

Practice Newsletter

March 2020



The practice records both incoming and outgoing phone calls for training and monitoring purposes.

Dr Cassidy is leaving

After 32 years at the Teams it's time for me to move on. I have seen a lot of changes in that time, and have some wonderful memories. The original building at Johnson Street famously had no hot water, no typewriters, no computers, and the lino was from the old pub "The Coffin ". Our team consisted of 3 GP's and 3 reception staff, now we number 21 in total, with a lot more attached staff coming to the building.

From writing everything by hand (yes every prescription handwritten!) we now have mountains of computers, and even the beginning of video consultations, and internet e- consultations.

The amount of drugs we now prescribe has grown exponentially, and with it new challenges of trying to stop all the side effects from them!

Our patients are living longer but we now have the challenge of frailty and dementia, and diseases like diabetes and fatty liver are increasingly linked to lifestyle issues such as obesity and lack of exercise.

What hasn't changed though is the Doctor-Patient relationship, the core aspect of medicine. Patients want someone who knows them, they can trust, and who can "fix" them. Doctors prize long term relationships with patients and their families, and the local community. I am proud of the team we have developed at the surgery, and know the patients will be in very safe, competent and caring hands when I leave.

As for myself I will remain practising as a Doctor, and will do the occasional locum back in the practice. I also intend to continue my research work in the field of liver medicine. I'll then have more time for my interests outside of work including sport, voluntary work and the local church.

I will be around emptying my desk all week beginning 30th March and available to say farewell to anyone...but no prescriptions!

Thank you for the privilege of serving you all here at the Teams.

Practice Closures - Please note the practice is closed between 1pm-2pm every Monday and closed all afternoon from 12.30pm on the following dates for staff training: - 24th March 2020

If you aren't able to attend appointments please let us know in good time so the appointment can be offered to other patients.

Information about coronavirus. Call 111 or visit 111 online.

Because it's a new illness, we do not know exactly how coronavirus spreads from person to person. Similar viruses are spread in cough droplets. It's very unlikely it can be spread through things like packages or food. Viruses like coronavirus cannot live outside the body for very long.

Visit 111 online where they have a dedicated tool to find out what to do if:

- you think you have symptoms
- you might have been exposed to the virus when travelling
- you've recently been to a country or area with a high risk of coronavirus
- you've been in close contact with someone with coronavirus.

There are things you can do to help stop viruses like coronavirus spreading:

Do

- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- put used tissues in the bin immediately
- wash your hands with soap and water often – use hand sanitiser gel if soap and water are not available
- try to avoid close contact with people who are unwell.

Don't

- do not go to a GP surgery, pharmacy or hospital
- do not touch your eyes, nose or mouth if your hands are not clean.

We hold weekly healthy eating advice and weigh in sessions. These are held every Friday between 12 noon and 1pm. If you are interested in losing weight please come along and have a chat to Charlotte - you can either make an appointment or drop in.

Walking group – held every Thursday at 10am, starting at the front of the Practice and taking in different routes around Teams. Come and join us – everyone is welcome and best of all it is FREE.

Would you like to sign up for newsletters by email or to receive letters from us by email instead of by post? You can also book appointments and order medications online too. Please speak to reception.

E-consults – visit our website www.teamsmedicalpractice.nhs.uk where you can fill in a simple form for help and advice for a number of common medical problems such as back pain, coughs, mental health, dizziness, tiredness, pain and much more. If you submit an e-consult form you will hear back from the practice usually within 48 hours. All sicknotes should now be ordered by selecting request sicknote on the e-consult pop up. Our website is www.teamsmedicalpractice.nhs.uk
Our e-consult can also provide self-help information for other medical conditions.