



PATIENT PARTICIPATION GROUP NEWSLETTER



WELCOME TO THE CHRISTMAS 2018 NEWSLETTER

It is, NOT QUITE, *'The Night before Christmas'* yet (thank goodness!) but, it will be with us before we know it!

The Patient Participation Group (PPG) has had a busy autumn. In October we held our second Mental Health event and in October and November we helped with 'Flu Clinics' at our four surgeries.

In November we were involved with Self-Care Week, again, at all four surgeries and a seminar on Meningitis took place at Nailsea School.

We have also had two good PPG monthly meetings, at which there have been some lively discussions and three most informative talks by:

Mary Adams, the Clinical Commissioning Group (CCG) representative for North Somerset

Alan Lee, the pharmacist from Cohens, Long Ashton

Bev Dickinson, Project Manager for BrisDoc

Mental Health - Anxiety and Depression

On Tuesday, 2nd October, we held a very successful Mental Health event at The Baptist Centre, in Nailsea.

The theme of the evening *'Anxiety and Depression'* was chosen as a result of having asked the GPs working within Tynesfield Medical Group (TMG) which health issue was seen most in General Practice.

Around one hundred people attended the event. They proved to be a very attentive audience,

which was reflected by the many questions asked following the presentations.

Much positive feedback was gained from those who came.

Dr David Cox, a GP partner at Backwell Medical Centre and lead speaker, gave an excellent presentation, supported by slides. He focused on the causes and effects of anxiety and depression.

Ralph Eva, from *Positive Step*, described how it is possible to find help when anxious and depressed, using Cognitive Behavioural Therapy (CBT). Therapists, by employing their wide variety of skills, are able to understand why the individual is feeling as they do and to discuss ways of coping, both now and in the future.

Sarah Rees, from *Wellspring*, described offering a supportive space in which to explore thoughts and feelings. Counselling can explore life experiences and identify behaviour, feelings and emotions that can cause difficulties.

Hannah Young, from *Second Step*, spoke about working alongside people with mental health problems, offering motivation and support to take the next step forward in their recovery through activities and techniques.

Over-all, a most informative evening.



**Dr David
Cox**

**Ralph
Eva**

**Sarah
Rees**

**Hannah
Young**

**Pam
Yabsley**

Pamela Yabsley

Seminar on Meningitis

We were pleased to arrange a seminar for the Sixth Form students at Nailsea School on Thursday, 15th November, on the subject of Meningitis, in particular, the recognition of its symptoms.

The speaker was Professor Adam Finn from Bristol Medical School at the University of Bristol.

Professor Finn is an expert in this field. He gave a comprehensive and helpful presentation placing great emphasis on the need to obtain the available vaccine.

Our sincere thanks go to him for sharing his knowledge with the students and giving up his valuable time.

John White

Mary Adams - Clinical Commissioning Group representative for North Somerset

Mary Adams is part of a small North Somerset team based at Castlewood in Clevedon. She engages with groups and organisations providing health and community services: she is the bridge between them and the CCG. Mary talked to members about the 'Healthy Weston' project at their meeting on Tuesday 23rd October.

There are two parts to the project:

- 1) Weston and district
- 2) Woodspring, which includes Nailsea

The aim of the project is to make Weston General Hospital strong and improve Primary Care. It is currently in the pre-consultation phase and there will be open public meetings.

Decisions about the hospital will be made in 2019. Information is available on the CCG website under 'Healthy Weston'.

Mary told members that the CCG looks at the health needs of the population, buys-in the services required and manages contracts.

Ruth Ryder

Alan Lee - A Pharmacist's View

Alan Lee is the pharmacist at Cohens in Long Ashton. On Tuesday 23rd October, he kindly gave up his time to come and talk to us about his work.

He told us about the various types of prescription available, when to order medication in time for a holiday, why some tablets came in 28 day packs and others in 30 day packs.

Alan advised us of how medications and 'sharps' were disposed of.

He also deals with patients' ailments when he can.

Alan admitted that there was a lot of pressure, but that he always tried to do his best for his patients.

PPG members from Long Ashton said that he was much appreciated.

Ruth Ryder

Bev Dickinson - Project Manager, BrisDoc

Bev kindly came along to our PPG meeting on Tuesday 27th November, to give us a short history of BrisDoc from its inception in 2001 and to tell us about their plans for April 2019. BrisDoc will take charge of NHS 111 and out-of-hours services for Bristol, North Somerset and South Gloucestershire. They will also control the new Severnside Integrated Urgent Care Service with the aim of speeding up patients' access to care.

'Flu Clinics

A number of PPG members helped with these clinics at all four surgeries, during the autumn. The general feeling seemed to be that the clinics were working well. Uptake has been good and flow has been steady.

Penny Parsons

The History of the TMG Surgeries

From time-to-time there will be a short history of one of the TMG surgeries.

Long Ashton Surgery - the early years

The history of medicine being practised in Long Ashton stretches back to Roman times! Indeed, traces of a surgery were found at Gatcombe back in 1839.

The first recorded General Practitioner in Long Ashton, prior to 1914, was Dr Fuller, an Irishman. He made his visits by pony and trap and, as was the custom in those days, he carried his stethoscope in his top hat!

His successor was Dr Valentine, at the end of the Great War. The surgery at that time was at Barn Hey at the bottom of Chestnut Road. He later built, and practised from, the White House on St Martins Drive.

In 1946, the practice was bought by Dr Robert Dickson who went into partnership with Dr Jackson of Backwell. Dr Dickson bought Headley House in Rayens Cross Road - where Long Ashton Surgery continues to this day!

The practice covered Long Ashton, Bower Ashton, Leigh Woods, Abbots Leigh, Failand, Wraxall, Barrow Gurney and Flax Bourton, with a few patients in Backwell.

As the sole GP, Dr Dickson ran the practice with the help of his wife, a nurse, who also took the telephone calls. Dr Dickson later had help from two part-time lady doctors.

In 1948, of course, the NHS was born and the demand for free medical treatment led to a great increase in work-load. Soon after this, as both Long Ashton and Backwell surgeries had expanded, it was decided that Dr Jackson and Dr Dickson would concentrate on their own surgeries so the partnership was dissolved.

In 1963, Dr Dickson employed a partner, Dr Marston. Dr Dickson himself retired in 1976.

Since then Long Ashton has steadily grown and the surgery has tried to keep pace with this growth.

In 2016, the Tyntesfield Medical Group was formed, incorporating Backwell Medical Centre, Brockway Medical Centre, Long Ashton Surgery and Nailsea Family Practice.

This gives an insight into the early history of Long Ashton Surgery and I am grateful to Dr Dickson's daughter for providing much of this information.

Penny Parsons

PPG Notice Boards

In each surgery the PPG has a notice board full of current information. It became obvious to us, at various moments, that these boards were not in the most prominent positions!

Here is just one story of success:

On Monday 17th September, Penny and Ruth went to Long Ashton Surgery to look at the waiting rooms and the new area for the blood pressure machine and scales.

First, they had to locate the measuring device to enable patients to work out their Body Mass Index (BMI).

They saw that the PPG notices were displayed on the side of this new area and were not very visible to patients. Penny and Ruth spoke to Amber Tiley, the Operations Manager for Long Ashton Surgery, and she instantly sought a better location. By the next day the PPG notices had all been displayed in their new place on the notice board on the back wall of the waiting room. Kathy Turner, Support Services Manager based in Long Ashton, e-mailed this photo:



We are pleased to report that the PPG notice boards in Backwell and Brockway Medical Centres have also been re-sited.

Penny Parsons and Ruth Ryder

Self-Care Week ~ 12th- 18th November

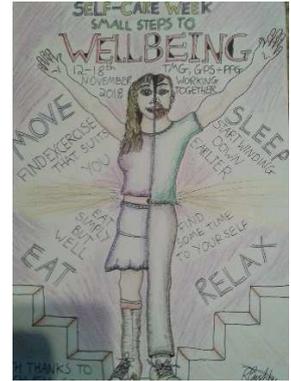
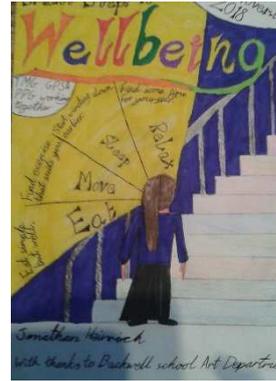
This is a national event which aims to encourage us all, by simple measures, to take more care of ourselves. Two TMG GPs, Dr Cara Harris and Dr Ed Griffiths, led the project, with some members of the PPG being involved in the preparatory discussions.

We made contact with the Art Department at Backwell School and created a competition: to design a poster, which could be displayed in all four TMG surgeries, to draw attention to this special week.

Eight students from Year 8 took part and submitted wonderful posters for us to choose from. So wonderful that we struggled to find one winner - so we chose TWO! All eight were terrific!

Our sincere thanks go to Rosa and John, our two winners, and Mollie, John, Caitlin, Cerys, Tabitha and Billy, our more than worthy runners-up!

Our thanks, of course, also go to Judith Lewis and Roisin Wolfe for co-ordinating the masterpieces.



The information was informative and effectively displayed in all four surgeries to encourage us to think more about self-care, paving the way for a long-term campaign.

Penny Parsons

Nobody mentioned the liberty bodices!

In the winter in the 1940s little girls, like me, and small boys wore liberty bodices to keep them warm. These were made of cotton with a fleece lining and they were reinforced with strips of tape. Mine slipped over my head, but some of the other girls wore liberty bodices which fastened at the front with rubber buttons. Some girls hated them! In addition to liberty bodices, we were given Cod Liver Oil and Malt, which tasted like toffee. We were given a tablespoonful a day to line our stomachs and keep out the cold.

Ruth Ryder

Dates for the diary

Next PPG Meeting and AGM: Tuesday 22nd January 2019, at 'The Baptist Centre', Nailsea.

PPG Meeting: Tuesday 26th February 2019, at the Jubilee Pavilion, Long Ashton.

Men's Health Event: Tuesday 19th March 2019, at Backwell School.

How to contact us

To get in touch, please email:

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