

FAREWELL TO DR CATHY WADE

As you may already know, I retired from General Practice at the end of December. This is not because I have a 'life threatening illness', 'am pregnant' or have been 'struck off'! I always intended to retire when I reached 55 years but for various reasons I have decided to retire a few years earlier.

I have greatly enjoyed my years at Haddenham. Having moved here from South East London, I wanted to get out of city practice and also be closer to the rest of my family.

Moving to Haddenham was certainly one of the best decisions I have ever made. I was touched by how welcome I was made to feel, by staff and patients, and I quickly settled in. I have found my time here challenging but rewarding, and the decision to leave was not easy. I do, however, have a lot of other interests that I am looking forward to being able to follow up in my retirement.

I would particularly like to say goodbye to all my regular patients who I have not had time to see in person. I hope that I have been able to help patients through their various illnesses and crises, and also hope I have not upset too many people with my occasional abruptness.

I would also like to say a big thank you to all the staff at the Medical Centre. Dealing with the 'public' is a difficult job and I have always been impressed by the professionalism and care shown by the reception, nurses and clinical staff.

Finally I would like thank all the other doctors (past and present) who welcomed me when I joined and have always been very supportive. I hope you patients realise that you have a top quality Medical Centre providing you with excellent healthcare which is second to none.

I am not moving out of the area and I suspect I will continue to see some of you in 'Waitrose'!!!

Doctors, colleagues and patients will all miss Cathy very much. She has been a an integral part of the practice in her time here. She is an excellent doctor, a supportive member of staff and has been "*blooming good fun*"!

We wish Cathy and her family all the best for the future and a very 'Happy Retirement'.

From the partners, and all the staff at the Medical Centre

DOCTORS IN THE PRACTICE

Dr. Jonathan Sadler
Dr. Hugh Stradling
Dr. Mark Howcutt
Dr. Nicola Hutcheson
Dr. Kaye Smith (Retainer)

MEDICAL CENTRE

Mon-Fri a.m.
Closed 12.30 - 1.30.

MEDICAL CENTRE

Tel: 0844 477 8575
Fax: 0844 477 8576

HARMONI

0845 450 2530

HEALTH NEWS

Is a means of communication between the Medical Centre staff and patients. If you have an article to contribute please send to:

HEALTH NEWS

c/o The Medical Centre,
Stanbridge Road,
Haddenham,
Bucks
HP17 8JX

Or hand it in at reception marked "Health News"

Your used stamps can help to fund Florence Nightingale Hospice, please bring them in and hand to reception.

Future Educational Talks
organised by the New Haddenham Health Support Group.
Dealing with Stress & Anxiety - Thursday 7th February 2008
Acupuncture - May - (date to be confirmed)
Living with Alzheimer - (to be confirmed)

The New Haddenham Health Supporters Group

Dealing with Stress & Anxiety

Educational Talk

Stress is something that, at times, affects us all. Stress is on the increase in today's society and its effects can be both hard to cope with and debilitating. Difficulties such as panic attacks, sleeping problems and a feeling of general anxiety are common.

Sally Gorton will be giving an informal talk looking at the role stress has in life, and effective ways of dealing with it. The talk will cover:

- Why we need to be able to feel stress and what happens when it gets out of hand
- Why stress is on the increase -
- The effect of stress on the body, thought processes and emotions
- The relationship between stress and sleep
- Effective ways to control and reduce stress

Sally Gorton is the counsellor at the Haddenham Health Centre and is experienced in responding to difficulties such as depression and anxiety disorders, bereavement, marriage and family relationships.

If you would like to attend this evening please complete the reply slip below and return to

Dawn Anstead at the
Medical Centre or email
dawn.anstead@nhs.net

by
Friday 1st February

Each reply slip will be allocated a Lucky Number and will be entered into a draw to win a voucher for £25.00 to spend at Boots

Please note numbers will be limited, so tickets will be available on a first come first served basis



**Thursday 7th February 2008
at the**

**Medical Centre
from
7.30pm**

Tea/Coffee will be available

I would like to attend the Educational Talk on Dealing with Stress & Anxiety by Sally Gorton on Thursday 7th February @ 7.30pm

Name..... please allocate me seat(s)

Something for Teenagers

Young Peoples Website – www.whatsitgonnabe.org.uk

Buckinghamshire County Council has some exciting new web pages for 13-19 year olds, packed with information about:

- Things to do
- Getting involved
- Help and Advice
- Information for parents
- Youth Service
- Youth Centres

Young people can have their say and have the opportunity of being entered into a free prize draw and winning a £10 gift voucher when they let BCC know what they think about:

- The website
- Local activities/projects they have been involved in
- Projects they would like to get involved in
- Anything else they would like to see available for young people

Additional Private Counselling Services for Haddenham Medical Centre

Melissa Price has joined Haddenham Medical Centre and will be working as a Person Centred Counsellor/Psychotherapist. She is a fully qualified counsellor and a Member of the British Association of Counselling and Psychotherapy. Melissa is experienced in working with a number of issues including:

Depression	Anxiety
Stress	Loss/Bereavement
Family Issues	Relationship Issues
Childhood Issues	Bullying
Obsessive Compulsive Disorder	Post Traumatic Stress Disorder

Hourly session offered on a long or short term basis in a safe and confidential environment. For further information or to book an appointment, please call Melissa on 078 122 51024, 9am-8pm Mon – Friday

Haddenham 50/50 Draw Winners

November '07 Winners		December '07 Winners		January '08 Winners	
Mr F Coachworth	1st Prize	Mrs J Priestely	1st Prize	Mrs M Parsons	1st Prize
Kirsten Bransby	2nd Prize	Mrs J Burgess	2nd Prize	Ms K Burch	2nd Prize

Patient Panel

Buckinghamshire Primary Care Trust is your local health organisation. Their role is to plan and arrange for the health services our area needs, to develop primary care and improve the health of the local population. They would like to involve patients and the public in their work, because they believe your input will help to improve services. So they have a Patient Panel of people who are willing to be involved in various ways. If you are interested, please contact The PPI Manager, Buckinghamshire PCT, Freepost RRGX-CBGA-TSLK, High Wycombe HP11 2EE, email ppi@buckspct.nhs.uk, tel: 01494 555501 or you can collect a leaflet from the Medical Centre

SAVE A LIFE – GIVE BLOOD
0845 7 711 711 www.blood.co.uk

TUESDAY 22 JANUARY 2008
13.30 – 15.25 & 16.15 – 18.45
VILLAGE HALL
HADDENHAM

It is strongly recommended attendance by appointment.
Please call the number about how to book an appointment

A big thank you to everybody that sent or brought in gifts and cards for the staff at the Medical Centre. We feel thoroughly spoilt. It is very kind of you to think of us and the gifts are greatly appreciated. We hope you all had a great Christmas and that 2008 is good for everybody!

Your General Practice

Produced by the General Practitioners Committee of the British Medical Association

Your general practice and the family doctor service in general is under threat.

The government is taking steps which doctor's believe will harm patient services. It is encouraging commercial companies to set up and provide GP services, but many family doctors are concerned that if this happens, company profits will come before your needs.

The services you get from your local doctor's practice are some of the best in the world.

Many other countries are looking to copy our local health services because they set high standards and are good value for money.

Doctors are always trying to improve patient care. Every year a nationwide survey tells doctors how you feel about the work they do and helps them to plan and improve the care they can offer.

The great majority of people value their local doctor's practice and the role it plays in their local community, and most are very happy with the services that they receive.

High quality care

Providing you with the best care possible is your doctor's priority. In the last few years all GPs have been working especially hard to achieve new standards of care for a wide range of illnesses. It means your care keeps improving and that long-term health conditions like asthma and diabetes are better controlled and treated. Gps have provided better care than the government ever expected them to do.

Lifelong care

Your doctor's practice looks after you and your family from the time you enter the world to the moment you leave it. They hold a record of every injury, illness, appointment and referral you have throughout your life and act as the central point of contact for all your health care.

Every doctor's practice aims to help you build a long lasting and consistent relationship with your doctor. This is especially important if you have a long term health problem.

Your doctor is also there to speak on your behalf and to make sure you get joined up care. It is difficult to put a price on having a doctor whom you trust and who knows you.

Out-of-hours

The out-of-hours service in some areas has got worse. The media and politicians have blamed GPs for this. It is your local primary care organisation that has responsibility for out-of-hours care. GPs work for these organisations to make sure you will always be able to see a doctor if you need to.

Your local practice is vitally important to the community. It isn't always perfect but is striving to get better.

We want to improve the care we provide.

This is your practice and we value your support.

IMPORTANT PATIENT INFORMATION

YOUR government spent **£11m pounds** to find out whether **YOU** were happy with the opening hours of **YOUR** general practice.

Nationally **84% of patients were happy**. In this practice **89%** of patients were happy.

Despite this **high satisfaction level**, **YOUR** government is trying to force GPs to open longer hours, providing no new money for the process.

YOUR government is intending to **cut vital health funding** from important areas like heart disease, diabetes and flu vaccination and use the very same money to get GPs to open longer hours.

That's right. Longer hours for **NURSES, RECEPTIONISTS, SECRETARIES, DOCTORS** and other staff with **no evidence** that **YOU** actually want it.

These people may well be the **exact same staff and doctors** that are already here doing the essential clinical work during the day.

GPs throughout the country believe this purely political move may actually **harm clinical patient care**, is a **poor use of NHS resources** and is in line with other government plans that are **threatening the very future of general practice**.

Is this what **YOU** want from **YOUR** NHS and **YOUR** government?

A thirteen week consultation period on these intended changes started on December 21, 2007. Pick up our more detailed letter from reception if **YOU** want to have your say on these changes.