



Surgery Newsletter 2016 No.1



Welcome to the first newsletter of 2016. This is produced in partnership with the Surgery and the Patient Participation Group.

Fund Raising Celebration

We are sure that you will be pleased to hear that the PPG's recent fund-raising efforts have amounted to a staggering £1300. This total reflects the profits from our Christmas Draw (generously sponsored by ETI), the Guess the Name of the Teddy Competition and generous donations from patients.

We would like to thank all those patients and friends who contributed to this success by selling and buying tickets or donating cash amounts. Brilliant team work all round.

The main winning ticket numbers were:

1st Prize £100 – 01483 2nd Prize £50 – 05452 3rd Prize ETI thermometer – 02050

All prizes have been collected from Reception at the surgery with the exception of:

Ticket 02477 a bottle of wine and Ticket 02053 a large teddy bear.

These prizes will be retained until the end of January for final collection.

The bulk of this fund raising has already been spent on the AF Bar requested by the doctors. This will help greatly with the early detection of Atrial Fibrillation and is extremely patient friendly. The residue from the fund-raising will be spent on additional equipment as requested by the surgery.

Flu Clinics

Last chance for a free flu injection (subject to eligibility) Please book as soon as possible to protect yourself. Our triage team are seeing an increasing number of influenza complications on their case load.

Dr Corney

Dr Corney will be going on maternity leave in March and we wish her well and will keep you updated on what bundle of joy she has.

Appointments

Don't forget you can pre book to see a GP or Nurse of your choice up to three weeks in advance. You can book appointments on line. You can also ask to speak to a Doctor, Nurse or Paramedic any morning (Monday to Friday).

Electronic Prescribing

Have you signed up for electronic prescribing yet? This makes collecting prescriptions easier and more convenient for you. This service gives you the option to 'nominate' the place you choose to collect your medication or appliance from. They receive your prescriptions electronically and this saves you a trip to your GP practice just to collect your prescription form - particularly if you have regular prescriptions. More details on the website.

Surgery Updates

We send surgery updates to our patients who we have email addresses for. If you would like to receive regular updates from the surgery, then please give reception your email address to keep in touch.

Quiz Night is returning

We are currently organising the return of our popular Quiz Night. It will take place on Friday 19th February at the Old Palace, Tarring starting @ 7.30.p.m. Further details will soon be released. Entrance is £6 a head and involves teams formed of 4,5 or 6 people.

Spotlight on.....

Graham Lelliott



I'm Graham and I am a Paramedic Practitioner based at St Lawrence Surgery. I have worked in healthcare for almost 30 years.

I joined West Sussex Ambulance Service in 1985 and over the next 29 years I gained not only my paramedic qualifications, but also a vast amount of invaluable experience in treating and caring for patients whilst working as part of the A&E ambulance service based in Worthing. During this time I also helped to set up and became part of the Paramedic Rapid Response Motorcycle division, often becoming the first point of contact for patients in an emergency situation.

After almost three years training at St George's University, London, in 2013 I qualified as a Paramedic Practitioner and I joined the team at St Lawrence Surgery in September last year.

As a paramedic practitioner at the Surgery, my role is to provide support to the doctors and nursing staff in whatever way I can. I help to triage the many daily calls the surgery receives, I travel to patients homes to assess, diagnose and treat if they are unable to attend the Surgery and I hold an afternoon clinic for those able to come in. I thoroughly enjoy my role and first class patient care is always my priority.

I am married to Lorraine, have two children, Abigail and Callum, and of course my family would not be complete without mentioning our cat Josie and Willow our dog!

In my spare time I like to try and keep fit, so whenever possible I cycle. For the past 2 years, together with my son, I have taken part in the London to Brighton cycle ride for the British Heart Foundation and in September last year, I completed my first ever Sussex 100k in aid of Chestnut Tree House. It was a huge challenge, but totally worth it!

St Lawrence Strollers

The recent indifferent weather has not deterred the surgery's walking group. St Lawrence Strollers continue to meet at the surgery every Tuesday @ 9.50.a.m. Attendance has been good and any patient who has made a New Year Resolution to walk regularly is very welcome to join us. It's fun and beneficial.

News from Down Under

We have now been in Coffs Harbour, in New South Wales for 10 weeks. Settled in well and 100 yards from the beach (no sharks) and friendly Neighbours (not the Australian soap)

Work is good, Practice about same size as St Lawrence, but patients are not registered with a doctor as in the UK. The patients are similar with familiar health needs. The administration is different with doctors getting paid according to the number of patients seen, and all patients not on benefits are charged a fee, which most of which they can claim back from the Government. I find the minor surgery satisfying and there are a lot of skin cancers to excise. The working day is 0830 to 1700, and there are no home visits.

There are quite a few UK trained doctors here and I have taken the opportunity to arrange a reunion in May of ex Worthing GPs to share in nostalgia!

I swim in a 50 metre pool in the morning, cycle up some very steep hills, and have joined the local squash club which is very sociable. Friends and family are starting to come out so we will look forward to entertaining them, barbecues, lovely sandy creeks, beaches etc.

Our son Josh has settled in well, does a lot of sport, works at the Big Banana (a local theme park) but has not yet got an Aussie accent.

Thinking of you all in the Winter, and look forward to seeing you next Autumn

Regards

David and Jackie Clarke

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 or Alan Hardwick (Editor) at stlawrencesurgery.worthing@gmail.com

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/>