

The CSPPG Newsletter

Issue **Autumn 2017**

Contacts

Surgery 01453 843893

Dispensary 01453 844748

Out of Hours 111

Or www.culverhaysurgery.com



Surgery Opening Times

Mon	8:00am – 8:00pm
Tues	8:00am – 6:00pm
Weds	8:00am – 1:00pm
Thurs	8:00am – 6:00pm
Friday	8:00am – 6:00pm
Weekend	Closed

Get Involved in the CSPPG- Help make a difference



The Annual General Meeting and election of Officers takes place in March 2018.

The CSPPG have been very fortunate to have Michael Sykes to lead us as

Chairman and we have gone from strength to strength. Michael wishes to stand down in March 2018 as does our Vice Chairman, Derek Higgs. Michael and Derek are not leaving the group and will be there to mentor and support anyone that feels they would like to try the role of Chairman or Vice Chairman. Or you may wish to join and become a member to start off.

The committee has 24 members most are in the older age bracket. The group would love to have applications from new members to join us and we would proactively welcome those in the younger age groups as well as those more senior. There is an opportunity to learn and to bring your own views and skills to keep the group lively and relevant. We meet on the 3rd Tuesday every month 6.45 pm at Culverhay Surgery.

Are you interested?

Can you attend at least 4 meetings a year?

Application forms are available at the surgery – just ask at reception.

We hope you will come and join us.

Minutes of past Monthly Meetings can be seen online at

www.culverhaysurgery.com

Culverhay Interviews



Katharine Austin

This is the first of what I hope will be a series about People in the Practice, so that we know them a little better. Katharine was the first to volunteer.

She leads the team of 4 nurses. They do, for all ages, everything needed by us as patients and appropriate for a General Nurse: injections, taking blood, wound dressings and treatment, infection control, medical and travel advice, and so on. Most tasks are interchangeable among them.

They are kept extremely busy. Katharine's normal working day is 8.30am to 6pm, 4 days a week. Most of her time is spent with patients. On average she sees about 20 patients a day. Everything else – discussion with doctors and others, phone calls, ordering supplies, checking standards etc. – is fitted around her time with patients.

The nurses work closely with the doctors, who do most of the prescribing – most, but not all. A major change from when she trained is that nurses can and do prescribe, within their fields of competence, having completed additional training to become an Independent Prescriber. She herself takes the nursing lead on diabetic care, while Pippa Marrow leads on asthmatic and respiratory care.

I asked Katharine about challenges facing the Practice. As the population ages, she said, we become subject to multiple interactive conditions. Workloads increase and the nursing role gets steadily bigger. Knowledge expands: there are endless courses to go on. In some ways expectations rise and controls become tighter.

Political and public pressures for better care out of hours care are understandable, but undeliverable in General Practice without more staff. Replacement of retiring GPs is already a national problem and nursing shortages are already biting.

Katharine trained at the Radcliffe Infirmary in Oxford and was a Ward Sister. She has lived in Wotton since 1985. Here she worked part-time in District Nursing and part-time at Culverhay. She has worked in this Practice for 24 years. Last year she became a Queen’s Nurse, an award granted to community-based nurses on the basis of independent assessment. This carries with it a personal responsibility, which she takes seriously, for maintaining and raising clinical standards.



I asked Katharine whether Culverhay is a happy place to work. ‘Yes’, she said, ‘and so do others. We come and we stay.’

I found her direct, down to earth and very likeable. We are lucky to have her.

Robert Maxwell

Building Work Update

We are pleased to report that phase 1 of the building work is now complete. The new reception, dispensary, waiting area, and training room will be in use from Monday 20th November. Please bear with us during this transition time...we have planned meticulously for this, but it’s inevitable that there will be glitches along the way (we hope just minor ones!)

Phase 2 will start the week of Monday 20th November. This will involve constructing an additional consulting room, a small staff room, kitchen and toilet. There will be little impact on patients inside the surgery, but there will be continued use of the car park by the contractors. Thank you for bearing with us and for your continued understanding and support. Phase 2 is due for completion in mid-January.

The final phase 3 entails renovating the doctors’ consulting rooms and two of the nurse treatment rooms. This will commence mid-January, and is likely to be complete by mid-February.

We feel very fortunate to have been able to undertake such a big project, and are very excited to await the final result! Our hope is that you and your family will enjoy the new surroundings at the Culverhay surgery and that it will go towards helping make your visit a more pleasant one.

Caroline Pearmain (Practice Manager)

It’s not too late to get your flu vaccination!

You are eligible for the vaccination if you are aged 65 or over, or any age if you are considered ‘at risk’ because of other illnesses/conditions you may have.

- All patients aged 65 years and over
- Patients of all ages suffering from
 - Chronic Respiratory Disease
 - Severe Asthma
 - Kidney illnesses
 - Diabetes
 - Heart Disease
 - Chronic Liver Disease
- Pregnant women
- Main Carers for the Elderly or Disabled
- Patients who are immunosuppressed

Please phone the surgery to book an appointment with the nurse



Shingles Vaccinations

We will be holding our shingles vaccination clinics at the beginning of December. The eligibility criteria are complex but hopefully the attached public health leaflet should give you the information to decide whether you are eligible. Please phone the surgery towards the end of November to book your appointment.

Doctors’ Surgeries

Monday	9:00am – 11:00am	&	4:30 – 6:00pm
Tuesday	9:00am – 11:00am	&	4:30 – 6:00pm
Wed	9:00am – 11:00am		
Thursday	9:00am – 11:00am	&	4:30 – 6:00pm
Friday	9:00am – 11:00am	&	4:30 – 6:00pm
Weekend	Closed		

Nurses’ Surgeries

Monday	8:30am – 1:00pm	&	1:30pm – 7:30pm
Tuesday	8:30am – 12:45pm	&	3:30pm – 7:30pm
Wed	8:30am – 12:00pm		
Thursday	8:30am – 1:00pm	&	1:30pm – 5:15pm
Friday	8:30am – 12:00pm	&	1:30pm – 2:00pm
Weekend	Closed		

The dispensary is open Monday to Friday between 09:00 - 13:00 and 15:00 - 18:00 **with the exception of Wednesday** when it is closed from 13:00 onwards



1 September 2017 – 1 April 2018

Shingles eligibility

current age

- ✓ Eligible
- ✗ Non eligible



Patients remain eligible for the shingles vaccine up until their 80th birthday.

immunisation

The safest way to protect children and adults