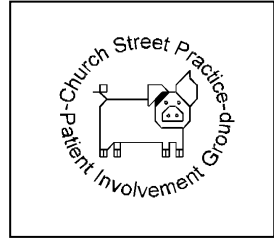


NEWSLETTER

**Church Street Practice
Patient Involvement Group**

Number 61 SUMMER 2014



FAREWELL DR GODLEE

PIG organised a party to mark Dr Godlee's 30 years with the Church Street Practice and to give patients the opportunity of wishing him a happy retirement. The party was held on 18th July in the hall at St John the Baptist church in Grove. It was a lovely warm summer evening and we spilled out onto the grass enjoying finger food, wine and soft drinks.

May Paul said a few words including the verse (see below) to give Dr Godlee advice for his sailing ventures and then made the presentations: a book of good wishes written by patients, a voucher for the Royal Albert Hall, and a cheque with the suggestion he takes himself to some Test Matches. Music and cricket are two of Rick Godlee's passions. We found this out from his wife, also a GP and also retiring at the end of July. For both there were mugs for morning coffee – over which to plan their now free days!

Christine Lisi

The little old man of the sea
Went out in his boat for a sail.
But the water came in
Almost up to his chin
And he had nothing with which to bail.

So this brave little man of the sea
Took out his jack knife so stout,
And with its sharp blade
A hole he made
In the bottom, to let the water run out.

23rd July 2014

The Willows.
Manor Rd
Wantage.

Dear May,

Thank you very much indeed for organizing such a brilliant party for me. Please will you thank all the people and your committee who worked so hard to make it such a special event. I was very touched by all the effort that was put in to setting the hall up and making all that lovely food.

Thank you also for your kind words and to all the people who have sent me cards and wrote such heart warming and moving messages in the book.

The incredibly generous gifts of the royal Albert Hall vouchers and a cheque for test match tickets are absolutely perfect and hugely appreciated.

I will think of you all while listening to the music and watching the cricket.

With best wishes and many thanks,

Rickman.

FRIENDS AND FAMILY TEST

The NHS is introducing a "Friends and Family Test" to enable it to benchmark various services. It has already started with hospitals and this will be applied to General Practice from the end of this year, The Test involves the practice making questionnaires available to all users of our services so that they can give feedback and express their views on the practice at any time.

The questionnaire will be quite short with only two questions; the first of which is "How likely are you to recommend this practice to your friends and family, if they needed similar treatment?" and you select a response from a list. The second question will be about issues that are important to the practice and will allow you to provide comments. This second question will be changed as time goes on to allow us to gather feedback and comments on a variety of topics.

We will be making questionnaire available for completion from **December** onwards in the surgery, on our website and doctors may hand them out when doing visits. We will need to report and publish results every month from January onwards. We will be very grateful if you will fill out a questionnaire on a regular basis as it is important to the practice to be able to demonstrate how our patients rate our services. Please watch for further information in December.

Thanks Sheila Dearman

FLU CLINIC DATES

Saturdays Oct. 4th & 18th: 9.00 – 12.30

PIG always provides helpers for the Flu Clinic: If you are able to offer a couple of hours please contact May: 762613 may.paul@ntlworld.com

WELCOME TO Dr. ALCOCK

I am delighted to have taken a permanent position at Church Street Practice. I qualified from Leicester Medical School in 2002 and after a year working in A&E in Australia, joined the Nottingham GP training scheme. After completing this, I worked as a GP in Nottingham for 6 years. My husband and I decided to relocate to Oxfordshire to be nearer my extended family. I have 2 young children, and have recently bought a house in the area, which is in need of much renovation! Needless to say, I come to work for a break. I am looking forward to getting to know my patients and hope to provide the same excellent level of care as Dr Godlee. I think the team here at Church Street Practice is excellent and have felt very welcome.

Dr. Emma Alcock

TOY CORNER

Toys will no longer be available in the Surgery. Please bring something with you to occupy your child while waiting.

Jane King Senior Receptionist



DO YOU HAVE BACK PAIN?

Most of us will experience back pain at some point in our lives. Our backs are complex structures made up of 24 vertebrae (bones) supported by strong spinal ligaments and a large number of muscles. We have shock absorbers in between the vertebrae called intervertebral discs.

Lower (lumbar) back pain can be caused by heavy lifting, repetitive activities that involve a lot of bending or have no obvious cause. It can begin gradually or suddenly. Some people may experience leg pain (known as "sciatica") when a nerve is irritated in your back and sends a pain signal into your leg.

Back pain in the vast majority of cases is not a sign of serious injury or illness and resolves within six weeks. But what can you do to prevent back pain? Be active. Regular exercise is important for your back. Simple back exercises are available online to strengthen back muscles and maintain joint flexibility.

- 1) Avoid being in one position for too long. Sitting for long periods isn't good for your back so change position regularly. If you are using a computer make sure you get up and move around frequently.
- 2) Be aware of your posture when sitting, standing, lifting and driving; slumping when sitting is not good for your back. Try sitting with a small rolled towel in the small of your back to help maintain the natural 'S' shape of your spine.
- 3) Lift heavy loads close to your body and avoid having to twist or lift in awkward positions. Think about what you are lifting and how heavy or bulky it is and whether you need help.
- 4) Avoid being overweight which can cause back pain by putting more strain on your back.
- 5) Reduce or quit smoking. Smoking affects the blood supply to the important structures in your back as well as the rest of your body.

If you have back pain:

- 1) Stay positive. Most back pain is not serious and will improve within 6 weeks.
- 2) Keep active. Research has shown that the best thing for back pain is to keep moving and not rest in bed. Try to walk and take gentle exercise and avoid taking time off work if possible.
- 3) Take painkillers if you need them – paracetamol or anti-inflammatories can help. If you are unsure if you are able to take these medications please ask your GP or pharmacist.
- 4) Try heat (hot water bottle) or ice (wrapped in a towel) for 10-15 minutes to relieve pain or muscle spasms in your back.

If your back pain lasts longer than six weeks and/or you need some help to manage your symptoms see your GP and ask for a referral for physiotherapy. If you would like to see a private physiotherapist you can contact them directly. Physiotherapists use a variety of methods to reduce your pain including massage and manual therapy. Some are trained to use acupuncture for pain relief. Your physiotherapist will give you specific exercises to help you recover and prevent back pain in the future.

****If you notice any weakness in your legs or a change in your bladder or bowel function see your GP urgently****

For further information:

Backcare – a charity for back and neck pain

www.backcare.org.uk 0845 130 2704

Chartered Society of Physiotherapists (CSP) www.csp.org.uk 020 7306 6666

The CSP website has free exercise leaflets for back pain and other conditions.

NHS Choices

<http://www.nhs.uk/Conditions/Back-pain/Pages/Introduction.aspx>

*Charlotte Evett MSc MCSP
Specialist Physiotherapist*

DIABETES SUPPORT GROUP

By special request **Dr. Garry Tan**, the clinical lead for diabetes treatment in this area will be returning for another session with us on **Thursday Oct.2nd**. The meeting is from **2.00pm until 4.00pm**. The session last year was very informative, interesting and stimulating so if you have diabetes or a member of your family does do join us.

The next meeting after that will be on Thursday, Dec. 4th, this will probably be **“Generation Games”** with a taster of their exercise classes, which unfortunately was cancelled in June due to sickness, this should be great fun,.

We usually have one or two discussion sessions each year, these are lively and interesting, the ability to be able to discuss your problems with others who have the same condition is always very helpful.

We are a very friendly group so don't be shy. We always serve tea/coffee which gives an opportunity to chat individually. *Jean Sutherland 868396*

MATERNITY SERVICE EXPERIENCES SURVEY

PIG, along with other patient groups in our local area, is surveying mothers to find out their recent experiences of Oxfordshire's Maternity Services. This will support a report which will be discussed within our Locality and then sent to the Oxfordshire Clinical Commissioning Group's Lead Commissioner for Maternity Services.

The questionnaire is designed to find out how mothers found the Maternity Services in Oxfordshire throughout their recent pregnancy/birth. It is being given out by the receptionists to all mothers who bring their babies for immunisation during a 3 week period of September. If you know of a family member or friend who would like to share their experience by completing the questionnaire, please e-mail PIG (churchstreetpig@gmail.com) to be sent a copy. *Sue Hannon*



REMINDER: RECYCLING OF MEDICATION

We regularly send unused medication to the charity Intercare for distribution to clinics in Africa. Please bring your donations to the practice, preferably in their original box or in a bag and hand them in at Reception. The recycled drugs need a long "shelf life " of 15 months as they are supplied as and when a clinic makes a request. We cannot accept bottles or controlled drugs. Thank you for your help.

LETTERS

Again no letters (apart from Dr. Godlee's)! I know I keep saying this but as this is a Patients' Newsletter; i.e., put together and edited by patients, not the practice, we do think it important to have more contributions from patients other than committee members. Please write to us, tell us your experiences, and let us know your ideas.

If you don't wish to keep this newsletter please pass it on, the number we can print is limited

The editor thanks everyone who has contributed to this Newsletter which is prepared and compiled by and on behalf of the patients of Church Street Practice.

Suggestions, letters, articles and ideas are always welcome.

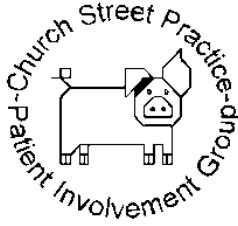
Please contact:

May	762613	may.paul@ntlworld.com
Jean	868396	jean@jcsutherland.wanadoo.co.uk churchstreetpig@gmail.com

Practice website (which includes PIG Information)

www.wantagechurchstreet.co.uk

PIG suggestion box in the waiting room



PUBLIC MEETING

All welcome

FIRST AID FOR MENTAL HEALTH

Speaker

INSPECTOR JAN PENNY

*Thames Valley Police Lead in Mental Health
Services*

Wednesday, Nov. 5th, 7.30

**Charlton Adult Centre, Charlton Road,
Wantage**

**Followed by the AGM of Church Street
Practice's Patient Involvement Group**