



Newsletter January 2004

Target Training dates

Please note that the Surgery will be closed from 12.30 pm on the following dates to allow the Doctors and staff to attend the Lincolnshire Target training.

Thursday 12th February

Thursday 18th March

Thursday 15th April

Thursday 13th May

Thursday 17th June

If you need to collect medication from our dispensary please ensure you do so before 12.30 on these days.

A couple of items from our member of staff, Mrs Cheryll Perkins, who coordinates all of the Practice Team's Charitable efforts.

Breast cancer awareness month

This charity was supported by the Practice in October. The practice staff wore T-shirts sporting the breast cancer logo to help raise money for this worthwhile cause. Each member of staff bought their own t-shirt with either "Get in the pink" or "Precious" logo on the front. The purchase of the t-shirts alone raised £160.00. The sale of the pink ribbons for the whole of October raised £85.77.

World's biggest coffee morning

in aid of the Macmillan nurses cancer charity was held on Friday 26th September. This event was held with the valuable support of our Patient Participation Group who made and served the coffee - a big thank you to them for their help. The total amount raised during the morning was £96.27. As well as enjoying a coffee our guests had the opportunity to win a Peugeot 206SW, by purchasing a "square" for £1.00. A raffle was also held with all our prizes being donated by local businesses. North's Shoe shop, Alec Day butchers, Sainsbury's, Maureen's hair salon and Fenland Supplies being some of them.

Staff changes

We have had some staff changes since our last newsletter.

We would like to say hello and welcome to:

Jayne Towers who joins our reception team working mainly in the evenings and also to Joyce Bell who will be working mainly in the mornings.

Sister Pat Birch left us on 31st December to devote more of her time to other clinical interests. We will miss her and wish her well for the future. However, Sister Penny Blaze will be joining our team from February 1st and we are delighted to have her on board. She brings with her a wealth of experience in the field of Practice Nursing.

It's New Year again!

Why not save up for a new flat screen TV?

If you smoke 20 cigarettes a day you could be buying one if you give up now!
20 cigarettes a day cost almost £1000.00.

We are very happy to help you stop smoking and can offer nicotine replacement at prescription only cost plus advice and support through this process.

Why not book in to see Sister Linda French who has 14 years experience of helping people to stop smoking and is very happy to talk to you about any smoking related problem.

It is always a good time to think about stopping smoking.

WHAT COULD YOU BUY WITH ALL THAT EXTRA CASH??

Health walks in South West Lincolnshire

Are you feeling motivated to get fit this year and begin some form of exercise but don't want to go to a gym – then these could be for you!

They are planned to be held weekly in this area, and are suitable for those who would benefit from starting from low level activity, including people with heart problems or diabetes. These walks provide a fun way to improve fitness and feel healthier, supported by trained walk leaders. Friends and family members welcome.

For further information please contact:-

Kate Holley, Health Walks Officer,
c/o leisure and Cultural Services,
South Kesteven District Council, St Peter's Hill,
Grantham, Lincs, NG31 6PZ
Tel: 01476 406157
e-mail k.holley@skdc.com

Congratulations!!.....

and well done to our Dispenser Mrs Janet Thorneloe, who passed her B-Tec and is now a fully qualified Dispensing Doctor's Assistant.

.....and a plea for help

Please could we once again ask patients **not** to try to order their repeat medication at the Dispensary window. Our dispensers are very busy people who need to concentrate on what is a very important job i.e. correctly dispensing your medication. They do not take orders for repeat prescriptions as they do not have the time to do this and it is distracting them from their work. Our reception staff deal with all requests for repeat medication and other prescription related queries and process the orders on to the computer system which then go through to the Dispenser. It is not uncommon for her to have 40-50 patients on her computer queue all needing an average of 3 items dispensing. Although she may not appear to be busy this is a lot of work and takes a huge amount of time and must be done correctly. **Please help us to provide a safe service by adhering to this guidance.**

The District Nursing and Health Visiting teams would like to thank the patients on our caseloads who welcome nursing students into their homes. These community placements are often eagerly awaited by the students as they provide a safe, supported environment in which they learn under the direct supervision of a trained nurse. Following a recent educational audit by the Faculty of Medicine and Health Sciences, University of Nottingham, we are proud to report that both the District Nursing and Health visiting teams achieved 100% success rate in all categories for teaching and assessing our nursing students in the community setting. Thank you for your continuing support.

Sr. Candice Pellett (D/N)
Andrea Dolby (H/V)

The under mentioned staff of the District Nursing team have recently completed the following courses:-

Sr. Candice Pellett

The mid-Trent Cancer Services Network “Managing Dying Patients and their carers in the Community”.

University of Nottingham

“Tissue viability contemporary theory and practice”

University of Nottingham

“Facilitating learning in practice – teaching and assessing”

Tracy Hamilton – RGN

University of Nottingham

“Tissue viability contemporary theory and practice”



Angela Smith RN

University of Nottingham

“Leg ulcer management”

University of Nottingham

“Promotion of continence”

Patient participation Group

Our patient participation group will be holding their Annual General Meeting at 7.00 pm on Tuesday 10th February, 2004 here at the Practice in the Alistair Suite. If you would like to consider becoming a member of this group please do come along – you will be made very welcome and can talk to the members informally before deciding if you would like to join them.

Did not attend (DNA's)

Every day we have patients who book an appointment to see a doctor or nurse and then fail to attend or cancel the appointment. In December we had 135 patients who were guilty of being DNA's. This means that 135 people had to wait longer than necessary to see a doctor or nurse. We will accept cancellations on the enquiries number 01778 562200 and the appointment line 01778 562201. Providing you give us 1 full day's notice you can also leave a message on the prescription voice mail 01778 562223. Please think of others and

“Keep it or cancel it”

“Doctor, Doctor I think I'm a dog”

“Well lie on the couch and tell me all about it”

“I can't”

“Why not”

“I am not allowed up on the furniture”

“Doctor, doctor I think I'm a pair of curtains”

“Well pull yourself together”

Prescription ordering via the Internet



Did you know you can now order your repeat prescription on line? Visit our website www.galletly.co.uk and click the "Services" tab. Select the prescription tab from the menu and you will be guided through the ordering process. Your prescription will be awaiting collection in 2 working days.

Surgery Redecoration

Apologies to those patients who may have been inconvenienced by our rolling programme of re-decoration to the Surgery. We have recently re-decorated the Surgery corridor and the Waiting Room and some of our administrative offices. We are very pleased with the Waiting Room and corridor and hope you too like our cleaner, fresher look!