

# THE SANDRINGHAM PRACTICE

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## NEWSLETTER

### December 2010

"And so this is Christmas" as the song goes; life is full of ups and downs and of course this is meant to be one of the UP times of the year. Many people have a wonderful time at Christmas, enjoying the religious festival, enjoying family get-togethers and the giving and receiving and happy smiling children's faces, at least until all the presents have been opened. However, there are also many people for whom Christmas is a time of sadness and sorrow, going through unhappy times or remembering loved ones who have passed on. Wouldn't it be great if all those having a good time could remember and watch out for those having a hard time and I hope that can happen throughout our community? We at the Practice wish everyone well and hope that your Christmas can be as good as possible. As for the New Year, many will make resolutions and for those who want to stop smoking, the Smoking Cessation Service Doncaster number is 640064 and for those who feel the need to loose weight we can offer Doncaster's Healthy Weight Solutions. There are leaflets on the Reception Counter. That's the advertising over.

#### FOND FAREWELLS

Retirement beckons for Sister Kay York, who tells me that she first worked in the Practice back in 1976, with her first actual contract being in 1981. So, after more than three decades with us, Kay is to retire in February. We and you will undoubtedly miss her. She has been at the hub of the Practice for so long and of course Kay tells me that she has had a lot of fun and also some tears, whilst working with us and you the patients. From vaccinating babies to vaccinating those going on holiday, from dressings, ECGs, smears, heart health and through all sorts of nursing provision, Kay has been a shining example of GP nursing at its best. We wish her well and of course hope to see her around the place from time to time. Many thanks Kay for all your hard work.

#### MOVING ON

Lesley Johnson has been nursing with us at the Practice for a decade or more and we are very sad that she is leaving us to go back to her roots in the North East. Lesley came to us from the District Nursing Service and adjusted very well to life in General Practice. Having gained her diploma in respiratory disease, Lesley has done a lot of work in the Practice asthma and COPD clinics; as well as being at the forefront of our minor illness clinic, having gained her prescribing degree. We give grateful thanks to Lesley for all the work she has done in the Practice and wish her well for the future. Lesley would like to thank everyone for the kind words and cards that she has received in recent weeks.

Kay of course remains with us until February, but we have been working behind the scenes to appoint two new nurses and we hope that they will both be starting in early January. The appointees have both several years in General Practice nursing and have both worked locally, so we are very hopeful that the service our Practice nurses provide will be disrupted as little as possible, despite the major changes.

#### ROOM SIGNAGE

We have been in this building now since July 2006 and of course our 'regulars' tend to know their way about the Practice and find the right room to see the right doctor. However, there are many people who have to ask the way to the relevant room to which they are going. This is because the original room numbering is rather complicated. We are now having a change of room numbers, which will be numbered 1-14 with number 1 being on your left as you come

through from Reception to the treatment/consultation corridor. We are hoping that this will make things a little simpler for people and even I might be able to find my way to my own room, once I have a set number that I can remember.

## **'FLU JABS**

It seems to me that everyone thinks that 'flu is a relatively minor illness and generally it is. However, we still have a lot of people with respiratory illness and heart problems who have not had a 'flu jab yet this year. Without being too dramatic, proper 'flu can cause major illness even death in the 'at risk' groups, in particular, such as the over 65's, people with diabetes, heart disease, kidney disease, respiratory disease and neurological problems. If you have not had your 'flu vaccine for this winter, please make sure that you make an appointment to get this done. Vaccination make a major improvement to the health of the population. It is extremely disappointing when we find somebody severely ill or having to console bereaved relatives, because they have not taken the opportunity to have a vaccination, such as a 'flu vaccine, which will help protect them from such illness.

## **PREGNANT LADIES**

If you are pregnant you should have the influenza vaccine. The vaccine does contain resistance to what was called last year swine flu and is still around this year. Swine flu itself can cause major illness in pregnant ladies and so it is certainly advisable to have this year's influenza vaccine. Please make an appointment for this or if you have any questions, contact your midwife or doctor.

## **CANCELLING APPOINTMENTS**

Please remember to cancel appointments that you realise you are not going to be able to make. You may of course cancel by phone or face-to-face at Reception, but we now have a service, which is particularly important for Saturday morning and Wednesday evening service, but all other times. You can now cancel your appointment by 'texting' us on 07521 665 649. You have no excuses now!

## **THE WEATHER**

Kay York and I were just talking with a gentleman who had been in Austria, who was telling us that he had been waist deep in snow, but of course everything is still running like clockwork, with no problems there. This naturally does not happen here, as to be fair we do not get the weather such as the snow that often. Many thanks for your understanding during the last couple of weeks. Travelling around doing visits was a bit of a nightmare, but it certainly helped me when one of my patients pointed out that I do have a winter mode in my Jaguar. Give me a Fiesta any time! On Wednesday 1<sup>st</sup> December it was Doctors Love and Ashfaqe who held the fort as the rest of us succumbed to the weather. We had some heroic receptionists who walked miles to get here and of course no doubt there will be many of you who have got to work, whatever the crisis.

We do have our website; [www.thesandringhampractice.co.uk](http://www.thesandringhampractice.co.uk) on which we can put urgent messages in weather situations, for those of you who are computer literate. Let's hope we do not experience such weather difficulties again. It is certainly a good 30 years since I remember anything like it, so I think I will be well retired by the next one anyway.

Finally, once we have closed on Christmas Eve, 24 December 2010, we will not be re-opening until 8am Wednesday 29 December 2010 and at New Year, we close at 6pm on Friday 31 December and re-open at 8am on Tuesday 4 January 2011. If you do need to make contact, the Practice number 'out of hours' is 761172, which will connect directly with the 'out of hours' service. Of course if you ring 321521 that is the standard Practice number, but it will give you a message. There is the 8pm-8am GP's service available on 645544. This centre is open 12 hours a day, every day of the year for GP type problems that may be troubling you. It is not all holiday. Several of us do 'out of hours' sessions and I shall be involved in, hopefully weather permitting, four Championship Football League games, with my beloved Doncaster Rovers. - bless 'em.