



Patients' Newsletter

WHARF HEALTH CENTRE MARCH

Another Important Day For Ellesmere Medical Practice & Patients Big Turn-Out For The March Despite The Weather BUT THERE'S MORE TO BE DONE!

Members of the Ellesmere Patients' Group watched the snow falling in the few days before Saturday 10th February with some concern. Were we down-hearted? Well ... worried, a bit! Down-hearted - NEVER!

Despite near-freezing temperatures and several inches of snow still lying in Ellesmere's streets some 200 people turned out - a really significant crowd in the circumstances, from some very 'Senior Citizens' to others in push-chairs, and including our own sandwich-board man - to make the case to North Shropshire District Council for the new Health Centre as part of the Wharf Development. The message was very clear - **"MORE HOUSES = MORE PEOPLE = MORE CARE NEEDED"**.

We gathered at the Market Hall because Wharf Road was water-logged, and then marched down Scotland Street, up Market Street, along Victoria Street and back down Scotland Street to the Market Hall. Pete's Café had very welcome tea or coffee and biscuits waiting for us there, and then our MP, Owen Paterson, addressed us. Congratulating everyone for turning out in such difficult weather (he himself had had to struggle into town because of drifting snow) and welcoming the Mayor of Whitchurch who had come to join us for the March, he gave us a very clear message that the fight is not yet over.

"The planning decisions are close at hand," he said "When the developers put on their exhibition of their plans for the site in the Market Hall at the end of last year, land had very clearly been set aside for the new Health Centre, and they must now be held to that commitment.

In granting planning permission NSDC have got to insist that the plot is set aside in perpetuity for the Health Centre." Mr Paterson underlined this message very clearly several times.

"IN PERPETUITY ..." and he called on us to give him the ammunition that he needs by writing to him and our Town Mayor, Mrs Ann Hartley, insisting on this. This would strengthen their case in their contacts and negotiations at all levels with the decision-makers.

Since the March there has been a great letter-writing campaign ("Thank you" to everyone who has written) and both our Mayor and MP have been greatly helped in their lobbying by what we have done. But there is still a lot more to do before we can be certain that the site is secured, and then we will need to focus on those who will be providing the building. The EPG feel very strongly that it is vital that the new Health Centre is up and running before house building begins at the Wharf. The current Surgery is already bursting at the seams and inadequate for our current population; yet more housing is going up around us in Ellesmere and the district before a brick is laid at the Wharf. To wait until the increased number of patients is here, and then to grant the funding will build in long delays while our medical professionals struggle to cope.

So the ball is very much back at our feet. Keep your eyes and ears open, and continue the campaign with us until we achieve a proper Health Centre on the Wharf site.

By John Vernon

Dispensary now open .
Monday—Friday **8.30am—6.00pm**

TRIPLE P - WHAT IS IT?

Helen Shakeshaft explains all.

Triple P is a Positive Parenting Programme. It is a survival guide for all parents. Being a parent is extremely rewarding and enjoyable but it is not always easy. Triple P aims to take the stress out of parenting and make it easier by providing practical answers to everyday parenting concerns.

Topics include helping you to:-

- Recognise causes of common child behaviour problems
- Build a positive relationship with your child
- Praise and encourage behaviour you like
- Teach your child new skills
- Set rules and give instructions your child will follow
- Respond to misbehaviour immediately, consistently and decisively
- Use discipline strategies that work
- Take care of yourself as a parent



The programme is split into 5 levels. For example, Level 1 relates to the TV Programme “Driving Mum and Dad Mad”, Level 3 is Primary Care and is split into two parts, 0-10 year olds and 10+ and at Level 5 Child Psychiatrists are involved.

Elaine Gough is one of our Health Visitors at the Ellesmere Medical Practice and has recently been accredited as a Triple P Trainer. Along with Dee Beckett, who is a Home Start Co-ordinator, they are running a course at Ellesmere Primary School. They are planning to run a further two group sessions later on this year. This parenting course lasts for eight weeks and includes some group sessions and some phone support for parents whilst they deal with the behaviour they want to stop. Up to 10 adults may attend and each session lasts approximately 2 hours. After attending the course and discussing the different strategies, every parent is presented with a certificate.

If you are unable to attend an evening course, they also do a one to one session which is tailored to the specific needs of that parent. These sessions can last up to approximately 1 hour.

If you are interested please contact Elaine on 01691 623260 or visit the website www.triplep.net

“I AM REFERRING YOU TO” SAYS THE DOCTOR.

What actually happens then? How long should you wait?

DAVID GRIFFITHS EXPLAINS THE PROCESS.

When your Doctor feels it is necessary to refer you to another part of the NHS, a referral letter will be sent to the relevant appointments office. Occasionally we have seen situations where patients have not heard anything and are unsure of what to expect. One patient after waiting two months simply paid for private treatment because it seemed as if the necessary consultation and therefore treatment wasn't going to be available in a reasonable time. So that everyone understands what happens, here are some basic guidelines about the referral process and what you should expect to happen.

Step 1 Your doctor decides you need to be referred and the Practice writes to the appointments office.

Step 2 The appointments office sends your referral to the consultant best suited to deal with your condition.

Step 3 The consultant decides who you need to see and when, and you will receive a letter offering you an appointment.

Normally you should receive an appointment within about 14 days from when *Step 1* began.

If you have not heard within 21 days of step one starting, please ring the Practice. The Practice admin department will take your details and pursue your referral. Normally this should be resolved within a few days, but if by any chance you have not heard within ten days, please contact them again.

LET'S GET ACTIVE: Geraldine Dunkerley explores the importance of exercise for the younger generation

The importance of regular exercise and a healthy diet is being highlighted more and more. Adults take responsibility for their own lifestyles and can choose whether to embrace or reject these recommendations. However, the younger generation need guidance, encouragement and support if they are to make informed decisions about their health.

Regular participation in moderate physical activity is now widely recognised as a key element in the promotion of good health and the prevention of disease.

Participating in regular physical activity helps young people to:

- ♦ optimise physical fitness, current health and growth and development, e.g. maintenance of a healthy weight
- ♦ reduce the risk of chronic diseases later in life, e.g. heart disease by influencing risk factors such as high blood pressure
- ♦ develop active lifestyles at an early age to encourage lifelong participation.

These factors all impact on a young person's health, but there are many other potential benefits for young people associated with regular participation in physical activity. Some of these benefits include:



- › acquiring new skills, knowledge and understanding about a variety of activities
- › being challenged either on an individual level or through competition against others
- › experiencing a sense of satisfaction in performing to the best of their ability
- › taking on leadership responsibilities and becoming independent in the physical activity environment
- › experiencing fun, enjoyment and excitement
- › making friends.

Research suggests that many young people spend less than one hour a day participating in moderate physical activity, which is insufficient to promote cardiovascular health and also that as they get older this involvement becomes even less.

What encouragement can schools give?

Schools can help pupils reach the recommended daily level of physical activity, by providing them with suitable opportunities and helping them acquire the skills, understanding and confidence to pursue activity outside school.

What can parents / carers of young children do?

By becoming involved you can:

- reinforce the positive benefits of activity
- develop your own awareness of opportunities and thereby become more active yourselves
- support your children with opportunities to exercise, play sport and games.
- encourage healthy eating



What is available locally?

Lakelands Sports Centre has appointed a Sports Development Officer, Fiona Edwards, whose responsibilities include assisting local primary schools to offer a range of physical activities to their pupils. She also provides information which is supported by a range of leaflets for primary school pupils to take home for parents / carers to read. If you would like to find out more about after school, holiday and swimming activities, you can contact Lakelands direct, on 01691 622543.



GET IN THE SWIM: GREAT VALUE SESSIONS IN OUR TOWN!

- Early-bird sessions: a. Tuesdays 7a.m.—8.15a.m. Years 7, 8 and 9 pupils. Cost = £1
b. Wednesdays 7.30a.m.—8.15a.m.—adults. Cost = £1
c. Thursdays 7a.m.—8.15a.m.—Years 10 & 11 pupils. Cost = £1
Lunchtime swim: Tuesday, Wednesdays, Fridays 12.00—12.45 Cost = £1

Adult and child swim: Tuesdays 10.30 a.m.—11.30 a.m. Cost = £2

SUPPORT YOUR LOCAL SWIMMING POOL! Call Dawn Marshall at Lakelands for info, or just turn up!!

News from the Surgery

Have you visited www.ellesmeremedicalpractice.co.uk recently?

Our Practice website averages over 1,000 visitors each month where - in addition to our surgery info - you can get access to up-to-date patient leaflets about most common illnesses. You can also download a copy of these newsletters. If you register your e-mail address on the site, we will then be able to inform you when the next edition is ready to be downloaded. Come and have a look!

Farewell to Dr. Clarke

At the end of March we will be saying goodbye to Dr. Michael Clarke who has done a fantastic job for us as a maternity locum. Dr. Vibhishanan will be at work doing surgeries on Mondays and Thursdays after Easter - mother and baby are still doing well!

Improvements to our Trimpley site.

It looks likely that agreement will be reached between the Practice and Shropshire County Council which will finally allow the scheme to widen Trimpley to go ahead.

This will mean a substantial change to our car park which will be regraded to street level and provide safer access in and out of what can only be described as a very tight space!

The work is expected to go ahead very shortly.

Missed Appointments

	Nov '06	Feb '07
Doctor appointments	20	31
Nurse appointments	70	79

The February figures show 18 hours and 20 minutes of consultancy time has been lost. This is a great shame when some patients find it hard to get convenient appointments.

Use it or cancel it, please!



.... STOP PRESS STOP PRESS



NEW BUILDING CAMPAIGN

Ed Manning, Practice Manager, writes:-

We have been overwhelmed by the support from such a large number of our patients who have been involved in our on-going campaign to have a new Health Centre built at the Wharf - a very big thank you. Our local politicians have been inundated with letters of support from patients.

As a result of everyone's hard efforts Jo Lancaster, Deputy Chief Executive at North Shropshire District Council (NSDC), promised Owen Paterson MP and Cllr Ann Hartley at a meeting after the march that a Section 106 is being proposed. This effectively means that the site will be protected for five years. This is not ideal as we would like to have the site reserved in perpetuity as Health Authority (PCT) funding is not guaranteed within five years and it would be better to have the new building before the population of the Town increases. However, this is a lot better than nothing from

NSDC which is what we would have had without the campaign. The PCT has also campaigned on our behalf with NSDC.

We have to hope that the PCT will come up with the funding before this time expires.

The Health Authority has told the Practice informally that if we have around an additional eight hundred patients then we will be at the top of their priority list as opposed to tenth place as at the moment. The PCT is supposed to fund two new Health Centres on average per year which is why the Section 106 lasts for five years. However, it is questionable whether the PCT will be able to afford new buildings in Shropshire at a rate of two per year as, for example, it could not afford to fund any new buildings in 2006/7. However, there is a new Chief Executive at the PCT, Mrs Jo Chambers, who might change the PCT's funding priorities.

The Practice and EPG will keep you informed as events move on.

Appointments: 01691 622798
General enquiries: 01691 623256
Emergencies: 01691 622711

www.ellesmeremedicalpractice.co.uk
E-mail: emp@nhs.net
Prescription requests may be sent by e-mail to emp@nhs.net but please do not include other messages in the same e-mail.