



# Surgery Newsletter 2015 No.4



Welcome to the fourth newsletter of 2015. This is produced in partnership with the Surgery and the Patient Participation Group.

## **CHRISTMAS DRAW**

As you are aware the Friends of St. Lawrence Surgery (PPG) support the work of the surgery in a variety of ways. Our self-care initiatives such as the Singing Group (Thursdays) and the Strollers Walking Group (Tuesdays) are well-publicised, as are our fund raising activities.

In consultation with the medical staff at the surgery, we are hoping to raise about £1000 to purchase a relatively new device which picks up irregular heartbeats and helps to diagnose Atrial Fibrillation in patients. It is recommended by cardiologists and has the advantage of identifying this heart condition during routine screening. We aim to raise this money through our Annual Christmas Draw which this year is sponsored by a local award winning manufacturer – ETI – Electronic Temperature Instruments. The company is the No1 UK manufacturer of electronic thermometers, several of which have been prominent on the Great British Bake Off and Masterchef. The First Prize is £100 cash, second £50 cash and the third an ETI food thermometer (worth £50) as featured on TV programmes. Additional seasonal prizes will also be available. We are extremely grateful to ETI for their generosity. In order to achieve our aim, we invite patients, staff and friends of the surgery to support us in the following ways:

- By purchasing tickets when you next visit the surgery – 20p each or a book for £1. They will be available from Reception.
- By purchasing tickets when you attend for a flu or shingles clinic – a manned table will be available.
- By offering to sell additional tickets to family, friends and neighbours. Please email our secretary [alan.hardwick26@icloud.com](mailto:alan.hardwick26@icloud.com) to say how many books you would like and he will forward your requests to our draw organiser. Once your request is processed the tickets can be collected from Reception.
- By offering to sell tickets at the surgery from Monday 7th December onwards. A rota will be established – again any offers of help should be made known to [alan.hardwick26@icloud.com](mailto:alan.hardwick26@icloud.com)

The Draw will take place at our **ANNUAL CHRISTMAS COFFEE MORNING** on Tuesday 22nd December at 11.30am. Hopefully we will have raised sufficient money to purchase the Heart Equipment for the benefit of all patients. We are hoping to have a few members of the choir there so that we can sing some carols. Please come along and support this event.

## **Flu Clinics**

**Just a reminder that if you haven't had your Flu injection yet then please book yours at reception before it's too late.**

## **Welcome**

We welcome Dr Zaynab Baha and Dr Lauren Short who are salaried GPs covering Dr Clarke's patients and also Graham Lelliott who is another full time Paramedic Practitioner. They have fitted in well with the team.

## **New Website**

We have had a new website built which we hope you will find of interest. There are still a few more tweaks that we want to make in order for it to be more accessible to the patients. If you have any comments or suggestions then please email Jo or Alan (email addresses at the end of the newsletter)

## **Social and Support Morning**

St Lawrence Surgery Patient Participation Group are working in partnership with Guild Care to hold coffee mornings with a different theme every Friday morning. The purpose is to give people who are lonely and housebound the chance to socialise and have fun. There is a charge of £1 per session. Transport can be provided if required for a small charge. This takes place every Friday at 10.00 a.m. in the Education room. Contact the reception for more details.

## **Spotlight on.....**

David Clarke



A week now into my years sabbatical from St Lawrence, Jackie and I are holidaying in New Zealand, having a welcome break from the upheaval in packing up our stuff and heading down under. I have always wanted to spend some time doing work in Australia, and this is a wonderful opportunity for us to spend a year in Coffs Harbour, New South Wales. I will be working as a GP, in much the same way as in Worthing but I am sure I will find a few differences. I am keen to renew my interest in minor surgery, particularly skin cancers. We have many contacts in Australia, particularly doctors who have emigrated, and will be very appreciative of familiar faces while we settle in. We fly to Sydney next week, where we will have some warmer weather, and I will have to get up even earlier to watch Ireland in the rugby world cup!

## **Water Dispenser**

We thank the Patient Participation Group for the purchase of the water dispenser, which is found outside the pharmacy. We hope that the patients will find this useful.

## **St Lawrence Singers**

Our Singing Group continues to flourish and scheduled meeting dates are displayed on our web-site. Mrs Sue Pickering co-ordinates this group if you would like further details.

## **St Lawrence Strollers**

Our Walking Group, meets at the surgery on a Tuesday morning @ 9.45am in the Education Room. The group is very popular and more details can be found on the website. Mr Ian Leedham is the co-ordinator.

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## **Your comments:**

We hope you enjoy reading our newsletter but if you have any comments about its contents or other things you would like included then please contact Jo Wadey (Practice Manager) at [jowadey@nhs.net](mailto:jowadey@nhs.net) or Alan Hardwick (PPG Secretary) at [alan.hardwick26@icloud.com](mailto:alan.hardwick26@icloud.com)  
Thanks for your support

## **Follow us on Facebook:**

The St Lawrence Surgery Facebook Group Page is open only for patients of the surgery. We hope it will become useful for patients to know what is happening and to leave any comments. So if you are a patient and want to become a member then find us at <https://www.facebook.com/groups/StLawrenceSurgery/>  
(Please note that approval will only take place when the office staff have time.)