



Congratulations to Paula & Jo

As a practice we are proud to announce that Paula Simons our Health Care Assistant has passed the Open University Diploma for Healthcare Assistants in Primary Care Practice. Paula was presented with her certificate at Claydon House, Bucks on 28th April by Dr Kate Clarke Director of the OJVS watched very proudly by both her mum and her workplace mentor Jo Green, who was also presented with an award recognising her contribution to the training and development of Health Care Assistants in Bucks. This award was presented by Prof. Christine Beasley Chief Nursing Officer DOH.

It is not always easy to combine working and being a mum and daughter, with studying but Paula persevered through the tough times, which included changing courses half way through and we are incredibly proud of her, she worked very hard. Paula is an invaluable asset to the nursing team and now has a firm foundation on which to increase her knowledge and skills to help us maintain and improve the health care services the nursing team can offer. Well done.



THE COMPASSIONATE FRIENDS - HADDENHAM GROUP

Support and friendship for bereaved parents and their families by those similarly bereaved will meet on the following Saturdays

5th August 2006, 7th October 2006
9th December 2006 at 2pm - 4pm

Local Contact is Joan

Please phone the National Helpline and they will put you in touch with Joan and the support group Helpline 0845 123 2304

Dr Sadler and Dr Hutcheson

Dr Sadler has returned from his month of "retirement". We would like to clarify that Dr Sadler remains a full and active member of the practice medical team. He has not retired from his work here. He is working three days a week and continues with most of his previous roles and responsibilities within the practice.

Dr Hutcheson has been a partner here for over two years. We are delighted she has been able to increase her commitment within the practice to three days a week. Although their working week has changed, the status of these two doctors has not changed.

Haddenham Health News

Spring 2006

Signposting

We constantly review our appointment system. We aim primarily to find a system that works best for our patients. Our efforts are sometimes hampered by the need to fit in with government policy and targets. The vast majority of our appointments are now booked on the day. This includes follow-up appointments with the doctors. We know that most of our patients are happy with this system. We appreciate though that it can be difficult for those who wish to book ahead. We will continue to try to balance the needs of all our patients.

They are especially useful if you wish to discuss results or medication.

We have an experienced and skilled nursing team with the ability to deal with many of the problems that once would only have been managed by a doctor. Jo Green has training in minor illness and is particularly happy to see patients with ear problems. Marilyn Wright is very experienced in the assessment and management of eye problems having previously run the Eye Ward at Stoke Mandeville Hospital. Paula, our health care assistant is happy to measure blood pressures, take blood and arranged ECGs when requested by a doctor.

Appointments at the surgery are valuable and we want to ensure they are used for maximum benefit. Please try to be flexible when booking your appointment. Please remember to cancel your appointment if you cannot attend. Please request a home visit only when a patient is too ill to attend the surgery in person. As facilities at the surgery for examination and treatment are so much more comprehensive, it is in your best interest to attend for an appointment rather than requesting a home visit. Please try to do this early in the morning before 10am and a doctor will ring you back to assess the suitability of the request.

We are fortunate in having a knowledgeable and caring reception team. Their role is to help the patient see the right person to deal with their problem at the right time in the right place. For this reason, they may need to ask some questions to determine the best way of helping the patient. Please do not think they are just being nosy and be reassured that they follow the same rules of confidentiality as the clinical team. They may be able to immediately offer you an appointment of your choice or may need to arrange for someone to contact you later to assess your request.

We have for many years run telephone surgeries. These have proved very popular and helpful for patients. These are timed slots that patients can book like face-to-face appointments. The doctor can then discuss your problem at home or work and often can manage your complaint without the need for other assessment. Please consider taking advantage of these appointments.

We continue to offer a limited number of early morning appointments that patients can book in advance. These can be used if a patient wishes a set time in advance and their problem is not urgent. Below is a chart showing which doctors are available on which days. Obviously the doctors need holidays to remain sane and training to continue to provide you the best in medical care.

	Dr Sadler	Dr Stradling	Dr Wade	Dr Howcutt	Dr Hutcheson	Dr Smith
Monday	✓	✓		✓	✓	
Tuesday	✓		✓	✓		✓
Wednesday		✓		✓		
Thursday	✓	✓	✓			✓
Friday			✓	✓	✓	

50/50 CLUB WINNERS

WINNERS FOR MAY 2006		
1st Prize	£60.00	Kathleen Loveday
2nd Prize	£40.00	Mary Keates
3rd Prize	£25.00	Brian Ewers
4th Prize	£25.00	Cynthia Finch

WINNERS FOR JUNE 2006		
1st Prize	£60.00	Barbara Brant
2nd Prize	£40.00	Chris Patterson
3rd Prize	£25.00	Josephine Montague
4th Prize	£25.00	Frank Pitkin

DOCTORS IN THE PRACTICE
 Dr Jonathan Sadler
 Dr Hugh Stradling
 Dr Catherine Wade
 Dr Mark Howcutt
 Dr Nicola Hutcheson
 Dr Kaye Smith (Retainer)

MEDICAL CENTRE
 Mon-Fri 8am - 6pm
 Closed 12.30 - 1.30pm

MEDICAL CENTRE
 Tel: 0844 477 8575
 Fax: 0844 477 8576

HARMONY
 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"

OSTEOPATHY FOR

ALL OF YOU Debby Luxton

Top Tips for Back Care

- Take regular exercise – your osteopath can advise what is best for you.
- Many hours in one position can cause problems – avoid "computer hump."
- During repetitive tasks, vary your rhythm and take frequent breaks.
- Adjust car seats and on long journeys take regular breaks to stretch.
- Pace yourself with heavy work like gardening – don't risk a disc!
- Watch children's posture – they shouldn't carry heavy school bags on one shoulder or spend long hours at a computer screen.
- During pregnancy, osteopathy can help your body adjust to changes.
- Avoid strain when lifting, particularly small children and shopping.

Many women these days are working mothers and combining both aspects of their lives can give rise to problems from the perennial headache to debilitating musculo-skeletal disorders. Many headaches originate from stiffness and tension in the neck and osteopathic treatment can bring relief. Osteopaths also treat aches and pains associated with ageing, eliminating the underlying causes of pain, a job for which the osteopath is specifically trained.

Osteopaths are skilled health care professionals who are strictly regulated by The General Osteopathic Council. Britain's Osteopaths treat over six million patients every year and because osteopathy is patient centred, the treatment is always geared to you as an individual. To make an appointment to see an Osteopath at The Haddenham Medical Centre, or for further information, please phone 01844 299472 (direct line).

There may be trouble ahead.....

The Vale of Aylesbury Primary Care Trust (PCT) is £7.9 million in debt. It has been instructed by the government to make savings. The PCT funds many things including district nurses, health visitors and the services available here in general practice. It seems very likely that there will be significant cuts to these budgets including the funds we receive here to provide care. The district nurses and health visitors will have their funding further squeezed and may not be able to do everything you (and they) would like.

At the surgery, we will do all we can to minimise the effects of these cuts on our patients. We promise to try to keep you up-to-date with changes that occur. We hope to work with the Haddenham Health Supporters group to share problems and find solutions.

GP'S ADVICE

Protecting your skin is important because the ultraviolet light rays (UVA/UVB) can cause skin cancer.

Basal cell carcinoma (BCC) is the most common cancer in humans. The incidence in the United Kingdom rose by 200% in the last 14 years. The most significant cause is UVA/UVB. Its precise role is unclear but chronic sun exposure seems important. This upward trend is likely to continue as we are living longer, enjoying more recreational sunlight exposure and with further depletion of the ozone layer. You are most at risk if you are fair-skinned tending to burn easily and have excess sun exposure.

Melanoma is a skin cancer where the relationship between ultraviolet light radiation is not so clear-cut. Intermittent sunburn may be an important factor in the development of melanoma, particularly during childhood.

Remember that almost half of UVA/UVB can penetrate water so you can get sunburnt whilst swimming. Apply a sunscreen on overcast days in the summer. 90% of the UVA/UVB can penetrate through hazy cloud.

Remember that clothing is the BEST sunscreen. Wear long trousers, long sleeve tops and wide brimmed hats (especially if your hair is thinning) whilst outdoors on sunny days between 11am and 3 pm. Doing these simple measures you can be safe and still have fun for this and many summers to come.



We would like to thank Haddenham Junior School for their fantastic artwork which has been displayed at the Medical Centre and admired by all.



Protected Time for Learning

Protected time for learning was launched in September 2002 with all practices in the area taking advantage of it. The surgery closes for half a day each month for training purposes. The benefits of taking part in this scheme are:

- Team is more enthusiastic about practice developments
- Quality time together as a team
- Staff training

Listed below are dates of the Protected Learning afternoons for the rest of the year. The surgery will be closed from 12.30pm

- Gets the whole team together
 - Motivates the team
 - Gives an opportunity to discuss issues and exchange views
 - Allows us to make progress on a number of items that we would not have been able to do without the scheme
- Thursday 5th October
Tuesday 14th November
December No Meeting
- August No Meeting
Wednesday 13th September
Thursday 5th October
Tuesday 14th November
December No Meeting