

## Recent Events

### Christmas Festivities

Our Christmas tree at the United Reformed Church's annual Christmas Tree Festival looked delightful in red and gold. Thank you everyone who kindly donated Christmas decorations. It is always a joy to take part in this community event.

11<sup>th</sup> December saw the drawing of our very successful Christmas raffle at our annual Christmas Party. The reception area of the surgery had a festive glow from our table of draw prizes in the build up to our Party day. Many thanks to all who donated prizes or who helped sell the tickets. We are particularly grateful to Shirley Carey who so successfully took over organising and running the raffle table.

The Party, at Lymington Community Centre, was a happy festive occasion. Congratulations to Marie and all her cooks, decorators, table-layers, washer-uppers and general helpers! Special thanks are due to Ivor, who provides our liquid refreshment, keeping our glasses well filled, and to Alan. The 'lucky dip' they generously provided enabled everyone to go home with a gift.

### Coffee Mornings:

**October:** Sarah Richards and Judith Long from New Forest Produce (NFP) talked to us about their organisation which was set up to provide a link between the homesteads and smallholdings in the New Forest area who grew their own produce and consumers. For many years producers of local dairy products, especially cheeses, fruit and vegetables, honey, jams and meat had operated at a subsistence level. The organisation introduced the New Forest Marque as an assurance that produce is local and produced to the highest standards. To claim ownership of the New Forest Marque (the NFP logo) requires strict observance of hygiene, record keeping, welfare of stocking levels, etc. Outlets were then developed to encourage sales: Farmers Markets, hospitality outlets (hotels and restaurants) and local retail outlets.

One new venture is the holding of a 'Harvest Celebration' designed to introduce local school children to the concept of a Harvest Festival and an understanding of where the food-chain (the end of which for most of them would be the supermarket) begins. A bonus at the end of a most interesting talk was trays of tasters of local cheeses, sausages and creamy cakes! Check out their web site: [www.newforestproduce.com](http://www.newforestproduce.com)

**November:** Dr. Eileen Watson, editor of the Orchid Society of Great Britain's journal, gave a light-hearted and enlightening talk about Orchids. The orchid family is the largest family of flowering plants with upwards of 30,000 species. They are perennial and can grow in most habitats, apart from deserts and glaciers. They are particularly abundant in the tropics. To assist her in demonstrating the primary characteristics of orchids Dr. Watson showed a selection of plants kindly lent by local Everton Nurseries. Orchids have a variety of root systems, three sepals and three petals, the centre petal being the characteristic 'lip' of the orchid. The slipper orchid has a particularly large lip. Pollinating insects, attracted by the scent and trying to escape from the pouch are forced through a special opening, which ensures maximum collection of pollen. Orchids are much used for culinary purposes, with vanilla one of the best known. In olden times they had medicinal uses. Today they are cultivated mainly for their use in perfumery and for the sheer enjoyment of their beauty.

**December:** Horticulturist Alison Shepard gave a wide-ranging talk about Winter Plants, which included ground plants and plants for hanging baskets and containers. Alison works for a local trade supplier of plants and emphasised the importance of the labels, which come with plants. For professionals the names in Latin are significant, as they are understood in any part of the world. The commonplace name is also given as well as a lot of vital information about cultivation. On talking about composts Alison reminded us that some have a structural purpose and others a nutritional purpose.

It is important to select the right compost for each usage. She recommended, in addition to compost, the incorporation of perlite granules to improve aeration and moisture retention. Alison advised that autumn is the best time to take cuttings as it gives the root system of the plant time to establish before the onset of the growing season in the spring. Again she emphasised the importance of labelling cuttings and seedlings. A lively question and answer session followed her talk.

**January:** Our speaker at the first coffee morning of the New Year was Annabelle Dawson-Moray who gave a fascinating talk about Cranial Osteopathy. She brought her own 'props', a skull and a spinal column (made of plastic we were assured!). She traced the history and development of Osteopathy and its related Cranial Osteopathy. Although Osteopathy is still not fully accepted by the medical world, legislation in 1993 created a General Osteopathy Council and training is now University based, leading to Masters or Bachelors of Osteopathy degrees. Annabelle then talked about her 'props'. The skull was passed around and everybody was surprised at its weight (even without a brain!). It was pointed out that this weight sits on top of the body supported by just the neck. With so much relative movement between skull and body it is no wonder that the muscles in the neck and shoulder are so prone to discomfort. The extensive links from the lower sections of the spinal column to many organs around the lower part of the body were described. This explains how 'lower back pain' problems are so commonplace with the further complication of 'referred pain' in areas away from the lower back. A growing area of work for Osteopaths is with babies and young children. Annabelle described the traumas of birth for the newborn (which 'struck a cord' with many of the audience!) and how Cranial Osteopathy, with its non-invasive procedures can be so beneficial where problems arise with neonatal babies.



# Friends of Wistaria Surgery NEWSLETTER 30

Registered Charity Number 1107544

Working to benefit the health of Wistaria's patients and others in the community

SPRING 2010

## Forthcoming Events

### Easter Raffle

Our Easter Raffle sales table, with seasonal prizes on display, will run at the Surgery from 24<sup>th</sup> March. Prizes will be drawn on 1<sup>st</sup> April. If you would like to help contact Shirley Carey on 01590 671859, or if you can donate a prize 'phone Marie Mudie on 01590 673473.

### Mottisfont Abbey

We are arranging a day-trip to Mottisfont on Thursday, 10<sup>th</sup> June. Their walled gardens house the National Collection of old-fashioned roses, which in June should be in full bloom. Entrance for concessions is £7.20 to non-National Trust members (and to those members who have forgotten their membership cards!). An additional cost will be the shared charge for the coach. We anticipate the coach will leave from New Street, outside Langham Browne's at approximately 9.45am to meet our arrival slot at Mottisfont of 11.40am. Departure will be at 4.00pm. Please contact Marie Mudie if you would like to join us on this day out.

### Membership Fees

We would like to thank everyone who has so promptly returned their membership renewals, many with generous donations. If by any chance you have mis-laid your renewal form contact Jill Lindemere on 01590 676428.

## Coffee Mornings

These are held on the 1<sup>st</sup> Tuesday of each month in the Surgery's River Suite, from 10.30am to 11.45am. The entrance is through the door next to Boots the Chemist, then up to the 1<sup>st</sup> Floor by stairs or lift. The River Suite is next to Boyd Physiotherapy.

6<sup>th</sup> April:  
A talk by Peter Bonner, a rubber estate manager from Malaya

4<sup>th</sup> May:  
Linda Lee – Hospital Chaplain

1<sup>st</sup> June:  
Being arranged

6<sup>th</sup> July:  
Ruth Crouch from the fire and emergency support service of the Red Cross

We are still hoping to arrange a Brockenhurst College lunch but are unable to make a booking until the autumn.

### Questionnaire

We are studying the results of the questionnaires sent out with the AGM papers and will take them into account when planning the year's activities.

## Welcome to this first newsletter of 2010.

In spite of so many wet and gloomy days our gardens are beginning to sprout and spring flowers raise their cheerful faces. Tony Harris has taken over responsibility for looking after the Surgery gardens from Joan Grant who has done such a splendid job.



Tony would welcome new volunteers interested in joining the gardening team.

His phone number is: 01590 672304.

Friends of Wistaria Surgery

Good Neighbour Support Service

in association with: H A M P S H I R E

## Annual General Meeting

In presenting his Chairman's report for 2009 Richard Webb who was retiring, having served for three years as Chairman, reported on another happy and successful year filled with informative meetings and social events (as reported in earlier newsletters). The anticipated Swine Flu' epidemic brought an additional workload for the Surgery and the Friends were very pleased to help with these clinics, in addition to the annual round of 'Flu clinics. A timely purchase by the Friends was a large fridge for storing vaccines.

During the year we were advised that the Friends had been named as joint-beneficiaries in the will of a member who had died and we have now received a sum of £42,000. This has transformed our finances and we will work hard to ensure that this gift is well spent.

Ian Bennett replaces Richard as Chairman. A pharmacist by training he moved into General Management, working around the world, and became Vice-President of the L'Oreal Group. Dr. David Read expressed his thanks to Richard, on behalf of all at the Surgery for his work as Chairman.

Sadly Ian Kyd, the inspiration for our purchase and selling of Touch Lamps has had to resign due to pressure of other commitments. If you would like to buy a lamp or learn more he can be contacted on 01590 688028.

## Wistaria Seven Years On

Ever-popular Dr. David Read was our guest speaker and updated us on the workings of the Surgery.

Members raised two heartfelt questions. Why didn't the surgery have its own provision for taking blood samples? How well did the doctors think the Out of Hours Service worked locally?

## Phlebotomy Service

It was explained that historically Lymington Hospital had always provided the phlebotomy service for the 3 Lymington surgeries, only practices in outlying villages were given, ring-fenced, funding by the Primary Care Trust (PCT) to provide this service. Wistaria had neither the funding, the space nor the nursing capacity to provide such a service at the present time.

It is believed the PCT have this under review and they may revise how the money is spent. All blood now goes to a Southampton laboratory, which works through the night, for analysis. The results are usually returned within 24 hours.

## Out of Hours Service

Dr. Read confirmed that clinically they had not encountered many problems with the Out of Hours service. On Monday mornings the service reports to the Surgery on anything that has happened over the weekend. However, they were aware that the telephone system could be frustrating, particularly if there were long delays in being called back.

It was clear the Government had under-estimated the take-up. Whilst the service was not 100% satisfactory a number of members confirmed that they had a good service.

## The Surgery

In his well-illustrated talk Dr. Read reviewed the current staffing and structure of the Surgery.

There are 9,000 patients, 2,400 of whom are aged over 65. In 2009 over 26,000 consultations took place, with 1200 home-visits. The equivalent of 4.5 full-time GPs cover this workload, with an average working week of 55 hours. Practice and District Nurses, Administrative and Secretarial staff support them.

The surgery works closely with other agencies: Oakhaven – they meet monthly with the palliative care specialist nurse to provide a gold standard framework, health visitors, child protection officers, mental health teams and the Becton Centre, social services, even police and coroner's court officers.

During the last two years the surgery has extended its opening hours, with pre-booked appointments for people who work away and cannot attend during normal working hours.

## Swine Flu

An extra challenge this past year had been an in-flow of e-mails following the swine flu outbreak. There have been 6 or 8 different sets of guidelines that have constantly changed as well as inquiries from patients. It looks as if, for the time being, the threat of swine flu has faded. There were a few very serious cases of pneumonia arising from swine flu and the surgery is still giving vaccinations. It is likely that the next wave of seasonal flu will be a variant of swine flu.

## Training at the Surgery

The Surgery has a long tradition of training and teaching. There are two types of GP registrars. Senior registrars now come for 18 months, not 12 as previously. They go through a series of assessments working with their GP trainer on a one-to-one basis, rather like an apprentice.

Dr. Morris gained approval to be a GP trainer in 2007. F2 doctors (Junior Registrars) join surgeries for 4-month spells, quite often going on to different specialities. Less experienced they require more time to learn the system.

Dr. Whitley also teaches 4<sup>th</sup> year undergraduates from Southampton University who come to us for 2 week spells. In the last 15 years 7 of our registrars have gained GP posts in our area.

## Targets

In 2005 a new GP contract was introduced providing performance related pay. 30% of the surgery's income is based on a quality outcome framework of meeting targets in areas of preventive medicine. The surgery has met 95% of those targets, included are areas such as diabetes, coronary heart disease, asthma and other pulmonary conditions, hypertension and end of life care.

The surgery works constantly with other agencies to improve services, like outpatients, any financial savings are ploughed back into the system and shared between the PCT and the local area.

## Medicine Management

They work closely on medicine management with the PCT pharmacists to keep within budget and control unnecessary spending. Nationally £8 million pounds worth of medicine is wasted each year. Dr. Whitley is the Practice lead on trying to control wastage, which arises in a number of ways. Through good medical reasons, such as medication not being tolerated by a patient or a change of dosage. More seriously through drugs ordered on a repeat basis not being used. They are often hoarded and brought back to the surgery but once dispensed all medicines must be incinerated. Two-thirds of prescribing is repeat prescriptions, 80% of the cost.

In moving to a conclusion Dr. Read thanked the Friends for the hard work they do and illustrated a number of the items purchased by the Friends over the years. He confirmed that Wistaria Surgery is a good place to work. The building, the facilities, and the support given by the Friends always impress colleagues from other practices.

From the floor Mike Griffith's proposal that Wistaria was the best surgery anywhere around was greeted with acclaim.

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## The Friends Committee for 2010

President:	Dr. Anthea MacAlister	
Chairman:	Ian Bennett	01590 673331
Vice-Chairman:	Christine Jackson	01590 676276
Secretary:	Gordon Antonio	01590 678761
Treasurer:	Roger Snell	01590 676428
Members:	Eleanor Hanvey	01590 673030
	Neville Lewcock	01590 688337
	Jill Lindemere	01590 676428
	Marie Mudie	01590 673473
	Neville Lewcock	01590 688337
	Gill Taunt	01590 677734
Co-opted	Tony Harris	
	Janice Vivash	