



# LUDHAM AND STALHAM GREEN SURGERIES

## NEWSLETTER: MARCH 2012



Welcome to our March newsletter.



### Retirement of Dr James Savage

Dr Savage is retiring from general practice at the end of March. He has the following message for you all.

*"I am about to retire from Ludham and Stalham Green Surgeries after nearly 30 years on 31 March 2012. I came as a young bearded locum in 1982 when Dr Gabriel broke his hip whilst ice skating and joined the practice when he retired.*

*Over this time I have seen many changes to general practice and some elements have remained the same, especially Brenda and Lynn in Stalham Green office who were there when I started. Many of our patients have been with the practice over these 30 years and some for very many more. It has been a huge privilege to look after our patients over these years. Some, I have attended their birth and then seen them grow up and become mothers and fathers. Others have passed from middle to old age!*

*I have derived great satisfaction training young doctors to become GPs including Drs Colin Sale and Simon Morris. It is with great pleasure to announce that Dr Elizabeth Christie, whom I also trained, is coming to take my place for three days a week. She went to school in Norwich, Medical School at Birmingham before a spell in Australia and returning to Norwich for her GP training.*

*I would like to take this opportunity to wish all our patients, staff and colleagues the very best and to Dr Sheila Sudlow who takes over the reins as senior partner. Thank you all for making my time in the surgeries so rewarding and enjoyable. I plan to stay in Ludham in retirement, enjoying hobbies of travelling, sailing, bird watching and even some locum doctor work".*

All patients on Dr Savage's list will be transferred to Dr Christie. It should be noted that the Practice operates a policy of patients being able to see a GP of their choice.



### Ludham Village Car Scheme

We are very keen to support this very worthwhile new initiative. The scheme involves a pool of local volunteers who use their own cars to help local residents with medical related journeys, such as doctors, dentist, chiropodist appointments and collection of prescriptions. A small charge is made to cover expenses. To find out more, to book or to become a volunteer, contact one of the scheme co-ordinators: Sheila Farnsworth 01692 678582 or Ken Grapes on 01692 678437



### Farewells and Welcomes

A busy time for the practice with lots of comings and goings...

- A warm welcome back to Dr Elizabeth Christie who is joining us as a Partner for 3 days per week.
- Dr Clare Sieber left us in January but will be returning later in the year.
- We were sorry to say goodbye to Maxine Rye in January when she left her post as a Health Care Assistant/Clerk to begin Nurse Training at UEA. She says, "Thank you so much for all the cards, gifts and kind words. I have loved working with you for the past 7 years. Thank you for making my job so enjoyable and rewarding." You may still see Maxine from time to time as she is helping us with holiday cover.
- Our Phlebotomist/Receptionist Kerrie Clarke is taking on Health Care Assistant duties and is also starting her Dispensing training.
- Sue Wright has joined us as a Health Care Assistant, providing relief cover.
- Dispenser, Katy Hubbard, is leaving to have a baby, due in April. We wish her all the very best and hope to see her back next year.
- Our new apprentice Jessica Bane started her training as a receptionist at Ludham in March.

### Diabetes study

The surgery is taking part in the Norfolk Diabetes Prevention Study to identify those patients who could be at risk of developing type 2 diabetes. It is a diet and lifestyle programme. Letters are being sent out currently and the study involves a screening blood sugar test and for those at highest risk, the chance to take part in a diet and lifestyle programme. If you would like to find out more please contact the Norfolk DPS team on **01603 587300** or [www.norfolkdietandlifestylepreventionstudy.nhs.uk](http://www.norfolkdietandlifestylepreventionstudy.nhs.uk)

## Automatic Air Fresheners

This winter a number of patients have reported a worsening of asthma symptoms after installing one of these devices in their homes.

If you have experienced increased symptoms such as coughing or wheezing and you have one of these devices, try switching it off to see if there is any improvement. Remember to keep your blue reliever inhaler with you at all times, especially in cold weather.



## Ovarian Cancer Awareness Month

Ovarian cancer used to be called 'the silent killer', even in medical text books, with most women not being diagnosed until the cancer had spread. But there is now growing scientific evidence that the frequency and combination of particular symptoms could alert women and their doctors to the possibility of ovarian cancer, even when it is in the early stages, when survival rates are much higher.

Are you aware of symptoms?

- Persistent pelvic/stomach pain
- Persistent bloating or increased stomach size
- Difficulty eating or feeling full quickly

Other symptoms include needing to wee more frequently, changes to your bowel habits or back pain. If you are experiencing any of these symptoms on most days, it is important that you see your GP. For more information, visit [ovarian.org.uk](http://ovarian.org.uk) or call 0300 456 4700.



## Bank Holiday opening

We are closed for the following various bank holidays:

**Fri 6th April – Good Friday**

**Mon 9th April – Easter Monday**

**Mon 7<sup>th</sup> May – Mayday Bank Holiday**

If you need an emergency doctor when the surgery is closed, please call 01692 678611. For health advice 24 hours a day contact NHS Direct Tel: 0845 4647

[www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)

If you are ordering medication or repeat prescriptions during the busy lead-up to the holidays, **please allow at least 3 working days and wait until after 11am to collect your medication.** This may prevent a return journey as many medications have to be ordered. Extra time is needed if you order on a day that is half-day closing (Ludham – Wed, Stalham Green – Thurs).

Just a reminder that you can order your repeat prescriptions from our website:

[ludham.dispensary@nhs.net](mailto:ludham.dispensary@nhs.net) or  
[stalhamgreen.dispensary@nhs.net](mailto:stalhamgreen.dispensary@nhs.net)

The answerphones are:

Ludham – 01692 678102 and Stalham Green – 01692 584919, or hand-deliver your repeat prescription at the front entrance of both surgeries.

## Worried about your memory?

Many of us notice that our memory gets worse as we get older, but it can be difficult to tell whether this is a sign of an underlying condition like dementia. Find out more about the signs of dementia and what you should do if you are concerned about your own or someone else's memory by making an appointment to see your GP, picking up a leaflet in Reception, or by contacting the Alzheimer's Society Helpline 0845 300 0336 [www.alzheimers.org.uk](http://www.alzheimers.org.uk)



## NHS Abdominal Aortic Aneurysm (AAA) screening programme

- From 1st April 2012 all men will be invited for screening during the year they turn 65 while men over 65 will be able to self-refer directly to the programme. An invitation leaflet with an appointment time three weeks in advance will be sent and if the man accepts the invitation, an ultrasound scan of the abdomen is carried out and the aortic diameter measured. Results will be provided verbally immediately after the scan and in the post shortly afterwards. We will receive more information in the coming months. Research has demonstrated that offering men ultrasound screening in their 65th year could reduce the rate of premature death from ruptured AAA by up to 50%.

## CareSens Blood Glucose Testing Meters



If you have diabetes and use a blood sugar monitoring machine please be aware that we are changing to provide a new device called CareSens. Some of you will already have been contacted about this and we will be getting in touch with all of you. For ordering spare batteries and control solution you should contact 0800 881 5423. A printed leaflet will be put into each meter so you will have this contact number. If you have any questions or concerns please contact us here at the surgery.

## Sorry, we are closed...



Closing the surgery is not something we do lightly, but sometimes we need to bring all our Reception and Dispensary staff together for training or essential staff meetings. We will be **closed between 1.00pm and 2.15pm on 31<sup>st</sup> March**

## What do you think?

As always, if you have any comments or suggestions for our newsletter please let us know. Please contact: Kate Gabriel on 01692 677031 or e-mail her at [kate.gabriel@nhs.net](mailto:kate.gabriel@nhs.net)