



MISSED APPOINTMENTS

for June 2006

Doctor's Appointments 27
Nurses Appointments 57

Amounting to 14 hours of valuable consultation time lost

Patients' Newsletter

SURGERY NEWS

From mid July all of our doctors will be working full time in the Ellesmere surgery as shown in the timetable below. (Please note that some of the Doctors have changed the days on which they attend).

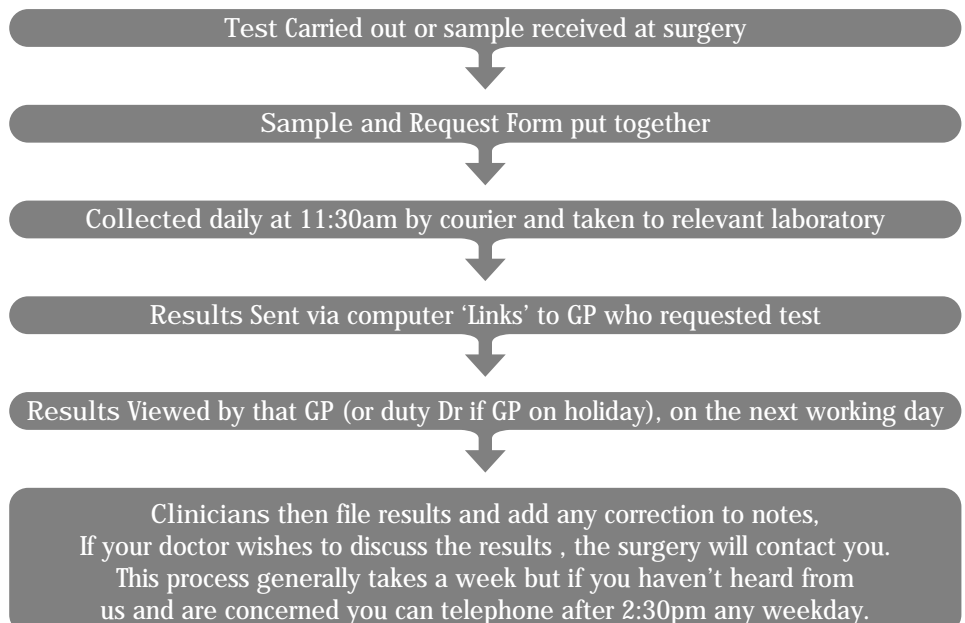
DOCTOR	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Greville	IN	IN	OFF	IN	IN
Willis	IN	IN	IN	OFF	IN
Newton	IN	OFF	IN	OFF	IN
Vibhishanan	IN	OFF	OFF	IN	OFF
Manning	IN	IN	IN MORNINGS ONLY	IN	IN MORNINGS ONLY

There will also be an increased number of nurse appointments available from August.

Despite all the hard work put into the projected surgery move it is now apparent that we will be here at Trimpley for some time. There are plans afoot to enlarge the waiting room, redecorate the surgery and make the car park more disabled and user friendly. There will be a more detailed update in the next Newsletter.

At the last meeting of the Patient Group there seemed to be a concern from residents in Cockshutt that the branch surgery might be under threat. Dr Greville assured everyone at the meeting that the branch surgery at the Millenium Hall is definitely here to stay.

WHAT HAPPENS TO OUR SAMPLES



WALKING GROUP

Currently the group meets between 1:00 and 2:00pm every Tuesday lunchtime and is organised by David and Jane Francombe. Walks at other times are being planned so if you are interested then please contact them via the surgery.

ELLESMERE DIABETIC GROUP

There have now been six well supported meetings of the Ellesmere Diabetic Group, our next meeting is on Wednesday 6th September 2006 at the Comrades Club from 10:30 to 11:30am. All diabetics are welcome to join us for a varied programme of talks, coffee and chat.

EXTEND EXERCISE

This is a gentle form of exercise and movement to music, mainly seated, for older people and those of limited mobility. The classes take place on Thursday mornings from 11:15 to 12:15pm at the Comrades Club and we all have a good laugh whilst exercising to music.

SENIOR CITIZENS GROUP

by Meg Wilkes

Thank you Senior Citizens, for inviting members of the Patient Group to your meeting last November. We spent some time discussing the triage system and talking about other matters to do with the surgery.

During a recent conversation with Nurse Foong Chee Birch I mentioned that I felt that some of our patients are reluctant to contact the surgery about things that might seem too trivial to warrant an appointment with a doctor or that never get discussed during a consultation and that perhaps they are putting up with minor ailments that make their lives unnecessarily difficult or uncomfortable.

Help is at hand! All we have to do is ask to speak to a nurse. They really mean it. It's not making a fuss.

The nurses aren't magicians, but they may be able to tell us of new and better ways of dealing with old problems or refer us to a doctor if they think it appropriate. The help is there for us. It is up to us to use it.

Talking of new ways - I had a little Granny smile recently when an orthopaedic surgeon told me, with great excitement, that the scientists have now discovered that cod liver oil is good for our joints.

HEALTHIER LIFESTYLE-THE YOUNGER GENERATION LEADING THE WAY

By Geraldine Dunkerly

It is highly unlikely that anyone reading this article would not have heard or seen an advertisement for "5 A Day". However, how many of us have actually taken notice or started to act on this advice?

As headteacher of a local primary school I made a decision over three years ago to ban sweets from morning playtime. At the time this was not an easy choice to make as the nation-wide campaign to promote a more healthy lifestyle had not really hit the headlines.

My main concern therefore was that the children and their parents might view this "school rule" as an impingement on their freedom of choice. Just as the decision was made the NHS "Fruit in Schools" scheme was introduced. I readily opted into the scheme and the transformation over time has been dramatic. Our waste bin in the playground is no longer full of crisp and sweet packets. Instead, our compost bin is full of banana skins, satsuma peel and apple cores! The next step was to install a water cooler within school. Children now bring in a water bottle and have access to chilled water at any time of the day. Slowly but surely, as a school, we were on our way to helping the children become more aware of the healthier diet options available to them.

Long before Jamie Oliver hit the headlines, the school cook was using natural ingredients and sourcing locally produced meat and vegetables. School dinner numbers rose steadily and through careful persuasion the children were encouraged to try "just a little" of the vegetables on offer each day. We recently invited parents into school to share a school dinner with their children. I'm sure the thought of that would make many of you say "NO THANK YOU!" However, the response was overwhelming and parents thoroughly

enjoyed what was served and were impressed by the choice available. In addition to promoting school dinners, the school ran a healthy lunch box contest. The children were asked questions about the food and drink in their lunch box and asked to explain why they thought their selection was healthy.

We were delighted to hear their replies and our judge had a very difficult task choosing the winners! Friday playtime is our favourite time as we have a healthy tuck shop. The children sell cakes, buns and a wide range of snacks for 10 pence each. Not very healthy you may think... BUT thanks to very supportive parents who are also excellent cooks, the cakes on offer are either fat or sugar free and are full of fruit and berries..... yummy! In May the whole school watched a drama production entitled "U R what U 8". The hour long show fully engaged the children and the message about healthy eating was re-enforced in a fun and entertaining way. Slowly but surely the children are becoming very knowledgeable about healthy eating. When asked, even the younger children are able to hold a conversation about their diet which, in earlier years, had only been briefly touched upon when the school nurse was invited into school.

If our younger generation are able to take this change on board then I'm convinced that we are all capable of making small changes to our diet. It certainly doesn't happen overnight, and what we try to teach the children at school is only a small piece of a large jigsaw, but what they are learning will give them the knowledge to make informed decisions about their diet as they grow up and leave us.

If they can do it... So can we!

In the last newsletter I aimed to illustrate the available choice of both exercise and weight loss classes. The list was by no means exhaustive and I will try to keep both adults and children informed of what is available through features in this newsletter.

I mentioned the benefits of exercising and working out with a group of like minded people and how this helps to keep you motivated. However because many people put off joining a "class" of any sort because they don't know what to expect I have invited two local fitness instructors to write briefly about what is involved.

MEG DOWDY ON "THE BENEFITS OF PILATES"

Dancers have been using Pilates as an exercise system for years as it benefits the whole body, without adding bulk, whilst minimising strain. Pilates creates a strong centre (lower back, pelvic floor and stomach muscles) which acts as a base of strength from which all other movements can be performed. It also makes you work the body whilst keeping good alignment, so preventing repetitive injuries.

The style of Pilates I teach is based on creating a balance between strengthening muscles and increasing flexibility. The movements are varied, you perform fewer repetitions but have a wider selection of exercises to perform in each session. Typically, you focus on holding the stomach in a state of contracted tension (sucking in!) and then work small movements with arms, legs, shoulders, hips or head whilst keeping the firm base.

A typical class begins with a ten minute warm up which leads into a session of around an hour mainly made up of floor exercises which focus on improving muscle tone.

The exercises that I work with incorporate small weights to help build and maintain upper body strength and tone in the arms and shoulders. Some of the work is done lying on the back strengthening the legs and body. Many of my students report that they have a better awareness of their posture in general life and a better understanding of their own bodies. I attended the Royal Academy of Dance, hold a B. Phil. in Dance and am a qualified teacher. I was head of dance at Shrewsbury College of Arts for 4 years.

JOHN BRAMLEY ON HIS ROLE AT LAKELANDS SPORTS COLLEGE AND THE GP REFERRAL SCHEME

I hold a Bsc(Hons) in Physical Education and Sports Science and have also trained as a professional advanced fitness instructor. I settled in Shropshire in 2000 and currently train private clients as well as being involved at Lakelands.

I completed a GP Referral Certificate in 2001 and was involved in the organisation of the GP referral scheme in Whitchurch. The current scheme in Ellesmere targets "low risk" referrals i.e.obesity, arthritis and diabetes, although cardiac conditions are accepted with the correct medical clearance. The process involves a letter from

the G.P. followed by a consultation with myself. A programme is then devised to suit the individual. Some opportunities exist for individual training, however this is dependent upon my availability as I am paid by Lakelands Sports College whose budgetary constraints have recently seen my hours reduced.

In addition to being involved in the GP referral scheme I lead the circuit training session on a Monday evening from 6.00pm - 7.00pm. During this session participants can work at their own level of fitness on both aerobic and muscle strengthening activities.

INTERVIEW WITH DR WILLIS

by Helen Shakeshaft

Dr Mark Willis joined the Trimpley Practice in 1987. He is married to Glenys, a midwife at both the Royal Shrewsbury and the Orthopaedic Hospital.

They have three children, Steffan 15, Iwan 12 and Ffion 9.

The two boys attend Llanfyllin High School and Ffion is a pupil at Overton Primary School.

On a daily basis, he carries out the general duties of a GP and is particularly interested in sport injuries and minor surgery, this can involve joint injections, surgery and also the removal of skin lesions. His main role within the practice is to develop the systems and structures that help to deliver quality care for the patients.

On behalf of everyone, I would like to congratulate Dr Willis on recently becoming a Fellow of the Royal College of General Practitioners in recognition of his contribution to training within the West Midlands. Well done!! He specialises in the education and training of undergraduates and postgraduates at Trimpley and at other practices. Our practice is recognised as an advanced training practice.

In his spare time he is a General Practitioner Appraiser, which means he works within the Primary Care Trust training other appraisers. He is also involved with the "Quality and Outcomes Framework" which looks at GP's new contracts, and helps established practices attain quality and performance targets.

His hobbies include mountain and road biking and in the summer the family try to spend as much time surfing and surf kayaking on the Lleyn Peninsula.

One of his personal aims is to try and do less gardening and revitalise his cooking skills. Good luck!

Why did you become a Doctor?

Dr Willis's father was a microbiologist and his mother worked in biochemistry. At school he was always best at the sciences.

When he went to University to study medicine he could not see himself doing one thing forever and general practice gave him the opportunity to do a wide variety of different types of interesting work. As well as his work at the practice he spends a lot of time working for Shropdoc and enjoys the acute medicine and the "detective work" that comes with it.

What don't you like about the job?

As people are living longer their medical care becomes more complex and it is very difficult to conduct a full and thorough review of a patient within the allotted 10 minute visit. Also, there is now too much government interference in how we do our jobs which can lead to a typical day at the practice not ending until 7.30pm.

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