

TEAM NEWS



We are very sad to share that our well-loved colleague and friend, Alan Westrip, has recently passed away peacefully following a period of ill health. As many of you will know, Alan worked for Church Lane as a Specialist Paramedic and mainly provided support to patients in care homes. He also held clinics on site where he had a special interest in Mental Health and always strived to help those who needed it. We received many a thank you letter from patients who he had helped during difficult periods. He was also a very kind and supportive colleague to everyone and would go above and beyond to help everyone out.

Having been with the NHS for many years, he started as an Ambulance Driver and was very proud to be in the first intake of paramedics in the UK and qualified in 1992. After 35 years in the Ambulance service, he achieved additional qualifications at master's Level to work within primary care and become a Prescribing Paramedic.

Many patients have asked after him over the last year, so we wanted to make you all aware. Please bear with staff as we navigate the next few weeks.

Pharmacy First Service

We wanted to make you aware of a new service that is being offered by local pharmacies. The Pharmacy First service means that instead of coming to your GP with certain conditions, you can get a wide range of treatments including in some cases antibiotics, direct from your local pharmacy. You can either call into the pharmacy yourself and asked to be seen under the **Pharmacy First Scheme** or one of our reception staff may refer you to a pharmacy of your choice to be seen there instead if it is more appropriate. This means that we will free up more appointments for people who need to be seen by a GP. The seven conditions the pharmacist can treat are: **earache (aged 1 to 17 years), impetigo (aged 1 year and over), infected insect bites (aged 1 year and over), shingles (aged 18 years and over), sinusitis (aged 12 years and over), sore throat (aged 5 years and over), urinary tract infections or UTIs (women aged 16 to 64 years)**. The scheme has been going well so far and we have had very few patients who go on to need to see a GP. In addition to the above, pharmacist are highly qualified clinicians and can offer a wide range of advice and support, especially around medication. They can carry out blood pressure checks and contraceptive pill checks.

Health Awareness

World Continence Week, 17th – 23rd

Urinary incontinence is a challenge, with around 14 million people in the UK thought to be affected. If you're struggling with holding your pee, leakage when you're coughing or laughing, or any other type of bladder weakness, please make a call to your GP practice.

<https://www.nhs.uk/conditions/urinary-incontinence/>

Cervical Screening, 17th – 23rd

Cervical screening is a vital tool in preventing cervical cancer. Cervical screening is generally a painless procedure, and it could save your life. Cervical cancer rates have increased in the 25-34 age group in the UK. Cervical screening can catch changes early. If you've never had a cervical screening test, you can find out more about what happens here.

<https://www.jostrust.org.uk/get-involved/campaign/cervical-screening-awareness-week>

Patient's Story

Recently we spoke with one of our patients who wanted to share the positive impact losing weight has had on him. Below is his story:

"I am a patient in the care of the Church Lane Medical Practice who encouraged me on this adventure. I'm 81 years old and for the last 40 years it seems that I have either been on a diet or planning one. However recently I listened to an item on BBC radio Sounds which discussed our gut - an amazing organ. The item was an experiment carried out by a doctor and his son involving processed and ultra processed foods – those that have been processed to increase the shelf life by the manufacturer. The son increased his intake of the processed foods and the father cut these out altogether. In two weeks, the son was feeling lethargic, listless, and generally out of sorts and his father, on his new regime was bright and chirpy.



Inspired by the article I embarked on a new food regime. It's not really a diet as I eat plenty but it is what I eat that matters - fresh fruit and veg, fresh meat and fish and sourdough bread. It's all about eating naturally like we did fifty years ago and letting your gut do its job.

The impact on me has been huge - not only have I lost over 12 kilos in weight (nearly 2 stone), my Blood Pressure is normal again and my sugar levels have reduced significantly. I feel great and full of energy and would encourage anyone to try."

If you are interested in losing weight, please speak to a GP who can refer you to one of a number of NHS approved weight loss programmes that will be right for you.

Winter Warmer Campaign

Earlier this year we were kindly provided with a small number of winter warmer packages from Age UK for patients. The bags included things like hats, gloves and soup to help keep warm over the winter months. Lynn, our Over 75 Coordinator, personally ensured that these reached as many patients as possible – often delivering these herself! Below is one of our patients on site receiving her care package, also photographed is our oldest patient – a very young looking 103 years old - who was also the recipient of a package. *Photos reproduced with the kind permission of patients/their family.*

