

The CSPPG Newsletter

Issue Winter 2019

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 – 6:30pm
Weds	8:00am – 8:00pm
Thurs	8:00am – 6:30pm
Friday	8:00am – 6:30pm
Weekend	Closed

Culverhay Interviews

Dr Diarmuid White

This is the first time I've met Dr White. He's a very pleasant young man, easy to talk to, and I warmed to him. He told me a bit about his background: born and brought up in Bolton, Lancashire, he's wanted to be a doctor since the age of 7. He gained admission to Manchester University to study medicine. After qualifying, he spent 2 years in New Zealand and loved it, but came back to the UK, partly to be closer to his parents. On the other hand, he wants to live in a country setting. He fancied Cornwall or Devon, but that was too far from them. As a compromise, he decided to try our area.



He has been in post for the past 6 months, after completing his GP training at Minchinhampton. He already knew our Practice well, having been with us for 6 months as a trainee from February 2017. Currently he does 3 days a week here, working 8.30am to 6.30pm on Monday and Tuesday, and noon to 8pm on Wednesday. On Thursday he works at Minchinhampton. On Friday, having completed his permitted weekly hours, he catches up with emails, phone calls, paperwork etc. and does whatever else he wants.

Medical work is shared among all our doctors, seeing patients at Culverhay and in the Care Homes and making home visits. Nearly always he has visits to fit in (5 on the day of my interview) involving quite a bit of driving. He much enjoys working here, which is one reason he came back to us. 'It has good vibes', he says. He speaks highly of the skills of our nursing and dispensary staff and the all-round support he gets, both within the Practice and outside it. For example, he speaks well of standards within the Care Homes where he has patients and notes that new care agencies (admittedly not free of charge)

are popping up to support care at home. On mental health, a specialist nurse comes to the Practice once a week and a counsellor twice a week. If he wants mental health advice about any patient, he has one number to ring for under-18s and another for 18 and over, and this works well. He is worried, however, by an acute shortage of school nurses.

The other reason he came back is that Culverhay is a small traditional General Practice on a very human scale, with a lot of continuity. Doctors not only know their patients, but the families and communities to which we belong. The trend is still towards bigger Practices, largely because of a shortage of GPs and the wish of many for a better work/life balance.

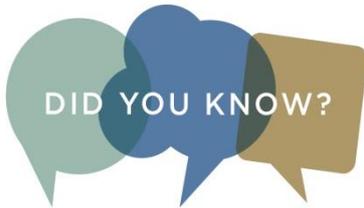
I asked Diarmuid whether he thought it might be possible to find a middle way between the advantages of large and small Practices by interlinking them. I also asked him whether we patients could do anything to make life easier. He mentioned the success at Minchinhampton of a patient transport group, linked specifically to the Practice and organised to help patients who don't drive or have others willing to drive them. At Minchinhampton this not only saved doctors' time, but lessened patients' isolation.

Who knows where Dr White's career will take him? His time here may be long (a future Senior Partner?) or relatively short. That depends on many factors. While he's here, we need to give him an experience that he values and enjoys

Robert Maxwell

Welcoming new patients

Culverhay Surgery is welcoming new patients to register at our practice, you can register at the surgery or online at www.culverhaysurgery.com. We were recently awarded good by recent CGC inspection and outstanding for care of the elderly.



Occupational therapy equipment can be returned to Wotton Library.



Independence Trust

Community Wellbeing Service

Many things affect our health and wellbeing e.g. where we live, finances, relationships and how we spend our time.

We can help you to

- Find activities, social groups in your area
- Help you make new friends
- Help you re-connect with your community
- Volunteer within your community

Contact us:

Our team is available at this GP surgery. Please speak to a receptionist or your GP for more details.

OR call us directly

0345 863 8323 (then select option 2)

Dog walking Social Group

Everybody welcome with or without a dog.

For further information call Gwen on 01453 452885 or Amber on 07973977700

Meeting once a week at Culverhay Surgery



Local Pharmacy

If you wish to make a complaint about local health services, including local pharmacy services, please contact the NHS England Complaints Team:

NHS England

PO Box 16738

Redditch

B97 9PT

Telephone: 0300 311 22 33

Email: England.contactus@nhs.net (please state: 'For the attention of the complaints team' in the subject line)

Wotton defibrillators

I am very pleased to report that a cPAD has been installed at Bank Yard Garage, Tabernacle Road. Please note that this cPAD is in a **locked** cabinet. The procedure is to call 999 and ask the ambulance service for the code.

David Owen

Chairman and Coordinator

Kingswood and Wotton Defib Awareness Group

A defibrillator is a device that gives a high energy electric shock to the heart through the chest wall to someone who is in cardiac arrest.

This high energy shock is called defibrillation, and it's an essential lifesaving step in the chain of survival.

If you come across someone who has had a cardiac arrest, it's vital to call 999 and start CPR. Then you should find out if there is a defibrillator nearby.

Minor Injury hospitals

The Vale Hospital and Yate West Gate Centre and Minor Injuries are facilities you can go to if you need urgent medical attention but it's not a life-threatening situation. Injuries for example:

- sprains and strains
- suspected broken limbs
- minor head injuries
- cuts and grazes
- bites and stings
- minor scalds and burns
- ear and throat infections
- skin infections and rashes
- eye problems

These facilities need to be used otherwise we may lose them.

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The dispensary is open Monday to Friday between 09:00 - 13:00 and 15:00 - 18:00