



PRODUCED BY ELLESMERE PATIENTS' GROUP AND THE SURGERY STAFF

Patients' Newsletter

IDEAL SITE FOR NEW PRACTICE BUILDING COULD SLIP THROUGH OUR FINGERS

ED MANNING, PRACTICE
MANAGER, WRITES:

Since the last newsletter PB Developments have submitted substantial plans to North Shropshire District Council (NSDC) for a redevelopment of the land by the Wharf in Ellesmere. We are all very encouraged to see that a site has been earmarked for a new surgery in their plans. However, it must be understood that having a site identified and having one built are entirely different matters. It appears that many people believe that now a new surgery will definitely be built!

The reality of the situation is very different. It still remains unclear as to when the Health Authority might be able to provide funding so that building work may commence. Both the Practice and the Ellesmere Patients' Group (EPG) are in

discussions with NSDC to see if we can secure any funding via the planning process. The worst-case scenario is that NSDC only grants outline planning for a new surgery to be built on the Wharf site. This would mean that if the Health Authority did not provide funding within three years of outline planning permission being granted, then the developers would be able to re-apply so that the land could be developed for other uses.

What Next?

In order to prevent this from happening, we have been asking patients to write into NSDC explaining to them their views on our current surgery building and also the benefits to the community in having a new building. Please can you write to the Chief Planning Officer at NSDC in Wem and also your local Councillors. If you need a better understanding of the detailed issues before writing, please contact the Patients' Group via the Surgery.

Missed Appointments

	November	June
Doctors' appointments lost:	20	27
Nurses' appointments lost:	70	57

As you can see, the good news is that there is a fall in the number of doctors' appointments missed. Sadly this is countered by a rise in the nurses' time lost in November which meant an average of over four patients a day failed to attend as arranged.

All the health professionals in the Practice are heavily committed to caring for us and this waste of their time is disappointing, and unfair to those who need to be seen.

Sometimes in life it is impossible to keep an appointment, but a telephone call saying that you can't make it gives the team the chance to rearrange and perhaps fit another patient into the schedule.

Let's try to show our support by squeezing these figures down!

Dispensary now open
Monday – Friday 8.30am–6.00pm

Spots before the Eyes



**Are you seeing white spots?
On a dark blue background?**



Not yet, perhaps, but look out for them, they're coming. They are the badge of the newly-formed national charity, The Lewy Body Society.

What's that?

The Charity's aims are the "relief of persons living in the UK who are suffering from Dementia with Lewy Bodies (DLB - also known as Lewy Body Disease) and promotion of research, prevention, treatment and cure of the disease."

Lewy Body Disease is thought to be the second most common cause of dementia in the elderly, affecting approximately 130,000 people in the UK. The disease causes dementia, with symptoms similar to Alzheimer's disease, together with physical changes similar to Parkinson's disease. A great deal of work has been focused on it in the last 10 years or so, but it is still virtually unknown to the general public and even to many in the medical profession. Accurate diagnosis is difficult, but is important as some drugs that are useful for Alzheimer's or Parkinson's can be very harmful to DLB sufferers. Public awareness is a good start.

I am really excited about the launch of the Lewy Body Society. It is sorely needed. Last autumn, I was invited to the inaugural meeting, where I met the Chairperson, Ashley Bayston, a barrister who is putting aside her legal work to run the Charity. I have also met Professor Ian McKeith, of Newcastle University, one of the world's leaders in the subject and now the President of the Society. I believe them to be people of integrity who are dedicated, compassionate, energetic and determined. With public interest and support, the Society will surely grow.

The website, www.lewybody.org is now up and running.

If you have any questions, please ask me. If I don't know the answer, I know someone who will. And when the white spots start to appear around the country, remember you heard it here (almost) first and wave a ribbon for the Lewy Body Society!

Meg Wilkes 01691 622466

Fun Exercise—Skateboarding Group in Market Hall

Those of us who are, shall we say, "mature" may not realise that Ellesmere has a lively and energetic Skateboarding group. "Area 51" has met on term-time Fridays in the Market Hall for the past four years. There are 74 young people involved and attendance is usually around the 30-mark. As well as skateboarding, rollerblading and BMX biking are available, pretty much on a "who is there" and "who wants to do what" basis.

Target age range is 10 to 18 years, though under 10s and over 90s can attend with a parent. Some safety equipment is available to borrow if you want to try to see if you like it, but you will have to borrow a board, bike or blades. Light refreshments can be purchased during the evening.

To recap: 7.00 – 9.00 pm every Friday in term time at Ellesmere Market Hall. For more details contact Lorna or Gordon MacKellar on 01691 624769.



KNOW YOUR TEAM: Helen Shakeshaft interviews Bryony Evans.

Bryony Evans joined the team as a Practice Nurse in January 2006 having nursed in a Practice in Frodsham for just over 2 years. She has gained a wealth of expertise having trained as a midwife for 5 years at the Royal Shrewsbury Hospital, the Robert Jones and Agnes Hunt Orthopaedic Hospital and also working at Chester.

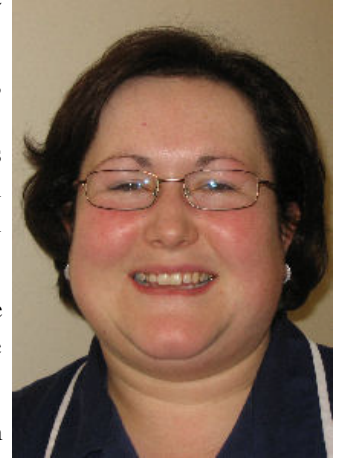
Bryony and Foong Chee work together on the chronic disease management side, which includes problems relating to diabetes, heart disease and blood pressure/hypertension. They also undertake patient medication reviews. Bryony spends most of her time carrying out general nursing duties, such as taking blood, checking blood pressure, women's health (contraception and smears), asthma check ups, travel care and home visits.

Bryony is a local person and a Welsh speaker. Most of her childhood years were spent living on the Welsh border and she attended Llanfyllin High School and Ellesmere College Sixth Form.

Bryony works 26 hours per week at the Practice and the rest of her time is taken up with her busy two year old son Rhys. If she does have any spare time she loves crafting and enjoys scrap-booking.

Since joining the Practice twelve months ago, she has settled in well, everyone has been very supportive and approachable, and - most importantly - she feels that she has become part of the team. Bryony really loves her job.

FOOTNOTE—THANKS FROM THE DISTRICT NURSES: Becky, Meryl, Hayley and Barbara would like to thank relatives and friends who have generously donated to the District Nurses fund. Since May 2005 we have collected almost £3000 and have been able to purchase a specialist mattress and a camera. Both these items are valuable assets and help to raise the level of care we can offer to all our patients.



HEALTHY LIVING AT WELSHAMPTON SCHOOL

by Geraldine Dunkerley

During the last school year (for pupils whose parents gave consent) children in the Reception Year (age 4 –5) and children in Year 6 (age 10-11) were weighed and measured. The findings were published at the beginning of December:

Reception Children

- ♦ 16% of children were overweight
- ♦ 12% children were obese

Therefore 28% of Reception children are either overweight or obese.

Year 6 Children

- ♦ 15% of children were overweight
- ♦ 16% of children were obese

So 31% of Year 6 children are either overweight or obese, which would appear to indicate an upward trend during this period of childhood.



The joint Public Service Agreement (PSA) target for The Department of Health, Department of Education and Skills and The Department of Culture, Media and Sport is “to halt the year-on-year rise in obesity among children under eleven by 2010”.

At Welshampton Primary School we were delighted that at the end of November the school was accredited with the Gold Award for all the work we have undertaken under the umbrella of “Healthy School”. With a combined effort from the NHS, Schools and parents, I am convinced the targets set by the PSA will be achievable.

News from the Surgery

NEWS FROM THE DIABETIC GROUP:

The Diabetic group held a Coffee Morning in The Comrades' Club on the 14th October which was both very enjoyable and successful raising, £68.00 for our group.

We had a very interesting meeting on the 15th November when a Chiropodist gave an excellent talk about care of the feet and with particular reference to problems that may crop up for those of us with diabetes.

Our next meeting is on Wednesday 17th January 2007 at The Comrades' Club between 10.30 and 11.30 a.m. All diabetics and carers are welcome to join us for a cup of coffee and a chat with others about living with diabetes.

If you or anyone you know has diabetes, our group is available to help you in any way we can. Our leader, Jenny Driscoll, can be contacted on 01691 690526 and would particularly like to hear from anyone with diabetes who has not previously contacted the group.

CONGRATULATIONS TO DR. VIBHISHANAN who has given birth to a baby girl called Amelie Maya. Dr Michael Clarke is covering her sessions at the Practice during her maternity leave.

HAPPY RETIREMENT WISHES go to Mrs. Sylvia Pritchard who has worked for a number of years in Reception and also as Dr. Greville's personal assistant. Karen Williams-Davies has joined us to replace Sylvia's hours in Reception.



....STOP PRESS.... STOP PRESS....



NEW BUILDING CAMPAIGN

You will have read the Practice Manager's update about the new building campaign and his plea for patients to write letters. In fact, the Patients' Group and the Practice would like to thank all those people who, having attended the recent Flu days and the Surgery, put pen to paper and wrote over 400 letters of support. This campaign was led by John and Suzy Vernon with the help of other Patients' Group members to highlight the importance of the Wharf development and its effect on our medical facilities.

These letters were presented to the NSDC and are helping to show our elected representatives and Council officers how pressing is the need for a better medical facility in Ellesmere, not only to look after those who live here already but to cater for

the additional residents who will occupy the proposed Wharf development and threaten to overwhelm our already stretched facilities.

Stop Stop Press !!! It has been agreed that a public march and meeting will take place on **FRIDAY, 2ND FEBRUARY**. Starting from the Wharf at 11.00 am., it will be followed by a public meeting in the Market Hall. This is everyone's chance to show by sheer numbers how important adequate medical provision is to the people of Ellesmere. Please join us and Owen Paterson on this march. Watch for further details in the local press, the surgery and around town.

Appointments: 01691 622798

General enquiries: 01691 623256

Emergencies: 01691 622711

www.ellesmeremedicalpractice.co.uk

E-mail: emp@nhs.net

Prescriptions by e-mail will only be accepted on emp@nhs.net