Dr RH

*Whitemoor Newsletter*

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There are going to be lots of changes in the clinical team over the winter period this year.

Dr Rob Murray and Dr Nick Bishop will be retiring at the end of 2024.

Dr Murray wanted to pass on his regards on his retirement with the following message

"I arrived in Belper in 1995 from Manchester with my wife Juanita and our 4-month-old son. I was to replace Dr Bell who was retiring as senior partner. At that time the surgery was  based  at Green lane Moving to Whitemoor in 2008 has allowed us to become fully involved in the training of medical students and GP registrars.

It has been a privilege for me to get to know so many lovely people in Belper and for  us to make our home in the town. I have been lucky to work with such a committed and caring group of staff and I am proud of the care the practice provides. I will continue to support the practice from afar"

They will be replaced on the partnership team by Dr Rhiann McCabe who has been a salaried GP at Whitemoor since 2017.

As well as this change, we will have 2 new salaried GPs starting – Hayley Cheung (who many of you will remember being here as a registrar earlier this year) will be returning at the start of December and Dr Laura Salmon (who has also worked here for a 4 month period as part of her training) will be returning to us in January 2025 to complete the team.

Winter 2024/25

**What’s New?**

**Who’s Who – Staff Changes**

 Dr Rhiann Mccabe

Rhiann has been a salaried GP at Whitemoor Medical Centre since 2017, having completed some of her training here. She will be entering into the partnership team at the start of January when Dr Murray and Dr Bishop retire.

Dr Hayley Cheung

"My name is Dr Cheung and I graduated from Nottingham University in 2019 and completed my training locally.

I have a passion for general practice, in particular ear, nose and throat problems. I am trained in performing practical procedures such as knee and shoulder steroid injections, pessary insertions and nasal cautery.

Medical education is another interest of mine and I have several roles affiliated with Nottingham University medical school."

Dr Laura Salmon

"My Name is Laura Salmon.  I graduated from University of Nottingham Medical School in 2019. I have come into general practice as it gives more opportunity for continuity of care than being a hospital doctor does.  I am passionate about helping people to stay healthy, prevent disease and helping to manage chronic conditions.  I am interested in developing in musculoskeletal medicine and lifestyle medicine"

**Appointments**

Remember to use the Pharmacy First scheme for eligible conditions, a full list can be found at

<https://www.nhs.uk/nhs-services/pharmacies/how-pharmacies-can-help>

We will give you more information on next quarter's newsletter

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Afternoon closure for training:

* 15th January
* 19th February
* 19th March

The surgery will be open again from 4pm for appointments

We will also close at 4pm on Christmas Eve and New Year's Eve

**Reminders**

Out of Hours cover:

If you need help when the surgery is closed

* Call 111
* Derby Walk in Centre, Osmaston Road – 8am-7.30pm
* Ripley Hospital Minor Injuries Unit – 8am-10pm
* Call 999 in an emergency

Remember pharmacists can help with minor ailments

Derbyshire Community Transport is available for anyone needing transport to & from the surgery who struggles with the bus. Call 01773 746652

**Dates for the diary**

**Health Headlines**

MPs have voted on the "Terminally Ill Adults (End of Life) Bill" on the 29th November and voted to pass it. This means that it will proceed through parliament to allow patients who fulfil specific criteria being able to access assistance with ending their life.

The NHS are planning to review potential changes to advice on testing for prostate cancer – we will keep you notified of any changes

**Health Awareness – Diabetes**

Thursday 14th November 2024 was World Diabetes Awareness Day

More than 5.6 million people in the UK are living with diabetes, including 1.2 million people who are yet to be diagnosed.

Uncontrolled diabetes can lead to multiple complications including heart disease, strokes, kidney disease, nerve problems in your feet and vision problems, so it is important to be diagnosed as early as possible.

If you have any symptoms suggestive of diabetes please make an appointment and request testing. If not, we also offer testing for diabetes at routine NHS health checks, so please take up these invitations when offered.

Symptoms of diabetes:

* Going to the toilet often, especially at night
* Being really thirsty
* Feeling more tired than usual
* Losing weight without trying to
* General itching or thrush
* Cuts and wounds that take longer to heal
* Blurred vision

Some people may have a slightly elevated blood sugar level, that is not high enough to be diagnosed with diabetes – this is called pre-diabetes. This means that you are at risk of developing diabetes, but that there are lifestyle changes you can make that will reduce this risk.

**PPG News**

Our patients have a diverse range of needs and priorities and we work hard to address these in the way we design and deliver our services. The Patient Participation Group is a key part of making this happen.

The PPG meet every couple of months, along with representatives from the management and GP team. During 2024 they have reviewed issues such as shared care drug agreements, online access, NHS research projects and the bloods service at Babington hospital.

In addition, individual members of the PPG have provided practical help in terms of helping us manage our notice boards and stewarding at our flu clinics!

Why not come along to a meeting in 2025 and help the practice deliver a better service to all its patients. Look out on the practice website for details of the next meeting.

If you have any comments or suggestions for the newsletter please let us know.