

## Over 55 Need Support and advice:-



- Give advice on benefits, managing finances, available care in the local area
- Be Friending Service for those living alone
- Information and advice for carers
- Help at home - practical support in your own home
- Help on getting on-line (computers)

Men in Sheds—activities for men based in Macclesfield

**Contact them on: 01625 612958**



## **We can provide help at home for those with a life effecting illnesses, elderly and frail, those with a learning or physical disability.**

- Carers break at your home allowing you to have a break from caring time to enjoy a hobby, an afternoon just to meet friends, play bridge, bowls, go to the hairdresser
- Provides care for people in their own home
- A befriending service ideal if you feel isolated or lonely, giving you someone with similar interests to talk to and/or support you to start going out again
- Support group for those with Asperger's
- Carer breaks for those with a disabled child
- Support for young carers

**Give them a call to find out more details on 01260 292850**

## **ALDERLEY EDGE MEDICAL PRACTICE FEBRUARY 2015 NEWSLETTER**

### **FAREWELL FROM DR HELEN HALL**

As I approach my retirement at the end of March, it is difficult to put in a few words my feelings about my 26 years in the practice.

My arrival at the practice in February 1989 was by chance rather than careful planning either by the practice or myself. I had recently moved to Wilmslow with my husband and three young children and got into conversation with Anne Macdonald (Doug's wife) outside playschool, where we were both waiting to pick up our children. She told me her husband's practice was looking for a doctor to do two sessions a week. I joined the practice on this basis and quickly realised what a good place it was to work. As the children got a little older I was looking to increase my hours and take on more responsibility, so when Dr Celia Pardoe moved away from Alderley in 1991, I replaced her as a partner.

I consider myself very fortunate to have worked in such a lovely practice all these years. The partners and all the staff share a common goal of trying to provide the best possible service for our patients, weathering the onslaughts of constant new political initiatives without losing sight of this goal. You have been lovely patients to be associated with all these years – your kindness, patience, cheerfulness and frequent positive feedback to me and the practice as a whole have made my job a real pleasure and a great source of satisfaction.

However, time moves on and as I get slower, stay at work longer and longer hours and worry much more than I used to, I think it is time to hand over to our very capable younger doctors. Several of them are "home grown": Dr Vicki Taylor was my registrar and Dr Tom Hunsley was hers so they feel a bit like a daughter and a grandson! Dr Pete Speake has been with us a few years now and is a great asset to the practice. Dr Hannah Knowles has just returned from her maternity leave at the end of January which I know will please her patients who have missed her and asked after her over the last few months. Dr Edwin Thompson remains at the helm and will hopefully be steering the practice into its wonderful new premises soon. I am sorry I will not work in the new building but will certainly follow its progress closely.

As some of you may know, I was privileged to be made a fellow of the Royal College of GPs a couple of years ago for my work as an examiner. I assess candidates in the final exam which allows doctors in training to progress into independent practice. I will continue to do this for a while longer. It is heart-warming to see what excellent young doctors are coming through the system and to know that I should be well looked after in my old age! In spite of all the doom and gloom in the media, the NHS is a wonderful institution and I am proud to have been associated with it since I qualified in 1979.

On Wednesday 25<sup>th</sup> March, we are having a little farewell “do” in the practice from 6.45 - 8.30pm. I would be delighted if you are able to pop in then to say good-bye and I will look forward to seeing you. If I don't see you then, I live in the village so know I will bump into many of you in the future and will be happy to chat and catch up with your news.

### **Welcome back Dr Hannah Knowles**

I am pleased to say I am back to work having had a wonderful 6 months off on maternity leave. My son Harley is doing very well, he is keen to get moving and I'm pretty sure he will be an early walker!

I will be working 3 days per week: Mondays, Wednesdays and Thursdays. The plan is for me to become a GP partner when Dr Helen Hall retires at the end of March. I look forward to helping shape the practice and continue to improve the care we provide for our patients.

My interests include women's health and dermatology. I also look after patients at Cavendish Court Care Home and visit here once weekly.

I'd like to thank all the staff and our patients for giving me a big warm welcome back.

### **NEW PREMISES—ALMOST READY FOR WORK TO START**

We are almost there with the legal documentation to allow us to sign a lease agreement and allow the building work to start. This has been a long process as there are three parties involved- the doctors, the Parish Council and NHS England. Each party has their own lawyers and surveyor. The Parish Council have appointed Emersons to build the new surgery. Emersons have been responsible for the design and specification which then has to be approved by the other parties. This has generated a lot of emails and re writing. NHS England has now approved the design, and we are waiting for the NHS England lawyers to approve the lease, at which point we can sign it!

On a practical note, there has been some preparatory work done at the Festival Hall re routing underground cables and pipes ready for the real work to start.

### **THINK BEFORE YOU DIAL 999**

#### **Do you really need an ambulance?**

It is sometimes difficult to know whether or not you need an ambulance. It is important to dial 999 if there is a medical emergency, such as (but not limited to):

#### **YES dial 999 if**

- A person is unconscious or not breathing
- Has difficulty breathing
- Has sustained a serious injury
- Has uncontrolled bleeding or heavy blood loss
- Has severe chest pain
- Has severe abdominal pain
- Has taken an overdose

#### **NO**

- **Contact the GP between 8am to 6.30pm Monday to Friday 01625 584545**
- Call 111 the NHS 24 hour helpline if you feel unwell and you cannot wait to contact your GP.
- Contact the Out of Hours GP 6.30pm to 8.00am Monday to Friday