

A health and wellbeing
magazine for the
people of Selby and
surrounding areas

Produced by Beech Tree Surgery



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of the NHS

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Nick is star baker at our very
own Bake Off

New faces at our surgeries



*Dr Isabel
Featherstone*

New doctors

Dr Isabel Featherstone and **Dr Paul Baker** are our newest GP registrars who joined us earlier this year and will be with us until August 2016.

Recruiting of GPs is a national and local problem and many GP practices are struggling to fill vacancies. Indeed some practices have had to close due to recruitment difficulties.

So we are delighted to have recently recruited two new highly qualified professional doctors, **Dr Kirsty Suddes** and **Dr Claire Taylor** who will start with us in August. Together they will work a total of 13 sessions a week for the practice.

New pharmacist

To complement our existing range of healthcare professionals, we welcome **Tina Hawkins** as practice pharmacist to the practice team. Her work will include covering tasks currently done by doctors and she will also support our reception team.



*Dr Paul
Baker*

New practice nurse

We have been helping to train student nurses for some time as part of a regional training scheme, encouraging them to take up posts in general practice.

This is proving very successful and we are pleased to welcome **Sophie King** as practice nurse in September.

Sophie was one of the nurses we helped to train and we are delighted to have recruited her to join our nursing team.



WELCOME to your health newsletter

The challenges facing the NHS continue, resulting in a real need to change the way we provide our services at GP Practice level. We cannot continue with the current way of working – it is clearly no longer sustainable.

There are national and local GP recruitment problems, which means we will struggle to fill vacancies

in future and patients will have to wait longer to see a doctor. The junior doctors' dispute shows no sign of being resolved and is beginning to affect services. Parts of the NHS are being contracted out to other providers and



the NHS deficit continues, with our local CCG and acute Trust facing financial difficulties. Social care budgets have also been cut. With more people living longer, the demand on the NHS and Social Care is rising.

As a GP Practice, we continue to provide healthcare as effectively as possible, given the pressures we face. However,

we will need to develop different ways of working for the future, so people can continue to be seen and treated.

It is inevitable that there will be changes in the next few years in primary care and we will continue to keep all our patients informed.

Richard Gregory
Practice Manager

STAFF HELLO, SAYING FAREWELL...

New receptionist

Karen Fenwick joins the practice and will be working with our reception team from May.

Welcome back

We welcome back **Debbie Ward** and **Angie Richardson**. Debbie has been on maternity leave and Angie has been on long term sick as a result of a ruptured Achilles tendon.

Saying goodbye

We said goodbye in February to **Dr Alison Woodmansey**. Her post is currently being covered by locum doctors, where possible. Sadly we said goodbye to **Sally Gregory** in

May. Sally had been with the practice for six years and was a valuable asset who will be missed by staff and patients alike. We wish her luck in her new role of medical research.

Baby boom

Three of our doctors will shortly begin maternity leave – **Dr Heather Vaughan**, **Dr Rebecca Cale** and **Dr Isabel Featherstone**.

We will be filling these posts with locum doctors during their absence. Some of the doctors will have worked with us before and patients will be familiar with them.



Karen Fenwick

Click to book online

Why not make life easier and help free up our phones for more people. Try using our online service to book or change your appointments.

Once you have signed up to use online services, you can:

- book, view or cancel



your appointment

- Order repeat prescriptions
- view parts of your medical record

Please complete the Friends and Family form

Please take the time to feedback by filling in your Friends and Family test form at the surgery.

The test helps us understand if patients are happy or not and helps us see whether improvements are needed.

It is a quick and anonymous way to give your views after receiving care or treatment.

For more information please visit:

www.nhs.uk/friendsandfamily

Protecting you and your family's information

Patients often ask about the security of the information we hold on our computer systems. Personal information about patients is stored electronically in a secure and confidential manner and access to this data is limited, according to the Data Protection Act.

We are obliged to follow the eight data protection principles regarding personal information and to ensure

compliance to information governance policies.

All staff have a very strict confidentiality terms within their contracts and any breach can lead to dismissal.

Details regarding what information we store and about data protection can be found on our website:

<http://www.beechtreesurgery.co.uk/info.aspx?p=9>



On your bike

The Selby district has hosted two days of this year's Tour de Yorkshire. On Friday 29 April the men's race passed through North Duffield, Riccall, Kelfield, Cawood, Ulleskelf, Towton and Tadcaster as part of the first stage of the race. The following day the men's and women's races both passed through Sherburn in Elmet, South Milford, Monk Fryston, Hillam, Birkin and Beal, on stage two.

For more information about cycling in our area, visit www.selby.gov.uk/sites/default/files/Documents/Selb-District-Place-Pack.pdf

Diabetes Week

Diabetes week is from 12 to 18 June this year and will raise awareness of the condition and raise vital funds for Diabetes UK. Diabetes is a common life long health condition where the glucose in your blood is too high as the body cannot use it properly.

If you are worried about Diabetes, please speak to your doctor or ask to see a nurse at your surgery.

Men's Health Week

Led by the Men's Health Forum, the Men's Health Week runs from 13 to 19 June to raise awareness of preventable health issues and encourage men and boys to seek professional advice for health related problems.

Blood Donor Day

14 June is World Blood Donor Day. More people are needed to donate blood to help others.

To register to donate blood in the UK, visit the NHS Give Blood webpage

CHANGES TO URGENT APPOINTMENTS AT SELBY...

We are changing the way we deal with urgent (or same day) appointments at our Beech Tree surgery site in Selby.

The 'sit and wait' system has been replaced with a system of booked urgent appointments.

Although urgent appointments are now booked in at specific times, please be aware that there may still be a wait to see the doctor. This is due to the nature of urgent appointments – some may take longer than others.

The number of urgent appointments available each day will remain the same under the new system.

Riccall and Carlton Surgery changes

Dr Cale's routine surgeries



at Riccall Surgery have now stopped and Dr Gupta and Dr Fatheazam will be taking over these clinics.

From 1 October 2016 Dr Williams will reduce his

sessions from six per week, to four per week and will no longer work at our Carlton Surgery.

His Carlton work will be covered by other doctors.

Funding pressures halt social prescribing project

Unfortunately due to severe financial pressures faced by the Clinical Commissioning Group, we have been unable to attract further funding to continue the social prescribing project.

The aim of the scheme

was to ease the burden on general practice, avoid hospital admissions and encourage patients to be more self-reliant. It is very disappointing, therefore, that the social prescribing project will end

on 30 September. To date, referrals have been made to more than 20 organisations, including Age UK, Befriending, visiting schemes, supported holiday projects and Yorkshire Energy Doctor.

Did you know?

We are obliged to register with the Care Quality Commission. Last year our registration fees were £948. This year they have risen to £3,300

Review our services on NHS Choices www.nhs.uk
Contact us via the website www.beechtreesurgery.co.uk

Join us on Twitter and Facebook
We're now on Facebook and Twitter, so please visit our sites and follow us to find out what we are up to and what's new.
Twitter - @SelbyHealthcare
Facebook - www.facebook.com/SelbyHealth
You can also let us know what you think about our services and send us your feedback via Twitter and Facebook.



Help us save money on drugs

We are expecting an overspend of around £350,000 this year on our drugs budget. One reason for this is the increasing numbers of patients who ask for large volumes of repeat medication. Please make sure your drugs are necessary and regularly reviewed.

- 7,600 patients are on repeat medication
- Last year we dealt with 79,200 requests for repeat medication
- 198 patients take 10 items of medication each month
- 480 patients are taking between 11 and 15 items of medication each month



Please help us to save money on drugs:

- Only order medication when it's required – do not waste it
- Do not order medication early
- Use the online service to order repeat medication
- Nominate a pharmacy – your prescription will be sent electronically to your nominated pharmacy where you can pick up your medication.



Nick is the star baker

Beech Tree's very own version of the Great British Bake off was a huge success.

Dr Nick Jackson walked away with the prize of star baker although the judges were impressed with the high standards of all the competitors.

All the cakes were independently judged and it was down to three finalists – Dr Nick Jackson, Sally Gregory and Norma Ramsay. Congratulations to the finalists and all those who took part.



Riccall Care

live happily at home



We're here to help you and your loved ones live happily at home for as long as you wish.

Award-winning, family owned and managed, we provide home care throughout York, Selby and surrounding villages for the elderly and vulnerable, helping to ensure their comfort and freedom in the security of their own homes. We offer:

- ✓ Personal care, such as dressing and washing
- ✓ Meal preparation and laundry
- ✓ Overnight care and social events
- ✓ Complex medical needs
- ✓ Individually tailored care plans
- ✓ Local authority and private clients

Call our care line for help and advice, open daily from **7am to 11pm on 01904 720700.**

ST-08

www.riccallcare.co.uk

We also own four residential care homes in York and Selby and two day care centres in York. Access free home care advice through Riccall Care Community Link drop-in sessions and further resources and guides on our website.

Could you care?

We welcome local recruitment enquiries from caring and reliable people. All training given, good salary, plus benefits – talk to us today.

ADVERTISING FEATURE:

Care Café

Join us for great company and free advice at our monthly drop-in café.

Do you look after someone at home? Are you concerned about supporting a friend or loved one who wishes to remain independent?

Every first Thursday of the month between 2-4pm York and Selby's award-winning home care provider Riccall Care hosts a dementia café.

Somewhere to share a cup of tea and enjoy great company, the café is open to everyone, carers and cared for who may or may not be suffering from dementia.

You may be looking for information about dementia, its effects and worries around symptoms and how to cope. Perhaps you would like general advice about mobility issues, personal hygiene and ways of keeping safe? Guidance on these and a wealth of other issues is free and available from experienced professionals.

Save the date and drop in!

**2pm to 4pm every first Thursday of the month
Riccall Care Training Suite.**

FREE parking, ground floor access and disabled facilities: Riccall Care Training Suite is at Escrick Business Park on the A19 towards York YO19 6FD. Care Line is open 7am – 11pm every day on 01904 720700, or visit online at www.yorkcarelink.org

Supporting you and those you care for at home



DEMENTIA CAFE

OUT AND ABOUT IN SELBY...

For details of things to do in the Selby area, visit: www.yorkshire.com/places/north-yorkshire/york/selby
Discover some great walks and cycle rides in and around Selby, in particular the Trans Pennine Trail cycleway with its direct path into the heart of York.

Get active this summer

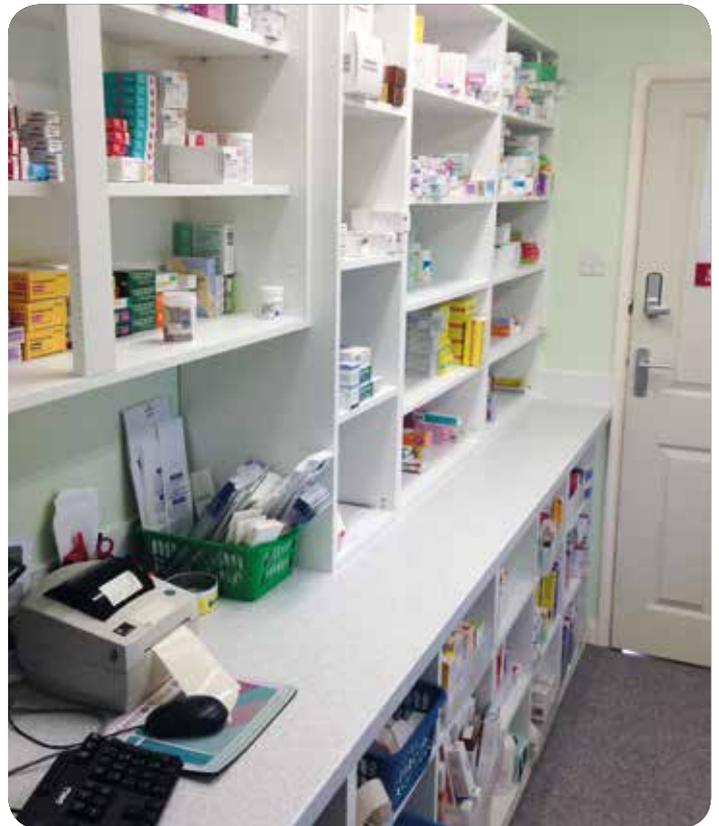


Health and fitness isn't necessarily about going to the gym. There are all sorts of activities which can improve your health.

Exercise not only makes you feel better, but it helps you stay healthier. The NHS is encouraging people to do 30 minutes of exercise at least three times a week.

Why not try the Couch to 5K plan for beginners. Download the app which will help you get off the couch and running in just nine weeks. Grab your trainer and follow the step by step instructions in the free app. <http://www.nhs.uk/LiveWell/c25k/Pages/couch-to-5k.aspx>

Riccall Surgery refurbishment



Riccall Surgery's refurbishment continues to progress as the surgery building and site is transformed. More recently, the surgery's dispensary has been improved. It is expected that the final painting works will be carried out in May.

Thank you to all our patients for supporting us during the works. We have tried to keep disruption to patients and staff to a minimum.

Did you know?

- We have an average of 75 people who do not attend for appointments each month
- You can book your appointment online



Cut out and keep contact details

Selby Life is produced by Beech Tree Surgery for the people of Selby and the surrounding area.

15,800 The number of patients served by The Beech Tree Surgery practice in Selby and its two branch surgeries in Riccall and Carlton.

For more information visit www.beechtreesurgery.co.uk

Or telephone **01757 703933**

Follow us on Twitter [@SelbyHealthcare](https://twitter.com/SelbyHealthcare)

Visit us on Facebook www.facebook.com/SelbyHealth

New patients

Beech Tree Surgery welcomes new patients. You can register at any surgery - to find out more, contact 01757 703933 or visit our website www.beechtreesurgery.co.uk

The partners of Beech Tree Surgery are also partners of Selby Healthcare LLP, a business that jointly owns Selby Pharmacy Ltd, the pharmacy in Thorpe Willoughby.

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