

BEECH HOUSE SURGERY

Newsletter

December 2018

STAFF NEWS

We regret to advise the sad passing of Beech House Receptionist Gemma Smith after a long illness. Gemma was a mainstay of the Practice for over 20 years and very popular with both staff and patients alike. Gemma's funeral took place on the 3rd of December and was very well attended by the community and staff from Beech House, who will miss her very much.

Toni Kinder has recently joined our Reception Team. Toni is a local Knaresborough resident who is usually kept very busy by her two children aged 4 and 16!

A Diamond celebration has taken place: Healthcare Assistant Suzanne Bebb, Secretary Pam Howell and Sister Deborah Garside have all completed 20 years of service at Beech House – Why? Because they find it a great place to work and love our patients!

Many of you will have already met our new Student Nurse Ashleigh Hamilton in the clinics she is helping in.

Our FY2 Dr Maisie Ryan is replaced by Dr Sarah Lovell 5th December, we wish Maisie well in her next placement at Harrogate Hospital and hope that Sarah enjoys her time at Beech House.

Parking – We have recently had several incidents where Ambulances have had difficulty in accessing the surgery car park due to cars being parked at the entrance to Ash Tree Road and up to the entrance of the Surgery. Please can patients try and utilise the car park whenever possible to reduce traffic congestion outside. Thank you.

Wi-Fi

The Practice now has NHS Wi-Fi in the waiting room. This requires no password but you will be required to enter first name, surname and email address.

STAFF SURVEY

Thank you to those patients who completed the PPG Practice Questionnaire this year. Feedback of the Practice was outstanding, however waiting times in the Practice when attending appointments was highlighted as the biggest area in need of improvement, together with late Telephone appointments slots. The Practice is currently considering how to improve these and will provide a full update in the next Newsletter.

HEALTH UPDATE

Flu Vaccinations – The Practice would like to apologise for any inconvenience this year in arranging your annual flu vaccination. This has been outside of their control due to a change in recommendations of flu vaccines for those under and above the age of 65, causing subsequent National Supply Issues.

SECONDARY BREAST CARE GROUP

Breast Cancer care run a group on the first Friday of every month at the Cedar Court hotel. One month is a meet-up session from 11am – 1pm. The other month is from 11 am – 3pm with lunch provided and a guest speaker. The sessions are very driven by what the group want to talk about

and is not always dark and depressing as many imagine. It is very uplifting and inclusive of all ages of secondary breast cancer.

EVENTS

Dementia Awareness Evening - The PPG organised a Dementia awareness evening on 12th September. The event was well attended by patients, carers and staff from both Beech House surgery and Stockwell Road surgery. The event was led by Alison Wrigglesworth local Manager of Ripon, Harrogate, York and Selby Alzheimer`s Society. She gave an excellent presentation on services available for patients and their carers and there was good participation from the audience asking questions and relating their stories.

Beech House surgery does offer individual appointments at a Dementia information clinic held on the 4th Wednesday of each month. If you have a diagnosis of dementia or care for someone and have any questions please contact the Reception team who will be happy to book you an appointment.



Pictured above include Sister Deborah Garside and Dr Marfell, with PPG member Sarah Blood, and Alison Wrigglesworth.

Healthy Lifestyle – The Practice in partnership with a local Dietician and the Harrogate Council Fit for Life team are intending to hold an event next year for those patients who want a better understanding of fundamental behaviours that can improve your health. This is likely to be an evening event in January or March. Please can you register your interest for further details advising reception or emailing beechhousesurgery@nhs.net with your preference as to the timing of the event so that we can decide the best month.

Below you will find a couple of healthy recipes provided by Deborah, one of the Reception team:

Surprisingly Creamy Carrot Soup (with no cream)

1 lb of carrots
1 medium onion
2 garlic cloves or garlic puree
2 sprigs of parsley
1 pint of chicken stock
1 large knob of butter
salt and pepper

Melt butter, fry onion till golden, add washed peeled and chopped carrots plus garlic, cook for a further 5 minutes. Add the rest of the ingredients, cook till soft, and then remove parsley. Blend and serve.

Parmesan Parsnips

(A simple little recipe to encourage everyone to eat their parsnips at Christmas)

Parsnips
4 oz Plain Flour
2 oz Finely grated Parmesan cheese
Good quality cooking oil

Peel, and par boil parsnips, while parsnips are hot, (straight as you take them out of the boiling water), coat them in the flour and Parmesan mixture. Place on a baking tray, lightly cover with cooking oil and roast approximately 45 minutes.

If any of you have any healthy recipes for Easter we would welcome your contributions. Please email your recipes or pop them in the PPG Suggestion box that is in the waiting room.

PATIENT PARTICIPATION GROUP (PPG)

Who are we?

We are a group of patients who wish to support and promote all that the Practice does. We have approximately four meetings a year including our AGM. Any patient of the Practice is welcome to attend the AGM which is held in September. We publish/advertise the date approximately a month in advance.

The group at their last meeting in October thanked Mike Harrison; outgoing Secretary and Adrian Oates; outgoing Chairperson for all their hard work and support they had given to the group. We wish them all the best for the future. We also welcomed our new youth representative Maddie Ling to the group.

We are looking for new members to join our group, if you are interested or would like to know about us then please email the address below or ask at reception to speak to John Foster, Practice Manager.

The Books for sale in the entrance to the Practice help us raise money to buy items required. The PPG Funds are being used for re-upholstering of chairs in PVC rather than cloth. We have chosen

a concrete grey colour to contrast with the carpet and walls, which is more Dementia Friendly. We are always glad of donations of books in good condition, if you have any unwanted books that are in good condition please leave them in the box in the Entrance porch.

The group has a noticeboard in the waiting room. We update this on a monthly basis with topical health issues. This month it is "Preparing for the Festive Season". If you have any health issues that you would like us to promote then please let us know by dropping a note in our Suggestion Box and we will try and incorporate them into our monthly change of the noticeboard.

If you have any preferences of the music you would like to hear in the waiting room then please pop them in the PPG suggestion Box

The PPG can be contacted through - beechhousesurgery.nhs.net – Please mark your email with the heading "PPG" or our Suggestion Box.

The PPG group wish all our fellow patients and their families a Very Merry Christmas and a Happy New Year

FUTURE CONTENT

Please let us know of any particular topic that you would like to see featured in our next Newsletter.