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The Orchard's Harvest

The newsletter of the Orchard Surgery Patient Participation Group.

Summer 2014



Chair:-

Alison Ellison

Patient representatives:-

Ellen Ascroft,
Pauline Atkinson,
Angela Davies,
Denis Dowler,
Muriel Gosling
Robin Kirby,
Beryl Lord,
Peter Macready,
Rita Nuttall,
Kerry Rooney.



We also have a virtual Patient Panel group, they are contactable via email and will be part of all decision making.



Our link with the Practice is:-

Julie Morris

Practice Manager



The Patient Participation Group was formed in 2011 and has met every month, since then. It's the summer of 2014 and we still need new members. If you feel you would like to join us there are contact details on our notice board in the waiting room and the Orchard's website. We also have a Virtual Patient Group who are contacted via email and consulted on all decisions.



In the last newsletter we told you about our hopes that the data screen, in the waiting room, would show any delays that the GPs were experiencing. This would have kept patients informed of waiting times for their appointments. We now know this is not likely to happen and are keen for any bright ideas as to how patients are updated on delays in their appointment times. Any suggestions are welcome.



Liberating the N.H.S.

NO DECISION ABOUT ME WITHOUT ME.

Consultations on proposals to secure shared decision making. Consultation should be a meeting of two experts, you and your doctor.

The Patient's Panel suggest you go online to read the Department of Health's White Paper, as titled above.



New Services. We are delighted to announce that the surgery have now allocated a room to the Phlebotomy Service on a Thursday morning to allow patients to have their blood tests here. We are currently negotiating another session – so watch this space.



SURGERY NEWS

Dr. Lannigan has a new hobby since retiring – Baking bread, this photo was taken when he brought some in for the practice staff to try.



I am told it was delicious





Meet Julie Morris, Practice Manager. –



I have been Practice Manager at Orchard Surgery for 5 1/2 years. I have worked in General Practice for about 28 years and 'fell' into the job by accident when I gained a job as a receptionist in a busy inner city surgery, whilst living in Portsmouth. I then moved on to medical secretarial roles, then into management, firstly as a deputy and then as Practice Manager.

The Orchard is the third practice that I have managed, and of course, is the best with a wonderful team who support me. It has been a challenging time with the new building and the ever changing NHS and it keeps me busy.

I grew up on the Wirral and moved back here 13 years ago after living away for 16 years. Outside of work I have a 12 year old daughter who keeps me on my toes and up to date with all the latest trends. We have a shared love of horses so spend lots of time out in the fresh air.



Extended Hours

Following the last Patient Survey two of the issues that were identified were

1. Difficulties getting appointments

2. Surgery opening hours.

The Patients Panel has been informed that from Wednesday 18th September appointment hours will be extended to 8.00pm on a Wednesday evening and from 7.00am on a Thursday morning. These hours will be covered by Dr. Tomlinson on a Wednesday and Dr James on a Thursday, both GPs will also have nursing support during these hours. With Dr James starting her day earlier she will also be able to offer some cover over the lunch period on a Thursday. This service will be reviewed to assess whether these needs are being met. These appointment times are all pre-bookable and not to be used for emergency appointments. Emergency cover will be available from the Out of Hours Service at these times.



PLEASE NOTE: - THESE APPOINTMENT TIMES ARE FOR THOSE PATIENTS WHO ARE UNABLE TO ATTEND DURING USUAL SURGERY HOURS.



More Surgery good news, the Orchard Surgery is delighted to announce that we have been approved as a training practice and we look forward to welcoming our first GP trainee in February 2015



Some useful telephone numbers

Arrowe Park Hospital	0151 678 5111
Clatterbridge Hospital	0151 334 4000
St Catherine's Hospital	0151 651 0011
Victoria Central Hospital	0151 678 5111
Clatterbridge Cancer Centre	0151 334 1155
Eastham Walk in Centre	0151 327 3061
Community Nurses	0151 514 2222
Dental Service	0151 604 7295
Phlebotomy Service	0151 514 2222



A Patient's Story

I lost my wife in 2011, a patient of Dr Lannigan, after nearly 10 years suffering with initially a mystery Parkinsonian problem, latterly, some 2 years or so later, confirmed to be Progressive Supranuclear Palsy. Last year I decided to become a Volunteer to help the Association in its vital work of generating funds for research and raising awareness of PSP and CBD. (Cortico Basal Degeneration). I then became the Co-ordinator of the Liverpool Support Group, in which capacity I am given the dubious privilege of arranging agendas for meetings and other events based around Merseyside as well as signposting those needing help and guidance whilst trying to cope with these deteriorating conditions. I welcome any publicity that the Patient's Panel can generate about PSP and CBD. Meantime, I am trying to coerce the PSP Association to improve its publicity material to tell people (including those in the Medical Profession) more about these illnesses and thus increase awareness. Obviously the cost of research is a huge problem, bearing in mind the rarity of these conditions, but there is now a concerted effort in sharing research with other neurological diseases e.g. Parkinson's, Alzheimers, Stroke and MSA, for which there is a wider audience.

John Morgan.



PSP / CBD - RARE INCURABLE & TERMINAL ILLNESSES

Progressive Supranuclear Palsy and Cortico Basal Degeneration are rare Parkinson's – like, but incurable and terminal neurological diseases, early symptoms of which are often misdiagnosed. These conditions lead to difficulties with balance and movement, resulting with stiffness and often backward falls, vision (inability to look up or down, focusing, double or tunnel vision and dislike of bright lights), speech and swallowing. There may also be behavioural and cognitive changes including depression and apathy. There is an average life expectancy, from onset of symptoms, of 7 years. The PSP Association is dedicated to the support of people with PSP and its related disease, CBD (which affects one side of the body), and those who care for them – frequently a member of the family and is striving to find the cause of and ultimately a cure for these rare conditions. During the past year, 30 Regional Support Groups, coordinated by a team of experienced Volunteers, have been established around the UK, to give guidance and support to all, with, or caring for the conditions, together with a National Telephone Helpline (0300 0110 122) that is contactable for confidential advice, support and information 9.00am - 5.00pm and 7.00pm - 9.00pm Monday to Friday. The PSPA Liverpool Support Group meets bi-monthly in the City centre, next to Lime Street Station and welcomes all from around Merseyside, Cheshire and North Wales. Further information obtainable from the Helpline.

The last meeting was on Thursday 3rd July 2014 at The Liner Hotel, Lord Nelson Street, Liverpool L3 5QB between 11.00am and 1.00pm, followed by an informal lunch (not obligatory)

<http://www.pspassociation.org.uk> A registered Charity in England, Wales & Scotland



SUEvivor Stroke Support Group

In the UK approx. 152,000 strokes occur yearly, 14,600 of these are in this area alone. Each year there are approx. 700 people on the Wirral who suffer a stroke. Our personal experience, having been impacted by stroke and these numbers led us to forming SUEvivor Stroke Support. We are a unique as we support the stroke survivor, caregiver and family and friends of those who have suffered a stroke, providing long term support. Stroke survivors require assistance as they often struggle with severe disabilities, anxieties, depression and social isolation. We provide a free service for stroke survivors, caregivers and those who have symptoms associated with strokes that are undiagnosed. Meetings are open to all ages, providing peer support in an informal environment, with other survivors, every two weeks. We also offer related literature and arrange talks to assist in forming coping strategies, supporting the daily struggle that is faced and improving quality of life. Furthermore, we do not overlook the important role that care givers, family and friends face when their lives are impacted by a loved one suffering a stroke, thus we provide assistance and support to them as well, to prevent them from being overlooked or forgotten. We endeavour to support all those affected by stroke, ensuring they know they are never alone.

Kirsty E Lever, Vice Chair/Founder SUEvivor Stroke Support.

