



FROM THE EDITOR

The Patient Participation Group (PPG) at Barn Close Surgery will be publishing four Newsletters in the next year. These will be available on the Barn Close Surgery website or to pick up in the surgery.

The members of the group are: Marion Davies (secretary), Margaret Harrington, Vicki Packman, Jan Roach, Sue Stephenson and Sonia Woolven (Chair). Jean Taylor, the surgery Practice Manager advises and comes to the PPG monthly meetings and is the liaison with the doctors, particularly Dr John Hughes who has a special interest in the activities of the PPG. The meetings are usually held on the third Thursday of each month from 1.00 p.m. to 2.00 p.m. We would welcome new members if anyone would like to join the group.

In this Newsletter Dr Josie Conquest has written a profile having been with Barn Close Surgery since August 2015. We also have an article from Jan Roach, a member of the PPG, who is a retired specialist speech and language therapist. Margaret Harrington has contributed an article regarding the Broadway and District Cancer Support Group.

If anyone has an article they would like included please contact me, Sonia Woolven, on 01386 852211 or preferably by email to swoolven@btinternet.com or email Jean Taylor at jean.taylor13@nhs.net.

Sonia Woolven

Dr N Townshend (m)
Dr E Billings (f)
Dr J Hughes (m)
Dr C Nyenyenzi (f)
Dr J Conquest (f)

Contents

Page 1
From the Editor
Flu Clinic

Page 2
Meet the Doctors –
Dr Josie Conquest
Medical Students
Who Can Give Blood

Page 3
Hard to Swallow
Appoints On Line

Page 4
Broadway and District
Cancer Support Group
The Time We Give Out
Results Has Changed

FLU CLINIC

Appointments are available for our flu clinic being held on Saturday 29th October 2016 at the Lifford Hall from 9.00 a.m. to 2.00 p.m.

If you are aged over 65 years or under 65 years and in one of the 'At Risk' groups please book an appointment. If you are unsure as to whether or not you are entitled to a flu vaccination please ask at reception. If you are not entitled to a flu vaccination we offer this service on a private arrangement of £10 per vaccination.

MEET THE DOCTORS – DR JOSIE CONQUEST

I completed my Medical Training at The University of Birmingham. In addition to my Medical Degree I also did a Biomedical Sciences Degree in Cardiovascular Science as part of my intercalation year. I have always enjoyed General Practice as part of my training and was very pleased when I secured a place to study General Practice in South Worcestershire. As part of my GP training, I worked in Accident and Emergency, Psychiatry and Obstetrics and Gynaecology. This has added to the experience I gained during my Foundation Training completing jobs in General Medicine, General Surgery and Paediatrics.

I then worked as a GP Registrar for 12 months in Great Witley. Working there strengthened my enthusiasm to work as part of a team in a rural practice and so I was very happy when I was offered a job to work as Salaried GP at Barn Close Surgery. I feel very fortunate to work as part of such a great team and have really enjoyed getting to know the patients of Broadway. I have recently taken on the role of GP lead for Respiratory Conditions and so am building on my knowledge of this topic by attending various educational events.

I am married to a GP who works in Tetbury. We have a lovely Golden Retriever called Monty and are very happy to be welcoming our first child in the early New Year.

MEDICAL STUDENTS

Barn Close Surgery has been a teaching practice for medical students since 2008, Dr Emma Billings and Dr John Hughes are the tutors for final year medical students from the Medical School of Birmingham University.

It is a real privilege to have some responsibility for the training of the next generation of doctors, and patients too can do their bit in helping train tomorrow's doctors. We have students with us regularly throughout the year for a 5 week training block. If you have an appointment to see Dr Billings or Dr Hughes during that time, you may be asked if you would mind seeing our medical student. You would always see the GP as well. We have an excellent reputation and are still in contact with some of our previous students. We get excellent feedback from the University and from our patients. Please help us to continue this important work.

WHO CAN GIVE BLOOD?

Most people can give blood. You can give blood if you:

- Are fit and healthy
- Weigh over 7 stone 12 lbs or 50 kg
- Are aged between 17 and 66 (or 70 if you have given blood before)

Men can give blood every 3 months and women can give blood every 4 months.

ARE YOU ABLE TO GIVE BLOOD?

If you have an existing medical condition or have a question about your eligibility to give blood you should check www.blood.co.uk in the health and travel section before you book an appointment.

Common eligibility questions include: receiving treatment: taking medication: travelling outside of the UK: tattoos: pregnancy: illness: cancer: receiving blood, blood products or organs.

If you answered yes to any question on your Donor Health Check questionnaire, you should check the A-Z list of health and travel queries to see if you are able to give blood. If you have any questions then contact us on www.blood.co.uk/who-can-give-blood or call us on 033 123 23 23.

HARD TO SWALLOW

I guess most of us take swallowing for granted – as we do with most body movements! Occasionally we all choke on a swallow – ‘it’s gone down the wrong way’ is a common cry. It actually has – the food/drink has gone into the airway and the body instantly goes into protective mode and coughs in order to attempt to remove the foreign material and get it back to the right pathway, i.e. the digestive tract. The problem is that the digestive and breathing functions both share an initial common pathway – i.e. the mouth and throat.

A swallow is a refined, complex series of movements. And like most of our body, doesn’t work quite so well when we get older. Some illnesses involve difficulties with swallowing. Some of us just can’t swallow a pill at any age!

Pill swallowing for most of us can be helped by swallowing it with a spoonful of, for example, yoghurt. Some people crush their medication but this may be absolutely the wrong thing to do because many pills work on a slow release basis – a pharmacist should always be consulted before crushing a pill. Some medications are produced in liquid form, it is always worth making enquiries.

Many of our swallowing problems are caused because we swallow liquids slightly differently from the way we swallow solids. This means that foods such as cornflakes and milk, meat and gravy, orange segments, can be difficult to cope with. In such situations it is necessary to remove the liquid part of the food. To do this, for example, the cornflakes need to soak into the milk so that you are left with a single consistency. Meat and gravy are helped by adding mashed potato so that the gravy can be mixed in to produce a single consistency. Meat itself may be hard to swallow, if so, cut it up much smaller, or blend, or mince it. Orange segments are best either taken as juice or blended in a mixer. Remember, you are aiming for a liquid OR a solid texture. If liquids are a problem, they can be thickened – there are brands of food thickeners available to buy.

Another problem can be caused by very dry foods, e.g. crisps etc. dry toast and biscuits. I would always have recommended removal of crusts and plenty of butter and/or jam etc. on toast. Dry biscuits and crisps can always be swallowed more easily if taken with a moist dip or dunked. As a rule of thumb, if swallowing is a difficulty, small mouthfuls of food are generally best.

I do hope you have found this information interesting, but do consult your doctor if you are seriously worried about swallowing difficulties.

Jan Roach (Retired Specialist Speech and Language Therapist)

APPOINTMENTS ON LINE

You can now use the internet to book your next GP appointment

It is quick and easy to use and can be particularly useful when the practice is closed or telephone lines are busy. You can view, book or cancel appointments online whatever time of the day or night.

The appointment system has been carefully designed for ease of use. You will be able to view a range of available GP appointments and choose the most convenient time for you.

If you would like to register for this service, please complete the consent form available from reception along with photographic ID.

BROADWAY AND DISTRICT CANCER SUPPORT GROUP

Broadway and District Cancer Support Group was set up in 2004 by Pat Aberdein who worked as a nurse in the community and cared for patients with cancer, and was in remission herself, and a retired clergyman who had both personal and professional experience of cancer.

After discussion with healthcare professionals in Evesham and Broadway the group had its first meeting at the Signpost premises in Broadway. The aim of the group is to offer confidential support to people with cancer, or recovering, as well as their partners, carers and other family members. Cancer may be accompanied by depression and loneliness which can make it difficult to talk to family and friends about fears and concerns.

Feedback from new members has been very positive, often saying that they learn coping mechanisms from other members, and realise that others have had similar fears and worries. We enjoy tea and biscuits and a good natter as well.

We are a small group who meet on the first Thursday of each month at 3.00 p.m. for an hour at the Signpost premises at 4 Russell Square, Broadway, WR12 7AP (near Budgens and Russells) and have occasional social outings.

Anyone who thinks the group would be helpful is welcome to just drop in to join us, we are very friendly and supportive.

For further information please ring or call in at Signpost, open on Monday, Tuesday and Thursday from 10am -1pm. 01386 859029 or leave a message on the answer phone.

Margaret Harrington

THE TIMES WE GIVE OUT RESULTS HAS CHANGED

It is important that you contact the surgery for your test results if you have had a urine, blood test, x-ray or other investigation. Please either call in person or telephone the surgery. Monday to Friday between 11.30 a.m. and 1.00 p.m. or between 2.30 and 5.30 p.m. on 01386 853651.

Opening Times:
Monday to Friday 8:00 am–6:30pm
Weekends Closed

Appointments available 8:40 -11:00
and 3:00 pm – 5.30 pm

Dispensary 8:45 am– 1:00 pm
and 2:00 pm – 6:30 pm

Prescription charges from 1 April 2016

Single item £8.40

Pre-payment certificates remain the
same:

3 months £29.10

12 months £104.00

General Enquiries – 01386 853651

Appointments – 01386 853809

Fax – 01386 853982

Out of Hours – 111

Website: www.barnclose.co.uk