



THE NEW HADDENHAM HEALTH SUPPORTERS GROUP

We are now a registered charity our Registered Number is 1114014

We believe that patients, doctors and staff at the Medical Centre can, by working closely together, improve and develop the provision of the health services in the village.

The group will act as a means for patients to offer ideas and suggestions about any aspect of the Medical Centre and to gain a better understanding of the concerns of the staff who work there. It will also enable our doctors and their colleagues to assess the services they offer. We would also like to encourage mutual trust between patients and staff, to enable a greater exchange of information between doctors and patients without in any way relaxing professional standards of confidentiality.

This is your group, it is open to all who are patients of Haddenham Medical Centre. So please let us know what you would like it to do. We are intending to hold talks on various topics throughout the year with guest speakers. These will be advertised in the Newsletter, the Medical Centre and the local newspapers. What topics would you like covered? What activities would you like? What information and what features would you like to see in the Newsletter? Please drop your thoughts, comments or suggestions into the Medical Centre addressed to Health Supporters Group - they will be dealt with in the strictest confidence. You can also email any of the group

John Mould - Chair mouldies@btinternet.com
Mike Pritchard - mpritchard@integrateddesign.co.uk
Fiona Coogan - larrycoogan51@tiscali.co.uk
Peter & Pat Higgs - pathiggs17@yahoo.co.uk
Dawn Anstead - Secretary - dawn.anstead@nhs.net
Nicola Wheatley - Treasurer - nicola.wheatley@nhs.net
Stephen Long - Practice manager - stephen.long@nhs.net

HADDENHAM 50/50 CLUB DRAW FOR MARCH-AUGUST '07

If you would like to be included in the Haddenham 50/50 Draw for March-August '07 please complete this form and return it, in an envelope marked "50/50 Club Draw" to the Medical Centre by Friday 23rd February. The purpose of the club is to purchase equipment and services for use at the Medical Centre. Each £20.00 ticket will entitle the holder to take part in each of 6 draws, to be made each month from March-August 2007. £10.00 of each subscription will be paid out in prize money.

I wish to buy..... ticket(s) at £20.00 each for the "Haddenham 50/50 Club Draw" in the following name(s). I enclose cash/cheque for £..... payable to Haddenham Medical Centre Support Fund.

1	Forename	Surname	My Name.....	My Address.....
2
3
4

Haddenham Health News

NHS FUNDING CUTS AFFECTING HADDENHAM MEDICAL CENTRE

Your practice is in an area where the NHS is in debt because it regularly spends more than the government allocates. Recently, decisions have been made by the Primary Care Trust to balance their books. As a result, funding has been withdrawn or reduced from all local practices for certain services. This may affect the level of surgery or in your home as outlined below.

From the 1st August 2006, we are no longer funded to provide a minor injury service. As a result you may be asked to attend the A&E Department at Stoke Mandeville Hospital.

New baby checks. Those mothers either giving birth at home or being discharged soon after birth, will be asked to return to the hospital for the first baby check usually done in the first 24hrs of life. Routine 6 week checks for mother and baby are not affected.

District Nursing Service, which provides care to the housebound patients, is currently under review and may undergo some important changes which may impact on the care they can provide in the community.

These are just a few of many cuts proposed by the Local Health Authority.

As a practice, we feel these cuts are short sighted and not cost effective. We deplore the inconvenience it will cause to patients and in collaboration with other local practices we are seeking a reversal of the decision.

If you feel as strongly as we do, we would be pleased to receive your comments, and forward them to the relevant authority. Please address your concerns to Janet Fitzgerald, Chief Executive, Buckinghamshire PCT.

Dr J Sadler, Dr H Stradling, Dr Wade,
Dr Howcutt, Dr N Hutcheson

FOUNDATION PROGRAMME DOCTOR TRAINING

Foundation programme doctors will be attached to the medical centre for four months as part of the foundation programme. The foundation programme is a two year training rotation for junior doctors, which follows medical school. It is now recognised that general practice can provide useful training for ALL young doctors. So these doctors are FULLY QUALIFIED and will usually have completed at least one year of hospital training before coming to us. They are not training to be GPs but attached to learn general skills and to gain a greater understanding of the practice of medicine in different settings.

NEW REGISTRAR - DR KATE ZALIN

We would like to formally introduce our new registrar Dr Kate Zalin who started with us in August 2006 and will be with us for 18 months.

NEW REGISTRAR - DR AMANDA BISH

Will be working with us from the beginning of February '07 until the beginning of April '07

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

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

PRIVATE CLINICS NOW AVAILABLE AT THE MEDICAL CENTRE.

SPEECH & LANGUAGE THERAPY – SUSAN OLDING

SPEECH & AND LANGUAGE THERAPY for young children is provided in the form of assessment, reviews, programmes, and regular or intensive therapy input. Early intervention has been shown to be very effective. Programmes can be set out and demonstrated to parents so that they can be used in the home and pre-school environment.

Assessment with young children is very informal, by playing and observing the child to gain insight into their understanding and use of language, as well as general development.

With older, school age children, the assessment is slightly more formal, with up to date standardised assessments used to analyse strengths and weaknesses, compare the child with his/her peers and to measure progress during therapy.

Susan qualified in Speech & Language in 1979 and has worked for the last 20 years mainly in Oxfordshire and Buckinghamshire, and also as a Clinical Tutor at City University.

Susan is a registered member of the Health Professions Council, registered member of the Royal College of Speech & Language Therapists, and a member of the Association of Speech & Language Therapists in Independent Practice. She has considerable experience in assessing, diagnosing and treating a variety of clients and their conditions, including specific language disorder, semantic and pragmatic difficulties and stammering.

CLINICS AT HADDENHAM MEDICAL CENTRE

MONDAY AFTERNOONS

If you wish to contact Susan prior to making an appointment, please tele: 0844 4775875 and ask to speak to her directly or tele: 07960 275920. Alternatively you can e-mail her at susan@foldanote.co.uk

PHYSIOTHERAPY - SARA RYDINGS MCSP

PHYSIOTHERAPY sees human movement as central to the health and well being of individuals. We aim to maximise movement potential through health promotion, preventative healthcare, treatment and rehabilitation. Core skills are manual therapy, therapeutic exercise and application if needed of electrotherapy.

PHYSIOTHERAPISTS treat muscle and joint aches, pains and injuries for non-athletes, weekend warriors or serious athletes, musculoskeletal pain for all ages and abilities and pre and postoperative care for spinal, shoulder, wrist, hand, hip, knee, and ankle surgery.

Sara graduated from Liverpool in 1978 and worked in the NHS before moving into the private sector working for BUPA on the Wirral from 1983 until 1991 when she moved to Buckinghamshire.

Sara worked as head physiotherapist at the Paddocks Physiotherapy and Sports Injuries Department in Princes Risborough until 1999 when she started private practice in Thame. She also worked for the RAF as a civilian physiotherapist until recently. She has extensive experience of treating back and neck pain, sports injuries, ligament sprains, repetitive strains, joint injury, and pain. Problems caused by pain and stiffness in arthritis and rehabilitation following orthopaedic surgery. Sara aims to treat the underlying cause of injury and pain not just the symptoms.

CLINICS AT HADDENHAM MEDICAL CENTRE : TUESDAY 8:00am TO 12noon FRIDAY 8:00am TO 12 noon

If you wish to discuss your problem with Sara prior to making an appointment, please tele 0844 4775875 and ask to speak to her directly or tele: 07947057357. Alternatively you can e-mail her at [sararayrydings@hotmail.com](mailto:sarayrydings@hotmail.com)

PRIVATE CLINICS NOW AVAILABLE AT THE MEDICAL CENTRE.

OSTEOPATHY – CHRISTINE LANGLEY

OSTEOPATHS – are very skilled and highly trained in assessing the mechanics of the whole body, and in particular the spine. They use a variety of hands-on manipulative techniques, most extremely gentle, including soft tissue massage, muscle stretching and gentle joint movements which all help to restore a state of balance and ease of movement to the spine or limbs. Occasionally they may use ultrasound or electro-therapy equipment as an adjunct to the hands on techniques.

CRANIAL OSTEOPATHY – is a very subtle type of osteopathic treatment using gentle manipulative pressure on the head and elsewhere to encourage the release of stresses throughout the body. Due to its gentle nature it is very suited to the elderly, patients who are nervous of conventional treatment and also babies and children. It can be extremely effective in treating a wide range of conditions in people of all ages, from birth to old age.

Christine has worked in Lacey-Green and Princes Risborough during her first 15 years of practice. In her former years she was also a lecturer and clinician with the College of Osteopaths. She has also gained considerable experience working at the Osteopathic Centre for Children in London and recently went to Sri-Lanka to help set up an Osteopathic Clinic so that children injured in the Tsunami could benefit from treatment.

Christine uses both structural and cranial osteopathy depending on the needs of the patient.

Clinics at Haddenham Medical Centre

TUESDAY AFTERNOONS

If you wish to discuss your problem with Christine prior to making an appointment, please tele 01844 292266

COSMETIC AND ANTI-AGING SKIN CLINIC

Dr Alexandra Stevenson BM BS MRCCGP DPD MTTs

Dr Stevenson's career started in General Practice where she developed her interest in Dermatology. She went on to work at Stoke Mandeville Hospital and also performs skin surgery for the local Primary Care Trust within the NHS. Her interest expanded into aesthetic and anti-aging skin treatments and she now also works in a successful private clinic on Harley Street.

Dr Stevenson's approach to cosmetic dermatology is to enhance a person's appearance whilst maintaining a very natural look. Dr Stevenson takes time to explore the needs of each patient and with her training in General Practice takes a holistic approach when performing any treatment.

Treatments available include:

Skincare products	Facial peels	Muscle weakening injections
Dermal fillers	Skin rejuvenation	Removal of moles and blemishes
Prices range from £50 to £350		

Clinics will be starting next month. To book a free consultation please call Haddenham Medical Centre Tel: 0844 477 8575

Other private clinics coming soon.

As a consequence of the NHS Musculoskeletal Clinic and Counselling Service, we have been asked on numerous occasions if there could be privately run clinics. These clinics are in the process of being set up and more information about these clinics will be provided in the Medical Centre and in the next newsletter.

