

College Lane Newsletter

College Lane Surgery, Barnsley Road, Ackworth, WF7 7PE
Partners: Drs. I.Hanney, K. Needham, J. Eastwood, E. Moulton & L. Yellop

Welcome to the first Newsletter in 2007 and Best Wishes for Good Health throughout.

Matters discussed at the Patient Forum committee meeting on December 6 included that of correspondence with Patients. You will see we include an article of special interest 'Heart problems' written by a fellow patient and we shall welcome contributions where a patient's experience with a serious illness can be shared to the benefit of others.

We have an Editorial committee (volunteers) who will consider all articles, letters etc. which could be of interest to Patients and the Practice.

Phillip Stevens (Chairman)

Issue 2 January 2007
Practice telephone: 01977 611023



<u>In this issue:</u>	<u>Page</u>
Dr. Tom Brearley	2
Flu Campaign 2006/7	3
Patients' Letters	4/5
Expert Patients Prog.	6
Contact Details	6/7
New Health Check Area	8

PRIMARY CARE TEAM TRAINING DATES 2007

The surgery will be CLOSED from 12 noon on these dates.

Wednesday 17th January
Wednesday 28th February
Wednesday 21st March
Wednesday 25th April
Wednesday 16th May
Wednesday 27th June
Wednesday 18th July
Wednesday 5th September
Wednesday 17th October
Wednesday 21st November

When we are closed the Wakefield District Primary Care Trust is responsible for the provision of out-of-hours services.

**If you need urgent medical attention telephone
Local Care Direct 0845 120 7066**

Dr Thomas Brearley 1923 ~ 2006

Tom Brearley was an only child, born in Elland in May 1923 and destined to succeed his father in managing the family blanket-weaving mill in the same town.

However, the mill burnt down and Tom chose medicine as a career, qualifying from Leeds University Medical School in 1948.

Like many Ackworth Doctors, before coming to the village, he worked in Pontefract General Infirmary. Tom also went on to complete military service in the RAMC, serving in the Far East, where in 1951 he was mentioned in dispatches for distinguished service. (I was unaware of this until his son, Richard, showed me the framed citation of the award on the day before the funeral.) A brave man and a modest one.

Tom joined Dr John McRobert in the Ackworth Medical Practice in 1952 where he served continuously for 36 years until his retirement in 1988.

Tom had a down to earth approach and this went well with his highly developed sense of humour. He had an explosive laugh and a repertoire of humorous anecdotes from his work as a GP. Like the time when his examination of a 'difficult' patient was interrupted whilst Tom removed a loaded revolver from under the patient's pillow.

Tom was the epitome of the conscientious, caring family doctor as well as a committed Christian. This, together with his long service to others, led to his receiving the Maundy Money from Her Majesty the Queen in Wakefield Cathedral in 2005.

Soon after this, Tom, already an ill man and fully aware of his condition, went to live in comfortable sheltered accommodation in Norfolk near Richard and his family. He died peacefully on 14th August 2006.

At his request, his funeral was held in St Cuthbert's Church, next door to his family home for so many years.

I doubt we shall see his like again.

Peter McWilliam

Information

Flu Vaccine Campaign 2006/7

Patients Registered with Chronic Diseases Immunised by December 2006

Disease	Target %	% Achieved
Diabetes	85	87
Chronic Obstructive Pulmonary Disease (COPD)	85	87
Heart Disease	90	88
Stroke	85	90
Aged 65 and over	60	54

~~These figures are encouraging but we always strive to target more people in these 'at risk' categories.~~

Practice Staff Update

Welcome to:

Dr Asula - GP Registrar

Dr Ryan Mathews—Foundation Doctor (December 06—March 07)

Kay Cracknell - Health Visitor

Carol Harnell - Community Clerical Assistant

Rachel Sharp - Community Nurse

Alison Norcup - Practice Admin Secretary

Farewell to:

Kerry Cooper - Practice Nurse

Dr Allen - GP Registrar

Heart to Heart

Heart disease takes many forms—it may be hereditary, congenital, ischaemic or, somewhat alarmingly in today's world, MANMADE.

By 'Manmade' implies that an individual's lifestyle may well be the principal contributory factor in the disease: **diet** (malnourishment, obesity, wrong foods), **stress** (work, family etc), **smoking**. These are the three prime factors which separately or in combination are believed to be the causes of many of the heart problems examined within the Practice.

Currently some 6% of patients receive treatment through the Ackworth and Thorpe Audlin surgeries. The treatment is both pre- and post-operative and obviously a large element of the Practice budget is devoted to heartcare in terms of both doctors' time and prescription expense. The actual number of patients undergoing treatment at any one time is (higher / lower) than the national average which is (rising / falling).

Skills in this area of medicine are very noteworthy and my experience leads me to feel that the Practice keeps abreast of new treatment techniques within the profession both within and outside the NHS. Links with consultants and hospitals are maintained at very high levels, not least for the benefit of those who have had or will have heart surgery.

The philosophy of developing clinics in specific fields, eg asthma, diabetes etc has been extended to those with ongoing heart problems, and we hear glowing reports from those who attend the heart clinics in which Dr Yellop features most prominently. These clinics provide counselling and progress / performance monitoring to an exceptionally high standard supporting also the patient / doctor relationship.

The Ackworth Patient Forum, of which I am a member, has received significant and praiseworthy feedback on the clinics from both doctors and patients. Through the heart clinic we have been asked to tackle the negative Manmade aspects and try to persuade more people to adopt a balanced diet and cut down (or cut out) smoking.

So, at this time of New Year Resolutions, it would seem appropriate to encourage the “**Take Five a Day**” (fresh fruit and vegetables) and “**Stop smoking**” slogans.

A Happy New Year and Good Health!

Bill Price (I've been there)

Mr Price highlights two important areas of heart disease- firstly the prevention of it and secondly the monitoring of it once established. At the centre of both areas is the patient:
Patient A works hard to eat healthily, stop smoking, exercise; remembering his or her New Year Resolutions!

Patient B comes to a Practice Nurse clinic to review that all prescribed heart tablets are working as they should.

Patient C attends a specialist heart clinic at Pinderfields or Pontefract hospital, for more detailed tests.

Some people find themselves in the role of Patient A, B and C at the same time, and these roles should and can complement each other. All the Doctors and Nurses at College Lane Surgery can have an input at all stages of heart disease, from prevention, to treatment and monitoring, and we have good working relationships with our local hospital specialists. I have a role called a "GP with a Special Interest in Heart Failure", working alongside Dr Brooksby at PGI for 1 session a week. For the rest of the week, I work at College Lane Surgery.

Please use the local facilities and expertise of the whole team to help us all win the battle against heart disease in all its forms, including raised blood pressure.

Our self-check health corner within the waiting room continues to be well used, and no appointment is necessary to come and use it.

Specific appointments for well person health checks can be made with an appropriate nurse via Reception, and medication reviews for patients already taking regular heart tablets will be systematically arranged by us at either 6 or 12 month intervals, depending on number of medications being taken.

Dr Yellop, Partner at College Lane Surgery.

Has your doctor advised you to take more exercise or to lose some weight?

There are plenty of enjoyable and sociable ways to do this within our area.

Isabella Bell, who is well-known locally for her wit and long experience of teaching exercise to music, leads a group of ladies on Wednesday afternoons at 1.30pm in The Ramsden Hall, Darning Lane, Thorpe Audlin.

The exercises can be done either standing upright or by using a chair, but there is an agreement that you only do what you safely can, bearing in mind your health problems.

Tea and biscuits are served by members on a rota system and the cost is £2 per session including the exercise. The laughs are free!

Come along and join us! If there is sufficient interest, we could consider arranging a men's group, or a mixed group as well! If you need any other information or would like help with transport, please ring **01977 620655**

Dorothy Stevens

The Expert Patients Programme

The Expert Patients Programme is a free self-management course for people with long-term health conditions. It offers a range of skills and techniques for relaxation, better breathing and pain management, communication with health care professionals and managing depression.

A few of the identified benefits include:

- ◆ **Reduced severity of symptoms**
- ◆ **Fewer visits to GP, A&E and Outpatients**
- ◆ **Improved life control and activity**
- ◆ **Significant decrease in pain**

The EPP is a free six-week course. It involves attending one session per week lasting 2 hours 30 minutes with a twenty minute break for refreshments.

Next available course:

Chesneys Centre, Featherstone ~ starting 28 Feb, 2007, 10.00-12.30, finishing on 04 April 2007.

For more information pick up a leaflet from the surgery, talk to your doctor or read about it online at www.expertpatients.nhs.uk

Patient Forum Post Box



You can also send your comments and questions to the Patient Forum via the new post box located in the main waiting room at College Lane Surgery. We look forward to hearing from you.

If you cannot get into the Surgery, write to us direct:

c/o Secretary,
69 Mount Pleasant,
Ackworth,
PONTEFRACT.
WF7 7HU

Members of the Patient Forum

Contact Details

Name	Office	Village/Town	Phone or Email
Di Brabbs	Treasurer	Badsworth	07966 285516
Doug Bateman		Low Ackworth	613203
David Bradder & Margaret Cowley		Pontefract	706410
Jackie Dawson	Newsletter	Ackworth Moor Top	610800
Sue Dye		Thorpe Audlin	
Peter Hall	Deputy Chairman	High Ackworth	795551
Michael Hanson	Newsletter	Upton	643666
Kenneth Jackson		Wentbridge	620723
Ron Latcham		Ackworth	
Patricia Lawson		Ackworth	612255
Dr Peter McWilliam		Ackworth Moor Top	619239
Ruth Miles		Ackworth	613734
Brian & Marlene Parr		Ackworth	611615
Andrew & Melanie Raby		Badsworth	
Linda Steer	Newsletter Editor	Ackworth Moor Top	614716
Dorothy Stevens		Thorpe Audlin	620655
Phillip Stevens	Chairman	Thorpe Audlin	620655
Susanne Spence	Secretary/Newsletter	Ackworth Moor Top	07799 467153
Geraldine Palmer		Badsworth	

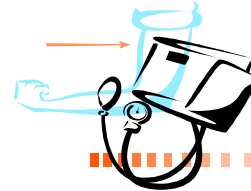
Please contact us to pass on your ideas, concerns and queries about services at the Practice. Remember, we cannot deal with confidential matters.

2007 New Year's Resolution? - Get healthy, Get fit, Lose weight !

Call into the waiting room and use the new equipment.

- Automatic Blood Pressure machine.
- Weighing Scales.

Free Health Education Information available for all ages and abilities.



In November and December two visitors won a complimentary basket of fruit! It could be you. Drop in and complete the patient survey with details of your height, weight, blood pressure and smoking status. You could be a winner!

Practice Website - February 2007

It will include options to order your repeat prescriptions, details of services and opening times, news and much more.....

What is an urgent appointment?

This is required for something that cannot wait to be seen by a doctor or nurse the following day when appointments are open.

Examples might include: Acute pains, severe earache, a very ill/sick child or elderly person. If in doubt call the surgery and ask for advice.

Ordering your repeat prescriptions – You can choose to....

- email: collegelane@wakeha.nhs.uk
- Telephone 01977 611023 between 10am – 6pm Monday to Friday
- Post your request or drop it in at reception

Please allow at least 2 working days before collection. Double check your review date— if yours is due, book an appointment with the Nurse.

Claire Broome (Practice Manager)