

NEWSLETTER

SPRING 2022

'Keep in Touch' - but Keep Safe



Dear All,

Although we have now returned to some state of normality the Covid infection rate has been on the rebound, affecting our social and travel plans, so we still need to take sensible precautions, like wearing a mask in confined spaces. However, the news has been overtaken by all the horrific events that are taking place with the Russian invasion of Ukraine. I am sure we are all very distressed at the devastation and human suffering being inflicted upon the civilian population in the face of this unwarranted attack on their democratic rights.

Fortunately, the problems we have here are small by comparison. Though we are now able to walk in to the Medical Centre freely, we must appreciate that staffing levels can be disrupted by Covid and this can sometimes affect services, but despite the shortage of full-time GPs they have been coping well. The Practice has been advertising for more GPs but there have been no applicants. BBC's Countryfile programme recently did a feature on the national problem of getting doctors to work in rural areas. It seems that many medical graduates are keener to work in urban or hospital positions.

In this Newsletter, there is an announcement that a fourth booster jab is to become available for those aged 75 or over and vulnerable people. Also, some useful advice on how to deal with seasonal medical conditions as we approach warmer weather and the importance of cancer screening. There are calls for volunteer helpers at the PIC and drivers for the MMVS and an introduction to two new nurses.

I wish you all a very Happy Easter and all the joys of Spring, now the weather is showing some signs of improvement.

Finally, if there is any topic of a medical nature you would like us to cover in future news bulletins, but not issues to do with the Medical Centre itself, please let me know by emailing contact@witppg.co.uk



Clive Barrington
CHAIRMAN



Message from Dr Kieran Tunnicliffe (Senior Partner)

Dr Lacey is retiring. After more years than, I suspect, she cares to remember, Dr Lacey is finally hanging up her stethoscope (or speculum) for the final time. Despite retiring from her post as a Partner several years ago, Dr Lacey remained at the surgery so that our patients could continue to benefit from her expertise in women's health. Her warmth and fantastic sense of humour will be sorely missed. We want to thank her for her years of service to the Witterings and wish her all the health and happiness for her retirement.

We say goodbye to our junior doctor, Lucine Karanfilian, after her 4-month attachment in the Witterings. She enjoyed her placement with us so much that she has chosen a career in general practice and has been accepted on to a GP training scheme. Perhaps if she misses the sea she might return in a few years? She will be replaced by another junior doctor this month. Additionally, we are expecting two more GP registrars (doctors in their final year of training to become fully qualified GPs) to join us in August.

Although the testing and isolation requirements have recently changed, Covid remains prevalent with cases rising both locally and nationally. please be mindful if you have symptoms consistent with Covid as the most vulnerable in society are still at high risk of serious complications if they catch the virus. Additionally, if members of the practice team catch Covid it has the potential to limit the care we can provide. Face coverings will still be required in the medical centre unless you are exempt. Please keep an eye on the latest guidance at the following address: <https://www.nhs.uk/conditions/coronavirus-covid-19/>



Fourth Booster Jabs for 75+ & Vulnerable

The NHS has announced that 4th Booster Covid vaccinations are to be given to those patients aged 75 or over or are vulnerable. The vaccinations will take place at the Witterings Medical Centre and Selsey Medical Centre on the following dates:

SPRING BOOSTERS will be available at the Witterings Medical Centre starting in April 2022. The vaccination team from Sidlesham will be providing these vaccinations on alternate Saturdays. This booster vaccination will be available for

- Patients aged 75 years old or over
- Aged 12 years or over with a weakened immune system

Do NOT contact the surgery.

The Vaccination Team will contact patients and book these appointments

Current guidance states that people are advised to wait 6 months since their previous dose to get maximum protection from a Spring booster. All eligible people will be contacted and offered an appointment. The appointment dates you'll be offered start from 3 months (91 days) after your previous dose, but booking an appointment around 6 months after your previous dose is preferable.

Also, if you have COVID-19, vaccination should be deferred so that you can recover from the virus. Ideally, this will be 4 weeks after the onset of symptoms or 4 weeks from the first confirmed positive test, if you have not had symptoms.



Advice on Seasonal Medical Conditions

We have had some beautiful sunny days in March reminding us that the warmer weather is just around the corner. However, if you are someone who suffers with allergies to tree, grass or weed pollen this can be a tricky time for you, particularly if you suffer from asthma.

Symptoms of hay fever may include:

- Itchy or watery eyes
- Sneezing and coughing
- Blocked or runny nose

Any hay fever can in turn trigger your asthma and you may experience:

- Wheezing
- Feeling short of breath
- A tight feeling in your chest

To minimize your risk of developing severe asthma always remember to take your preventer inhaler each day, as prescribed by your doctor or asthma nurse. If you do not have a preventer inhaler, and have asthma, or if you are concerned about frequent/worsening asthma symptoms please arrange to talk with your asthma nurse. Always carry your reliever inhaler (normally blue) with you in case you need it to relieve any asthma symptoms.

Your local pharmacist is trained to advise and help you with any hay fever relief. There are many types of antihistamine pills, sprays and steroid based nasal sprays you could try.

[Asthma UK](#) is a fantastic website which includes a pollen calendar, and this can help you work out which pollen could be a trigger and when it is likely to be released in the year. Being prepared and starting any preventive therapies a good month beforehand is generally recommended! Stay well and have a fantastic summer!

The importance of Breast, Cervical & Bowel Cancer Screening

Breast Screening

Breast cancers found at an early stage are usually easier to treat and are more likely to be cured. Each year more than 2 million women have breast cancer screening. Over 19,500 breast cancers were diagnosed through screening between 2018 and 2019. Current evidence suggests that screening reduces the number of deaths by about 1,300 a year.

The NHS Breast Screening Programme invites all women from the age of 50 to 70 for screening every 3 years, so some people may not have their first mammogram until they are 52 or 53 years. An appointment letter is sent out to eligible patients via NHS England, to attend your local hospital or a mobile van for a mammogram. It is not carried out at your GP surgery. The results are sent to you in the post and also forwarded to your GP surgery.

Cervical Screening

Around 3,200 women are diagnosed with cervical cancer in the UK each year. Screening saves thousands of lives every year and aims to pick up changes early that could develop into cervical cancer if left untreated and will tell you if you have the Human Papilloma Virus or whether there are any changes in the cells that could lead to cancer.

The NHS Cervical Screening Programme invites women aged between 25 and 64 and other people within this age range who have a cervix, such as trans-men and some non-binary people. An invitation letter will be sent out to eligible patients by the Cervical Screening Administration Service via NHS England. Patients can then contact the surgery to book an appointment with a Practice Nurse. The results are sent to you in the post and also forwarded to your GP surgery.

If you are currently pregnant or under gynaecology for surgical treatment, the GP surgery will defer your screening until it is appropriate for you to attend.

Bowel Screening

Screening aims to detect bowel cancer at an early stage, when treatment has the best chance of working. The test can also find polyps (non-cancerous growths), which might develop into cancer. Polyps can usually be removed, to lower the risk of bowel cancer.

If you are aged between 60 and 74, you receive a bowel cancer testing kit every 2 years, though NHS England is slowly expanding this programme to those aged 50, so some people aged 56 are now being invited. People aged over 74 can request a screening kit every 2 years by contacting the screening service on **0800 707 6060**.

The test, which you do at home, comes with full instructions and looks for tiny traces of blood. A prepaid envelope, to send the sample to the hospital, is included.

Around 5% of bowel cancers are due to conditions inherited through families. Those at high risk of bowel cancer may undergo a colonoscopy, which looks at the inside of the large bowel using a flexible thin tube with a camera on the end.

However, regardless of relying on the testing kit, if you are experiencing a persistent change in your bowel habits, blood in your stools, unexplained weight loss or abdominal pains/bloating, **please contact your GP**.



Patient Information Centre

VOLUNTEERING OPPORTUNITIES

The Patient Information Centre (PIC) helps local people with health-related information from our base in the Medical Centre reception area.

We need new volunteers to join our team, typically for a couple of hours per week. The work involves responding with sensitivity and discretion to patient enquires, keeping our information displays up to date and maintaining our database.

Applicants should show a commitment to customer care and have experience of using a computer. It is not necessary to have a medical background.

If you would like further information, please contact us at patientinformation@wmc.gmail.com.



MANHOOD MOBILITY VOLUNTEER SERVICE

More Volunteers Needed

We still need more part-time volunteers to help in the Office and more Drivers to help us. All our drivers are volunteers who drive their own cars and are paid a generous mileage allowance in accordance with HMRC regulations, which means that no special insurance is needed and there's no tax to pay on the mileage payments.

There is no commitment to do any journey requested, we phone and ask if you could do a certain journey and if it's not convenient that's fine - some of our drivers carry out journeys most days and others may only do one occasionally.

If you can help, please contact:

**Justin Birt (Manager) on 01 243 671881 / 672200
or email: manhoodmvs@gmail.com**

Our office hours are 9.30 am to midday Monday to Friday.

CHICHESTER
Alliance of Medical Practices

CHICHESTER
District Council

THE BIG SWANFIELD EVENT

Monday 11th April
2-4pm
Swanfield Community Centre

Free tea & coffee

Your health, your wellbeing, your community.

Free community event including:

- Mindfulness sessions
- Fun activities for all
- Blood pressure checks
- Stop smoking service
- Tai Chi sessions

...and lots more!

Representatives from:

- Chichester GP practices
- Chichester Wellbeing
- Citizens Advice
- Community Transport Sussex
- Age UK West Sussex, Brighton & Hove
- Healthwatch
- West Sussex Mind

Come along to find out about available services in the area

SWANFIELD COMMUNITY WELLBEING EVENT

MEDICAL CENTRE ACTIVITY

The table below shows the number of appointments carried out during the last three months (and those that were missed – a bit less than last reported but still too many!):

2021/22	December	January	February	TOTAL
Total Number of Appointments	4,607	5,166	5,330	15,103
Did Not Attend/Answer Triage Call	46	50	64	160
Av. Prescriptions generated daily	451	451	436	446

STAFF NEWS

DR MICHELLE LACEY - Retiring



We are sad to announce that Dr Michelle Lacey is retiring after many loyal years of service as a GP at the Medical Centre. Dr Lacey intends to finally hang up her stethoscope and pursue new hobbies including her love of gardening, travel and a building project at her family home in Devon. As a previous partner, Dr Lacey has been part of the Practice for many years and she has experienced the many changes in the delivery and growth of Primary care. Her passion for providing excellent care to all her patients has never ceased and we know that she will continue to maintain this until her very last appointment on her final day, 31st March 2022. We know that we are the lucky ones to have worked alongside Michelle and we will all miss her sense of humour and cheerfulness but wish her the happiest of times ahead and thank her for all that she has contributed.

"People will forget what you said, people will forget what you did, but people will never forget how you made them feel." — Maya Angelou



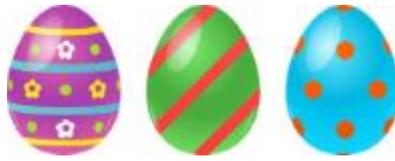
AMBER POPLE - Nurse Practitioner

Born, bred and living in the Witterings, Amber joined us in February 2022, fulfilling her ambition of working at the GP practice and keen to give back to the community she loves. Since qualifying as an Adult Nurse over 10 years ago, she has continued to develop, while working in a range of settings. She has completed her physical assessment module and is currently working towards becoming an independent prescriber. Amber has a keen professional interest in minor illness and catheter management. In her free time, she can be found enjoying our local surroundings with her family.



JO MILLER - Practice Nurse

Jo joined the Practice in December 2021. She started her nursing career in 1987 and worked in Paediatrics for 5 years. In 1995 she left nursing to move to Spain for 3 years, returning to the UK to work in a local primary school as a teaching assistant. She restarted her nursing career in 2014 by taking a BSc (Hons) in Adult Nursing at Surrey University. She worked locally as a community staff nurse and as a community sister. Jo has lived in Chichester for 16 years and loves gardening, especially exotic flowers and plants.



EASTER SURGERY TIMES

Thursday 14 April	CLOSED from 6.30 pm
Friday 15 April	CLOSED
Saturday 16 April	CLOSED
Sunday 17 April	CLOSED
Monday 18 April	CLOSED
Tuesday 19 April	OPEN from 8.00 am

**If you need medical advice when the Surgery is closed
Please call 111**

In case of EMERGENCY please dial 999