



ABINGTON PARK SURGERY PATIENT PARTICIPATION GROUP NEWSLETTER

Welcome to Abington Park Surgery's (APS) first Newsletter . . .

. . . endorsed by our recently appointed Practice Manager Lisa McKenzie; who is already making positive changes and improvements within the Practice. The APS Newsletter will be delivered four times a year keeping you informed about 'what's going on' in your surgery! We trust it will be useful to patients, carers and visitors in many ways – including updates about newly appointed staff and/or new services on offer within the practice. The Newsletter will remind you about ongoing Clinics, seasonal Health Promotions and awareness days/weeks. We will also be able to advertise outside 'Health Support Services' that you can access within your local community – together with updates on APS's 'Chosen Charity' of the year. This will give us the opportunity to make 'real changes' in other people's lives! This year it's 'Stan Robertson's 16:15 Breakfast Project' focused on the homeless of Northampton. This aims to raise funds to purchase a vehicle to support the delivery of hot food to those living on our streets. You can follow the progress on the highlighted notice boards within the practice!

We aim to promote a 'healthy eating spot' with a recipe from a member of the Patient Participation Group (PPG). Other members will reminisce about 'The way we were': With snippets of the surgery's history. It is said that 'Nostalgic revelries' are good for your health! The idea behind a personal account of 'A day in the life': from a staff member, is an assurance that although we don't always see 'behind the scenes' the staff are a vital part of the practice!

I myself feel very proud to be part of Abington Park Surgery's newly formed PPG. Having become a patient after completing my nurse training in 1980 and working at Northampton General Hospital. Sadly, my nursing career was cut short by the trauma of personal bereavements. At that time there was very little in place for dealing with mental health issues. Fortunately I was offered support by my GP at APS and began therapy.. after which I was able to do further training – gaining a degree at University and becoming a Mental Health practitioner, working in different organisations for the NHS and the private sector around the county.

Susan Jackson. Chair of Patient Participation Group

The Way We Were

Just imagine sitting in someone's lounge, with hard-backed chairs placed around the room, lino on the floor and a small electric fire. That was 447 Wellingborough Road, where Dr Black lived with his family. This was also where the surgery was located. When the door opened into the waiting room a Doctor (Dr Black, Thompson or McGillivray) would say 'next please!'

There were no time slots and no appointments. How did you know when it was your turn? Simple, as you arrived you asked: "who was the last person in?".

The consulting room was cosy with the Doctor's desk, a sink and a couch.

Doctors were on-call evenings, through the night and weekends on a rota basis and would always call again if needed.

There was another surgery in Marriott Street, Kingsthorpe which was shared by the doctors.

Pregnancy wasn't confirmed until you were "12 weeks". You didn't have scans and rarely had an x-ray. Everything was done according to dates and examinations.

When babies were due to be vaccinated you received an appointment through the post. These were usually held in the afternoon and you just waited to be called in. Babies had their temperature checked. If it was high or they were "chesty" no vaccinations were given. You had to wait for the next one.

As the surgery grew more consulting rooms and waiting rooms were needed. Dr Black and his family moved out. This made space for more consulting rooms and a nurse's room.

In later years other Doctors came to Wellingborough Road: Namely Dr David Gillham, Dr Mary Gillham, Dr Peter Heaney, Dr John Fenton, Dr Julian Raphael, Dr Halstead and Dr Sood. Some went with the move to Christchurch Medical Centre. Which is where we are today.

The practice now has 5 GP Partners, 1 Salaried GP, 3 Nurse Practitioners, 3 Practice Nurses, a Pharmacist, a Phlebotomist, a Practice Manager and a team of 18 Receptionists/Administrators.

Written by Rosemary Bodsworth & Kay Lester

Summer Seasonal Recipe



Creamy Chicken & Asparagus Braise

Method

1. Heat the oil in a large non-stick frying pan and fry the chicken for 5 mins, turning to brown both sides.
2. Add the asparagus (reserve the tips), leeks and celery, pour in the bouillon and simmer for 10 mins. Add the asparagus tips and peas, and cook for 5 mins more.
3. Meanwhile, stir the egg yolk with the yogurt and garlic. Stir the yogurt mixture into the vegetables and add the tarragon.
4. Divide between two warm plates, then place the chicken on top of the vegetables. Serve with new potatoes, if you like.

Ingredients

- * 1 tbsp rapeseed oil
- * 2 skinless chicken breasts
- * 10 medium asparagus spears, each cut into 3
- * 1 large leek well washed and thickly sliced
- * 3 celery sticks, sliced
- * 200ml reduced-salt vegetable bouillon
- * 140g frozen peas
- * 1 egg yolk
- * 4 tbsp natural bio yogurt
- * 1 garlic clove, finely grated
- * 1/3 small pack fresh tarragon finely chopped

JOIN the PPG

Would you like to have a say in how health services are delivered by your GP practice?

Why not join our Patient Participation Group.

The Patients within our group are a valuable source of feedback in relation to the services provided. They work alongside the practice to make improvements, assist with health campaigns and ensure the needs of the patients are being met.

We aim to encourage patients from as broad a spectrum as possible, to get a truly representative group. We need young people, workers, retirees, people with long-term conditions and people from non-British ethnic groups. Everyone is welcome!

The group meets on a monthly basis with timings alternating between mornings and evenings to help facilitate attendance for those of our patients that work.

If you would like any further information or wish to join the Abington Park Surgery PPG please register your interest by contacting the Practice Manager, Lisa McKenzie, by telephone or in writing. Alternatively if you are in the surgery please ask to speak to me and if I am available I can meet with you in person.

Goodbye to Members of the PPG

After over 15 years of being members of the Patient Participation Group, Brian and Janet Naseby have decided to withdraw from the group. Brian and Janet have been active members of the group and have previously been heavily involved with raising funds for the surgery via the Christmas raffle. The GP Partners wish to thank them both for their support over the years and wish them well for the future.

New to the Surgery

To continue to help meet appointment demand we are delighted to announce the recruitment of Dr Sunita Job to our team of GPs. Dr Job may be familiar to many of you as she originally joined the Practice as a Registrar in April 2017. If you wish to book an appointment with Dr Job, she will be available on a Tuesday and Friday.

Charity Update

As you may be aware this year we are supporting Project 16:15 as our charity of the year. This project was chosen because a local Northampton man, Stan Robertson, has been single handily been leaving his house at dawn every morning to provide a breakfast to the homeless living on our streets. Over the past 6 months the practice has successfully raised £7000 through a number of initiatives which has included practice staff having a 'sleep out' in the surgery garden on 1st March 2019. Some of the money raised has helped Stan purchase a specialist vehicle which keeps food hot and is also looking to buy a horse box to convert which will give the homeless a shelter to sit and eat in during bad weather.

Patients have been so generous and have donated toiletries and clothing along with items for a raffle. Fleur Matthews, a Practice Nurse at the surgery, in conjunction with King Edward Road Surgery is busy planning a Summer Fete to be held in the car park of the surgery on Saturday 13th July between 12.00 and 16.15. Stalls that will be present include: gardening, cakes, face painting, Body Shop, hand massages, games, bath bombs, BBQ, Ice Cream Van, tombola, bottle raffle plus many more!

Please come along, bring your family and friends and help us to support this very worthwhile project.

