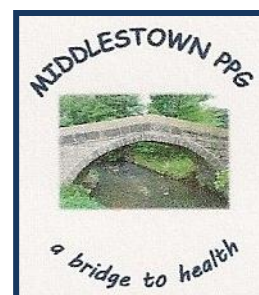


MIDDLESTOWN PATIENT PARTICIPATION GROUP



NEWSLETTER

SPRING 2013



Training General Practitioners at Middlestown Health Centre

By Dr T. Gair

In common with many Practices in the UK, Middlestown Health Centre is involved in training future GPs. We have been training GPs for over thirty years, and a succession of doctors trained here have stayed to work as permanent doctors, with many more working locally. We think training is very important; it is known that Training practices tend to work to higher standards and have overall better standards of care and patient satisfaction than non-training practices

This Practice usually has three young doctors undertaking specialist training at any time, extensively supervised by all of the partners. Doctors training to be GP specialists are fully qualified doctors, and have usually trained in hospitals and GP practices for between five and six years before qualification, and for at least two years after this before they enter practices. You can be certain therefore that the doctors in training are highly qualified and knowledgeable before they see you. They will have had experience in many of the hospital specialties, and they spend up to a year in the practice polishing their skills before becoming independent GPs in their own right.

We would like to welcome two new doctors, Dr Mansoor and Dr Saeedi into the practice. We are sure that you will be very happy with them and the dedicated care they will offer you.



Want to keep up to date with what is happening at the surgery - watch the TV while you are waiting for your appointment.

PPG Annual General Meeting

Wednesday 1 May 2013, 7pm

Middlestown Medical Centre

ALL PATIENTS INVITED

Expressions of interest from patients to join the PPG can be sent to Susan Gilbert, Practice Manager. There are 5 vacancies and an election will be held on the night if there are more than 5 interested patients.

HEALTH AND WELLBEING DEVELOPMENT TEAM

The PPG met with David Cowan from the Health and Wellbeing Development Team who sends this information about the Team and Courses held at Middlestown Surgery:

Health and wellbeing isn't just about the absence of an illness or disease, it incorporates physical, mental and social 'wellness'. Social isolation, finances, safety and stress are all factors which can also impact on a person's experience of health and wellbeing. The good news is that people can improve their health and wellbeing just by making small changes to their lifestyle and the teams in this service can support people to do this - one step at a time.

The Team's development workers promote health and wellbeing in older adults and adults with a physical and/or sensory impairment. Through health promotion, education and a wide range of preventative activities the team supports members of the community to maintain their independence and to improve and maintain a healthier lifestyle, in groups or on a one-to-one basis.

The Team have a directory of social, exercise and support groups in your area and can discuss with you what sort of group you may be interested in and help you arrange your first visit. Additionally the Team will provide a range of support and advice to local people.

The Health and Wellbeing Education Programme is a project that runs for 6 six weeks, 2 hours per week, at the Practice. Each session involves education and practical participation and is designed to give older people a better understanding of their general health and how lifestyle choices, e.g. diet and physical activity, can impact on overall wellbeing.

The 6 week Health and Wellbeing courses include - Improved balance, co-ordination and mobility; Improved motivation; Combatting social isolation.

The courses are well received by participants and they have gained positive outcomes in relation to meeting the courses' aims of improving health and wellbeing.

How to become involved: You can make a self-referral to the Health and Wellbeing Development Team by contacting them on 01977 705473 or download a referral form from our website and post it to the Health and Wellbeing Development Team, c/o Thornycroft Centre, Halfpenny Lane, Pontefract WF8 4AY or send it by fax on 01977 705473. www.southwestyorkshire.nhs.uk/our-services/wakefield/health-and-wellbeing-development-team/



for kind comments from Patients about our 1st Newsletter. Your feedback will help us plan for the future. If you want to join the PPG's Virtual Group please contact us via the surgery or the website.

You can also view this Newsletter on our PPG webpage at www.middlestownmedicalcentre.nhs.uk

You can e-mail your thoughts and ideas to us at:

Middlestown.ppgroup@wdpct.nhs.uk

Please be aware that we cannot enter into any discussion regarding your own health, the treatment you receive from the surgery, handle any complaints or deal with any other confidential issues arising from your own personal circumstances.

