

Practice Update and Welcome

It was really pleasing to be able to recently welcome a new GP, and two new Advanced Nurse Practitioners (ANP) to the Thorpewood team in late July-mid-August

Dr Kara Cudmore (right) joins us as a new GP to the area; her previous experience is working in the Great Yarmouth area. **Frank Grinnell (left)** joins us from Great Yarmouth Greyfriars Walk-in Centre, as an ANP, as does **Andrew Karrouze (centre)**, who comes to Norfolk from his previous working environment in London. The appointments boost both the 'sameday' team and the routine appointment capacity, and enable us to have more flexibility in the balance of 'sameday' appointments to routine pre-bookable ones.



The Partners were clear that strong clinical attributes should be the main criteria in the recruitment process rather than just 'a body to fill a gap', and indeed this meant that the recruitment took a number of months to bring to a conclusion. This situation was made even more difficult given the national shortage of clinicians; the wider issues of the problems in GP surgery resourcing being well covered in the local media in early July, with the EDP devoting their front page to the situation on two days in one week. It is hoped that a huge amount of on-going work around sustainability of an appropriate GP service for the City of Norwich enables the service to cope with the huge planned rise in the city population over the next 10 years.

The surgery is hoping to welcome back Dr Macris in the not too distant future; Dr Macris has been away due to his own personal medical situation, and we wish him a speedy recovery to full health. In the meantime his sessions are being covered by Locum GPs wherever possible. Sadly, Dr Dar had to end her stay at Thorpewood early on her own health situation, which brought forward her move to the Ipswich area, where she is finishing her recovery before starting at a new practice.

With the recruitment of these new clinicians, I hope that we are in a stronger position to meet all our patients' needs, although as covered elsewhere in this newsletter (*see over*), these may in the future be in different ways, as the wider NHS provision of service changes across Norfolk and Norwich.

Ian Wilson, Practice Manager

Goodbye to nearly 50 years of service at Thorpewood

In the last few months we have said "goodbye and good luck" to a number of long serving staff—

Dr Peter Burrows (*middle*) and Sue Neave, Receptionist (*left*) who had both been here for 19 years and also practice secretary Susanna (*right*) who had been at the surgery for over 10 years.

We wish them all well in their new ventures and retirement.



Physiotherapy at Thorpewood Surgery

In the last newsletter it was covered that some wider medical needs that are seen here at Thorpewood currently may not be in the future, whilst other care may start to be located here.

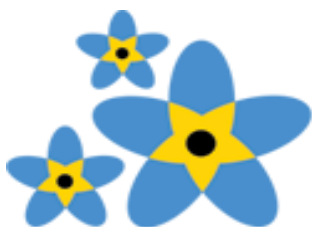
In June the local Clinical Commissioning Groups announced that a new Norfolk-wide physiotherapy service had been commissioned from the Norfolk Community Health & Care NHS Trust (NCH&C). As such the Norfolk & Norwich University Hospitals' physiotherapists, who currently work from the surgery two days a week seeing our patients, will cease to provide their service from the end of September.

We thank Veronica and Helen, and from time-to-time their deputising colleagues, for their hard work caring for Thorpewood patients over the years. The new service is still being finalised, with the locations of provision of care still to be agreed by NCH&C at the time of writing, but they will be providing a local service to our patients from 1st October onwards.



Dementia Friendly Norfolk

This is a new website where you will find answers to a lot of questions about dementia. You will also discover how to find the right people to give you even more help and guidance.



If you are living with dementia or caring for someone who has dementia this website is here to help you. It aims to give you a helping hand, however dementia is impacting on your life and provides answers, information, reassurance and access to help. Most of all it is about letting you know that you are not alone. <http://www.dementiafriendlynorfolk.com/>



Thinking of quitting smoking? Did you know we hold a drop in clinic at Dussindale Surgery (next door to Sainsburys) on Tuesday evenings between 6:00pm - 7:00pm. Feel free to drop by!

Flu Clinics

**appointments available now
- book your appointment by
calling at the surgery or by
phone 01603-701833**

**Patient Leaflets—please take one.
*Help us to help you.***

These leaflets are available in the front porch at Woodside Surgery or in reception at Dussindale, helping to signpost patients to the appropriate healthcare provision or informing them of the services offered by the practice.

