



# PORTISHEAD MEDICAL GROUP

Newsletter Spring/Summer 2018

## Hello

Welcome to our spring/summer newsletter. Predictably the weather is all over the place with some sun, rain, and windy blasts whilst out walking with my dog Otto. He did not seem to mind and I got to build up a little of my vitamin D reserve. Pollen counts are now rising so this month we look at hayfever in a new self care section. We hope this will help you manage your own conditions easily and conveniently and save a visit to the GP.

### CHANGING FACES– NEW PARTNERS

We are delighted to announce that Dr Max Howes and Dr Jim Burtonwood have accepted our offer of Partnership in the Practice. Both are gifted clinicians and valuable additions to the Partnership. These are challenging times for the NHS and General Practice in particular. We are proud that Portishead Medical Group is where they see their future. As a Partnership we do not see merging with other Practices as the way forward but rather improving and nurturing the team and community we already serve.

Unfortunately, the practicalities of his daily commute meant that Dr Will Rolls decided to leave us. Another young and thoughtful GP, we are truly sorry he has gone and wish him all the very best. His replacement is Dr Nicholas Timmis. Nick is hugely experienced, particularly in Elderly Care and will be a wonderful addition to the team. His biggest claim to fame, however, is that he is Dr Emily Lake's husband! Nick started in May, initially working 6 sessions a week, increasing to 8 sessions in July.

Lara Fudge has joined as a Practice Nurse. Lara is joining Mandy Lampon as a Diabetic Nurse to replace Sarah Sturdy.

Please say hello and welcome to all the new staff. We hope they have long and successful careers with us.

Whether they will remain for 29 years, however, remains to be seen! This is what Mary Lynch, our Appointments Coordinator, clocked up before her retirement this month. What amazing dedication and effort. Thanks Mary. We wish her and colleague Cathy Calderwood, 18 years, a well deserved retirement.

### RESEARCH AT PMG

Like hundreds of other GP surgeries and hospitals up and down the country, we are part of the NIHR (National Institute for Health Research) Clinical Research Network. This means we support research studies evaluating new ways of working, new treatments and better understanding which old/existing treatments are best. Any research done through the NIHR CRN has to meet all the ethical requirements of modern research.

The studies we support are constantly changing – you can find which we're currently supporting by visiting our practice website.

You may be invited into one or more studies in a number of ways – via a letter through the post or sometimes during a conversation with your doctor or nurse. You're under no obligation to take part and we don't share any information with the research teams without your permission.

Your support and participation in research is vital in helping improve the quality and sustainability of the NHS. For example, a couple of years ago several parents of children with eczema took part in a clinical trial called BATHE (Bath Additives for cHildren with Eczema) – the results of which were recently published and got a lot of national press interest. It established that pouring oils into the bath, in addition to using moisturisers on the skin, added nothing – simplifying routines for families in the future and releasing NHS money for other treatments.

**Saturday Morning pre-bookable appointments are continuing. Ask at reception for details.**

## A REMINDER....

To those on Blood Pressure medication. You need to be seen once a year. Please attend the Drop in Blood Pressure Clinic every Thursday afternoon 2-4pm. No need to book.

A nurse or assistant will do an annual review, take your BP and arrange appropriate blood tests



PMG Swimathon Team. Can you spot the next generation Portishead employees! My son, Leon, is bottom right and Dr Lake's daughter, Nancy, is centre stage being held by dad, Dr Nick Timmis, who joined us in May.

## SELF CARE– HAYFEVER

Online resources such as NHS choices or the PMG website provide excellent information about hayfever management and medication. Almost all medication can be brought direct from the pharmacy without a prescription. It is often cheaper than an NHS prescription which is now £8.80 per item. Simple antihistamines are even cheaper at a supermarket, being as little as £1.50 for a months supply. Pharmacists are trained in minor illness management and can provide tailored advice specific to your condition.

### Do's ☺☺☺

- Put Vaseline around your nostrils to trap pollen
- Wear wraparound sunglasses
- Shower and change your clothes after being outside to wash off pollen
- Stay indoors when possible (shut windows and doors when possible)
- Vacuum regularly and dust with damp cloths
- Buy a pollen filter for the air vents in your car

### Don'ts ☹☹☹

- Cut or walk on grass
- Keep fresh flowers in the house
- Dry clothes outside
- Let pets in the house as they bring in pollen



## Remember....

Our practice website [www.pmg.org.uk](http://www.pmg.org.uk) contains the very latest news and updates. Find information on our Practice Participation Group and Patient Education Evenings, access information about self care and much more...



*The CQC is a statutory body that is tasked to inspect and monitor all health and social care providers. We are delighted to report that we have been rated as Good in all areas. When the full report is available it will be available on our website.*



Welcome to our new look children's area. Thanks to Dr Liz Speedy and receptionist Rachael Besant for their artistic flare and efforts. We think it looks great and hope you do too. Look out for information about the doctors interests....! You will notice the Practice is gradually being painted as part of a general maintenance program. High backed chairs have been added to the waiting area for those with mobility issues.

## And Finally ...

You have probably noticed the bump... Dr Emily Lake is pregnant once again and will be going on maternity leave at the end of July. Dr Simon Lynes, our current registrar, will be covering her maternity leave when he finishes in September. Congratulations and good luck!