

Amherst Medical Practice Autumn 2011 News

Amherst Team News contributed by Dr Kate Lay

There is a long list of exciting news, involving members of the Practice of all ages. We have celebrated 6 next generation weddings; Dr. Alison's daughter, Dr Neil's son and Practice Manager Wendy's daughter, and Margaret in finance and her daughter. 3 have happily now proved their fertility. Tina our HCA has a busy family and has recently had 2 weddings with 2 more shortly.

In 2012 we will celebrate a secretary wedding and another team member's daughter getting married. Alison Lynam joined Dr Neil Arnott as a Grandparent at the end of May, and Wendy and Margaret will also be celebrating as grandparents for the first time. Wendy will also be celebrating a major birthday (and 24 years at Amherst) and joins a few others in that special age category. Dr Neil is leading on the Grandparent stakes (but then he is the oldest!) as his daughter is expecting twins, so she will have her hands full with 4; he'll be clocking up the Air Miles to Singapore and back. We were pleased to welcome both Dr Alex Barrett and Anjali Suraj back from their respective Maternity Leaves, both now proud Mums of 3 children! Nurse Ros Collett has also achieved another Motherhood milestone in July bringing her tally to 2.

Dr Lindsey Thompson took a 3 month break earlier in the year and took her 4 children on a world trip.

One of our receptionists departed the team for a short while to Dubai but she has now returned as receptionist.

Following in the Moon Walk footsteps of our energetic and fit Practice Nurses Jan and Lynne, a couple of the younger Dr's have got off their Surgery seats to raise money for charitable causes and get fitter in 2011. In January, Kate Lay trekked to the top of Mount Kilimanjaro with a huge group of 52 volunteers, many of whom are patients here at AMP. In July, Ellie Larchet achieved an excellent time at Eton, doing the Challenge distance Triathlon. She plans to swim the English Channel next summer, as part of a relay team! Neil Arnott keeps competing with his own target, in the Kent Churches bike ride, every September.

On a more academic note, Dr Husband continues to progress his musical and dancing skills, quietly working through the violin Grades, he will shortly be feeling the empty nest syndrome as his daughter moves away to University. Dr Roxburgh tirelessly strives on our behalf, representing Sevenoaks on the new Clinical Consortium, with all the Government changes that represents, but does find time for Bridge, Book Club and Tennis. Dr Francoise Lyons has had a slow start to 2011, after sustaining a nasty tri-malleolar fracture of her ankle requiring 3 operations with more to come. That hasn't deterred her from usual relentless energy directed at AMP and the Royal Society of Medicine, where she is on the GP faculty. Kate Lay has finally completed the hurdles (sorry, more sporting references!) to qualify as a Trainer and is about to start the Post graduate Certificate of Education.

SOMETHING NEW

As part of our Patient Participation Group it would be helpful for this new group to have patient comments so we invite you to give your feedback and you will find the book on the desk in the corridor waiting area. Your comments can be named or anonymous and you can say if you would like a member of the patient group to contact you.

CARERS

Do you look after an adult who could not manage by themselves or a child with a disability?

If you are a carer, or know someone who is a carer please ask for one of our **CARER PACKS**. This provides you with information to support people who are sick, frail or disabled in their own home.

During our flu clinic season there will be someone from Carers first available for you to talk to. Please ask for a pack as it contains very valuable information to support carers.

COMMUNICATIONS

Your mobile telephone numbers and e mail addresses form a very valuable part of our communications please can you make sure we have your up to date information. Please check with reception if your personal information is up to date. For confidentiality we prefer to use your mobile phone number or e mail address.

CAR PARKING

We are aware that our car park can get very busy. Doctors and Staff all double park at the top of the car park so the space in front of the "staff only area" needs to be kept clear so doctors can leave quickly in an emergency. Please can patients park in a designated space? There are patients coming and going all of the time so a brief wait should release a car parking space. Reception are very understanding if you let them know that you are seeking a space.

Your RESULTS

If you have had a pathology test, 5 working days later the result will usually be available via your doctor's secretary. To obtain your result please phone the secretary between 11.00 and 12.30 and 2.30 – 4.00 and you will then be advised of the next step.

TRAVEL IMMUNISATIONS

If you have booked a holiday to a far away destination please check with the travel nurse about immunisations. You can do this by e mail to the travel nurse or by speaking to the travel nurse on Mondays and Wednesday between 2.00 and 2.30.

Please don't wait until you get to the airport to realise you can't board the plane because you have not had the necessary immunisations or obtained your malaria tablets. **Yes this did happen recently.** Try to allow 6 weeks in advance of your travel.

Our very loyal Admin team of 20 are your valuable practice resource. Between them they have considerable knowledge and experience within the NHS and its systems. Please ask them before you speak to your doctor about any administrative queries If they alone cannot help you they usually know someone who can.