

May 2014 – Surgery Newsletter



Spring had finally sprung! However with spring comes the time of year which many dread, including me. The runny noses, watery eyes and tickly cough may all start to become problematic for sufferers of hayfever at this time of year. If you are a sufferer like me, you might want to ensure that you have enough antihistamines in your cupboard and start taking them before the condition takes hold. Fortunately we can get these very cheaply these days by avoiding the brand names and buying generic versions instead. The ingredients are exactly the same as the famous brands and are just as effective, just much, much cheaper. So don't waste your money on the big brands, just ask for the generic version at your pharmacy. I bought 3 months worth online including delivery for under a fiver! I do love a bargain.

On a completely different subject, if you sometimes use Clacton Hospital to have a blood sample taken, this service will no longer be available from 21st May 2014. With many services going out to tender and being won by private companies I'm glad to say that in this case it was different. A new company owned by 41 GP practices in this area won this particular contract, so blood samples can continue to be done in our own surgery as well as many more around the local area. This is extremely good news for patients who want to keep services local and will give you more choice.

Our staff are excellent charity fundraisers and receptionist Debbie Brumpton is no exception. She will be taking part in the "Moonwalk" on 10th May for breast cancer. If you would like to support her and make a donation, please visit <http://goo.gl/QZIR7B> where you can contribute securely. This is a shortened Google link which takes you to the charity's full web page.

Lastly, this month's Patient Participation Group meeting will be at 6.30pm on Thursday 15th May at the village hall – I hope to see you there!

Richard P Miller – Practice Manager



It is 15 years since this Practice became a training practice and around seven years since I became the lead for training. I am pleased to announce that Dr Chumbley is currently finishing her Post Graduate Certificate in medical education and will shortly be joining me in training future GPs.

We feel trainee GPs bring a lot to the Practice with youthful enthusiasm and challenging attitude towards us. They keep us on our toes and drive the Practice forward and I hope patients enjoy seeing them. We particularly enjoy seeing how they progress through the time they spend with us until they finish their exams and are allowed to practice as independent general practitioners.

GP training has changed since I was young. Training now involves six years at medical school, two years in hospital and then three years on a GP vocational training scheme. This involves 18 months in the hospital doing various jobs and 18 months in general practice. This also involves numerous exams looking at knowledge, but also communication skills. The training is shortly going to be extended to four years.

Recently we have also linked up with St Bart's Medical School and are now having two medical students joining us for a week four times yearly. We will be asking some patients to act as guinea pigs to have questions asked and to be examined by the students.

We feel this is another exciting development in the Practice and look forward to this continuing.

Dr O'Reilly – GP Partner