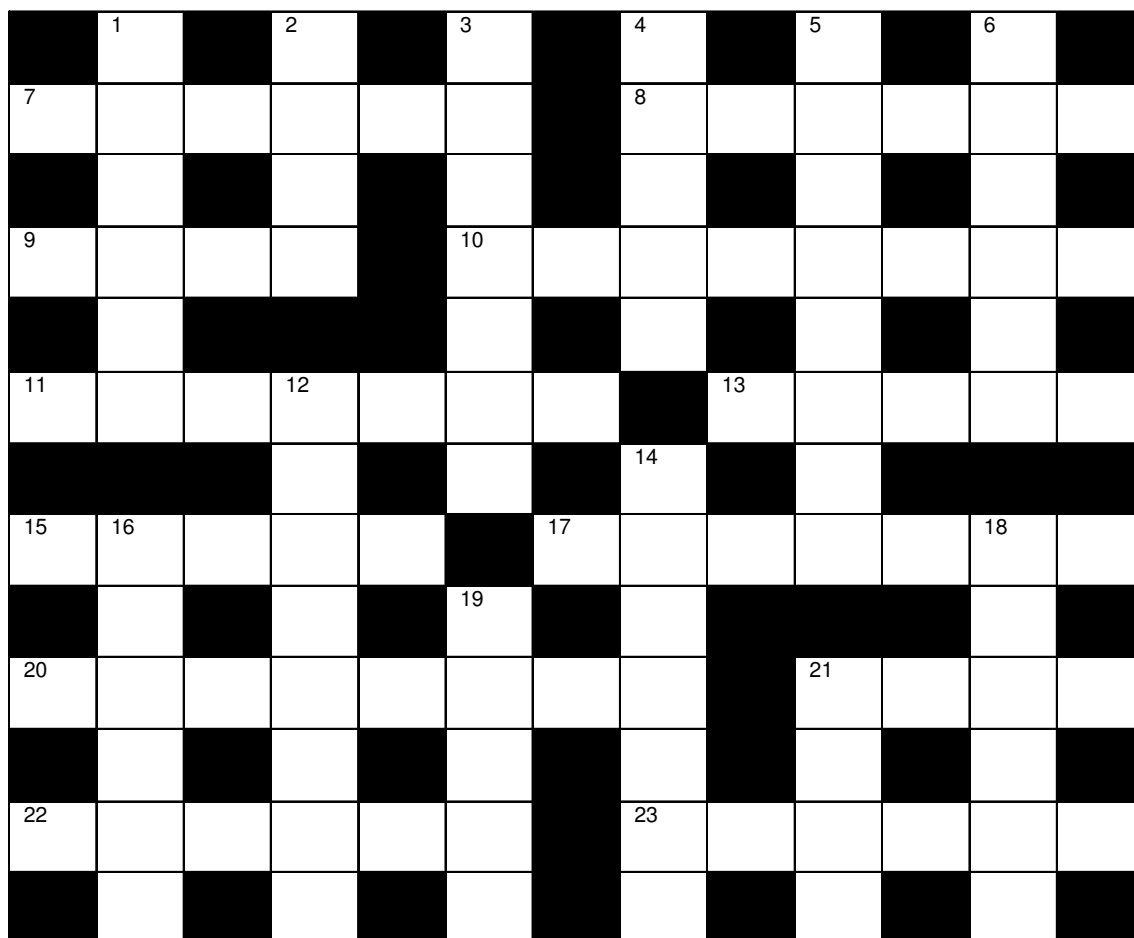
The total NHS budget was £105 billion last year. It is proposed that GPs will be responsible for deciding how some £80 billion of this will be spent. I know people worry about whether this will affect local GP services, but I pointed out that the cost of the Downland Practice and its services was a minute portion of the total. In fact we cost each of you less than £2 per week (a bargain!) so I thought it unlikely that anyone would change this.

We then looked at some of the dilemmas facing the NHS and the audience were very helpful in helping decide what sort of things the NHS should and should not pay for.

I thought the decisions the audience came up with were very realistic and sensible. I left thinking that Leckhampstead Parish Council wouldn't do a bad job at all if they were left to run the NHS.

Leslie Lowenthal

By Bo Peep - Baa



Across		Down	
7.	Assemble or get together (6)	1.	Colour/leave on island (6)
8.	Important football match (3,3)	2.	Avoid and stay away from deliberately (4)
9.	Brought into existence (4)	3.	Of little importance (7)
10.	Distance travelled per unit time (8)	4.	The skin that covers the top of the head (5)
11.	Hold spellbound (7)	5.	Astronaut, male (8)
13.	Make improvements or corrections (5)	6.	Baby cat (6)
15.	Dwell, stay with (5)	12.	Retreat, den, secret place (8)
17.	One who sees and reports a crime (7)	14.	Very hard native crystalline carbon (7)
20.	Atomic number 62 – I am arums (8)	16.	A fire (usually on a hill or tower) (6)
21.	Twisted toward one side, as plans go? (4)	18.	A detailed critical inspection of a house (6)
22.	A small low motor vehicle (2,4)	19.	A mark used to indicate the word should be repeated (5)
23.	Castrate, used on animals (6)	21.	Greenish blue (4)

News about the cryotherapy clinic

Some important changes are afoot in the cryotherapy service at the Practice.

As those of you who have used the service over the years may know, we have previously been able to run the clinic because of the generous support of the Institute of Animal Health in Compton, who have been happy to 'lend' us a canister-full of liquid nitrogen from their stores on clinic days. With the uncertainty about the future of IAH, we have now decided to arrange our own supply of liquid nitrogen. This will lead to a number of changes in the service organisation.

1. The cryotherapy service will now operate from the main surgery at Chieveley, where our liquid nitrogen will be stored. We will not be running a separate clinic at Compton Surgery.
2. Having been a one-man (me!) show since we set up the clinic some 17 years ago, having our own supply will mean that some of the other doctors will be able to offer cryotherapy in their appointments, which should shorten the waiting time a bit! Since we have our own liquid nitrogen supply, we will be able to offer cryotherapy in ordinary surgery time.
3. I intend to continue to offer the Wednesday afternoon cryo clinics as well, to clear the backlog of appointments and to continue to offer a service to patients of those GPs who do not do cryo themselves.

We hope cryotherapy will continue to be a popular and valued service!

Dr Andrew Wardle

FLU CLINICS

I know it seems far too early to start talking about flu clinics but we are going to run them slightly differently this year. We will only be sending letters out to patients under 65 who are in an at risk group where it is advisable that they have a flu vaccination. Everyone 65 and over is eligible for a flu vaccination.

We will be advertising dates for flu vaccinations in the surgery from August and all clinics will be turn up sessions – please keep an eye out for information.

Connie will again be offering private flu jabs to anyone not entitled to one on the NHS – again these will be advertised in summer.

Chess by Seventh Rank

No offers for the problem last quarter. Anand's winning sequence starts with the sacrifice Rc4!! Black is forced to capture with ... Bxc4 to avoid Rh4. But Qg6+Kh8 then Rd4! Brings matters to a speedy conclusion – black must either play ... Qxd4 allowing Qg7 mate, or try to struggle on with ...Qh7, when white finishes off with Rh4 again.

This time, a game from a Greek tournament in which white (to play) wins with a classic attacking motif. Two questions: 1) What is white's winning sequence? 2) Why is appropriate that this should have occurred in a game played in Greece? Good luck!

Andrew Wardle

PLEASE PICK UP HARD COPY FOR CHESS PUZZLE

CROSSWORD SOLUTION

ACROSS: (7) GATHER, (8) CUP TIE, (9) BORN, (10) VELOCITY, (11) ENTHRAL, (13) AMEND, (15) ABIDE, (17) WITNESS, (20) SAMARIUM, (21) AWRY, (22) GO KART, (23) NEUTER

DOWN: (1) MAROON, (2) SHUN, (3) TRIVIAL, (4) SCALP, (5) SPACEMAN, (6) KITTEN, (12) HIDEAWAY, (14) DIAMOND, (16) BEACON, (18) SURVEY, (19) DITTO, (21) AQUA

THE DOWNLAND VOLUNTEER GROUP

What is the Downland Volunteer Group?

Founded in 1986 the DVG is a voluntary group which, in return for a donation towards our costs, assists with the transport needs of people living in the Downland area.

I'd like some help – do I have to be retired to use the DVG's Services?

No – we help people from all age groups however we are unable to carry child seats and booster seats. Our constitution states that we are here to help people who are 'elderly, sick or disabled or who are otherwise in need'. So if you or a friend or relative think that we can help you, telephone the office and discuss it with us to find out more. Examples of where we have been able to help include going to hospital, visits to the doctor, optician, dentist etc and even to the shops. Car journeys are not normally undertaken during evenings or weekends.

How does the DVG operate?

Our volunteers use their own cars to drive individuals, or operate the Handybus for group transport.

The Handybus is used on weekday mornings to transport patients to the Chieveley and Compton Surgeries and volunteers drive it for shopping trips most afternoons. The bus is a community asset and can be hired by any social group, club etc – subject to the availability of a volunteer driver. It has thirteen passenger seats, so it can be used for away fixtures by schools, clubs etc who have football or other teams.

I'd like to help – do I have to be retired to be a DVG volunteer driver?

No – we are delighted to receive help from people of all ages and circumstances. We are asked to assist with a wide range of journeys at short and long notice, so shift and part time workers can be very useful additions to our team, as well as people who aren't currently employed outside the home. If you are only prepared to undertake local trips we can accommodate that in our planning, but we will also be very pleased to hear from drivers happy to travel to the hospitals in Oxford and Reading – parking permits can be supplied to make the trip as easy for the driver as possible.

CONTACT THE DVG:

Office hours Monday to Friday 10.00am to 12 noon

01635 578394

Website: www.downlandvolgroup.org

FOR MORE INFORMATION ABOUT THE HANDYBUS:

For enquiries about morning transport to surgery appointments:

The Surgery on 01635 248251

For shopping trips and hire of the Handybus:

Kate Bailey on 01488 638769 or email: ilovejaspe@AOL.com

LOST PROPERTY

Listed below are items which have been left in the surgery over the past few months. Please ask at reception if you wish to claim them.

Monsoon blue cardigan
Brown Urban cardigan
Baby's bottle
Blue/white shawl
Brown knitted gloves
Child's flask
Pink snuggle
One brown baby's shoe
Pair mauve child's mittens
The Devil Wears Prada book
Pair glasses
One black glove
Part of gold chain
Child's blue school cardigan
New hair clips left in Pharmacy

PATIENT REPRESENTATION GROUP

We have a patient representation group that meets at Chieveley Surgery every 3 months. Currently this is made up of representatives from each of the Parish Councils in our area. If you would like more information or would like to attend a meeting please contact me.

We have a website for the Practice: www.downlandpractice.co.uk if there is anything you think would be useful to put on that site or information you would like available in the waiting areas please let us know.

Hannah Arnold