

## July 2015 – Surgery Newsletter



This month I have some unexpected news to pass on. As you know we have had many changes occur over the last few years with doctors leaving/retiring and of course welcoming many new faces into our team, along with a new registrar every year of course! I need to announce that Dr Chumbley, who has only been with us for just under two years, will be leaving us at the end of August. As you may know, Dr Chumbley has been a leading light in end of life care working part time for our local hospice. Having helped transform end of life care for the better across North East Essex, Dr Chumbley has been offered and has accepted the position of Medical Director for St Helena Hospice. This is a once in a lifetime opportunity and a move that I know will be of huge benefit to the charity and all families across this part of Essex. Dr Chumbley has brought a wealth of valuable knowledge, experience and skills to Great Bentley Surgery and I'm certain that her influence will endure well into the future. Thank you for being part of our team Karen, you will be missed, but we wish you all the very best in your new role.

*Of course that begs the question of who will replace Dr Chumbley.....*

Unlike many other practices, we have again been extremely fortunate in having more than one excellent GP interested in joining us as a partner and as ever, the decision was extremely hard to make. However, I'm pleased to announce a decision that I'm 100% certain will be very popular with patients. On 1<sup>st</sup> September 2015 we will be welcoming back Dr George Pontikis back to the surgery as our new full time partner. Dr Pontikis finished his GP training just last year and after having a taste of life as a GP elsewhere decided he would like to settle here. Great news I'm sure you'll agree!

Finally the Patient Participation Group is meeting as every month on the third Thursday which this month is 16th July 2015 at 6.30pm in the Great Bentley Village Hall.

**Richard P Miller – Practice Manager**

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**WALK THIS WAY....**something some of us have forgotten how to do. It is so easy to jump in the car and go, but walking is an excellent exercise which can be fun and is good for you. It is also free! All you need are a good pair of comfortable shoes, trainers or boots and maybe a lightweight jacket. Getting together with some friends and going for a walk can be fun. You can talk and share stories of life with each other, both past and present. You can share your worries and woes and most importantly you can laugh. Several members of staff have trained for The Moonwalk for breast cancer and it really makes you love walking! It is surprising how you can quickly build up a good pace and distance. Before you know it you will be walking 5 miles without thinking about it. You can enjoy where you live, see and find areas you didn't even know about. Local footpaths can be easily found on websites. So find those trainers at the back of your wardrobe ask a friend to go for a walk.....if you only do it once a week it's better than not going at all, but try to go out two or three times. Go out at lunch time with someone for 30 minutes .You will feel better for it! You never know you may lose a few pounds and even feel a little healthier. Walking for 40 minutes burns about 150 calories.....better than sitting having a coffee and a piece of cake.....although I must admit I know some excellent walks that always seem to finish at a rather lovely pub. Well you deserve it after all that walking don't you?