

WORDEN MEDICAL CENTRE
Patient Representation Group (PRG)

NEWSLETTER

"If winter comes, can spring be far behind?"

Russian Proverb

Spring 2025



WELCOME to the Spring edition of the PRG Newsletter!

This was going to be a Winter edition but as we are now into February, and the crocus and snowdrops are out, we thought it would be more cheerful to have a Spring look to the Newsletter!

Last Autumn, two members of the Group attended the very successful Well Being event, organised by the local Primary Care Group, and held at St Mary's Community Centre. A number of attendees showed an interest in the PRG, one of whom has subsequently joined the Group, and we offer a warm welcome to Olga Weatherby. However, we are still hoping that more people will come forward to join what has become a very active and important Group, representing patient views and concerns. If you are interested, but not sure what joining might entail, please feel free to contact us by email—enquiries@wordenprg.co.uk—to ask any questions or find out more about the Group. In these difficult times for the NHS the patient voice really needs to be heard, particularly at the local level.

Remember, we are always open to hearing your ideas, concerns and suggestions. Please use the email on the last page of the Newsletter to contact the Group.

Stay safe, keep warm and enjoy the first signs of Spring!

Jan Chapman
PRG Chair

Surgery closures

Tuesday 11th February – closed from 1pm

Tuesday 4th March – closed from 1pm

Tuesday 8th April – closed from 1pm

Friday 18th April – closed **Good Friday**

Monday 20th April – closed **Easter Monday**

If you require medical attention during the times we are closed, please contact 111

DID NOT ATTEND! (DNA)

During the four month period between 1 September—31 December there were

948

wasted appointments, equating to

204

hours of surgery time—time that YOU may have needed!!

WHO'S WHO AT THE MEDICAL CENTRE

Updated as at January 2025

DOCTORS

Dr Tony Reid (m) Partner
Dr John Kilgour (m) Partner
Dr Andrew Finan (m) Partner
Dr Alistair Bell (m) Partner
Dr Kathryn Cavanagh (f) Partner
Dr Tamsin Harris (f) Partner
Dr Richard Kelsall (m) Salaried GP
Dr Zareen Naseem (f) Salaried GP
Dr Ashleigh Garstang (f)
Salaried GP—on maternity leave
Until June 2025
Dr Lauren Edge (f) Salaried GP
Dr Laura Whitelaw (f) Locum GP
Covering maternity leave
Dr Sarah Whomersley (f) Locum GP
Dr Rebecca Boyes (f) Locum GP
Dr Ash Patek (m) Locum GP
Covering maternity leave
Dr Ahmed Barakat (m) GP Trainee

NURSING TEAM

Elizabeth Strike (f)
Advanced Nurse Practitioner
Wendy Cotton (f) Practice Nurse
Laura Charnley (f) Nurse Associate
Julie Nicholson-Wallbank (f)
Assistant Practitioner
Caroline Fisher (f) Practice Nurse
Sarah Connelley (f) Practice Nurse

ALLIED STAFF

Cate Howe (f) Paramedic
Julie Harrison (f) Clinical Pharmacist
Sophie Simpson (f) Pharmacy
Technician
Shammy Zayed (f) Physiotherapist
Roger Boardman (m) Health &
Wellbeing Coach
Gill Mawson (f) Social Prescriber

CARE NAVIGATION TEAM

Helen, Gina, Lisa, Sarah, Cath, Stef,
Ruth, Jo, Nicola, Sam and Chloe

ADMIN TEAM

Wendy, Lynsey, Gina, Sue B, Sue H,
Tracy B and Chloe

MEDICAL SECRETARIES

Sally and Alisha

MEDICINES CO-ORDINATORS

Sue and Alex

MANAGEMENT TEAM

Tracy Williams – Practice Manager
Jacqui Grime - Patient Services Manager
Margaret Fishwick - Clinical Services
Lead

All these members of staff, irrespective of the role they undertake, are there for the benefit of YOU, a patient of Worden Medical Centre.

They are all professionals in their field, and will always do their utmost to ensure you receive the very best of care.



Please be respectful to them—they are human ... just like you!

Community Information

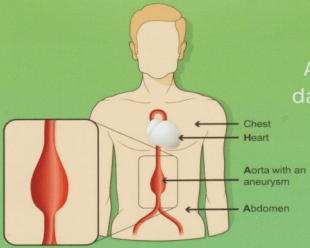
Lancashire and South Cumbria

Abdominal Aortic Aneurysm Screening

For men aged 65 and over

What does screening look for?
An abdominal aortic aneurysm (AAA), which is where the walls of the abdominal aorta weaken and swell up. **1 in 92 men will have an AAA.**




Why get screened?
An AAA can rupture if it gets too big, which is dangerous and life threatening. Screening can detect an AAA early. Remember - getting screened is your choice.

Who is it for?
All men are automatically invited when they turn 65, as they are 6 times more likely to have an AAA than women.

What happens during screening?
An ultrasound of your stomach, which is safe, quick, and pain free. You find out your result there and then.

WHAT THEN?
No AAA = no more screenings!
Small/medium AAA = regular screenings to monitor its size.
Large AAA = referral to discuss treatment options.

Over 65 and never been screened?
Contact your screening team on: **0191 445 8747**
Visit www.gatesheadhealth.nhs.uk/services/aaa/ or scan the QR code below for more information:



Get screened at an NHS site near to you!

NHS Gateshead Health NHS Foundation Trust

NHS Lancashire and South Cumbria Abdominal Aortic Aneurysm Screening Service

Copies of both of these leaflets are available in the Surgery waiting room. Please feel free to take one and make contact with the services by calling the number given on the leaflet.



Hospital Aftercare Service



Assisting adults 18+ pre and post discharge with their recovery.

This service is delivered across the Preston, South Ribble, Chorley & West Lancashire Districts
 Available Monday to Friday, 9.00am-6.00pm (Including Bank Holidays)
 Saturday & Sunday, 9.00am-5.00pm
Preston, South Ribble & Chorley: 01257 444402
West Lancashire: 01695 586505
Email: hascentral@ageuklancs.org.uk

The Hospital Aftercare service is funded by Lancashire and Cumbria Integrated Care Board

Our Hospital Aftercare Service

We provide practical and emotional support to help you remain independent and in your own home. The support we provide is funded, short term and tailored to your needs.

Who we can help?

We can offer support to any adult (18+) who has had a hospital stay or a period of illness, who needs our help.

We are able to support those who are being discharged from hospital or need support at home, which may avoid a hospital admission.



How can we support you?

Transport may be provided on discharge from hospital if you need help settling in at home. We offer support that is tailored to you assessed needs, such as;

- Help with essential shopping
- Emotional support to rebuild confidence
- Supporting you to regain independence in your home
- Signposting to other services, where requested/required

Benefit entitlement

Our service is designed to compliment any statutory services that you may be receiving and will not affect your benefit entitlements.

Additional Services at Age UK Lancashire

- Benefits, housing & care advice
- Help with cleaning, shopping and chores
- Dementia support

For information on our other services

Call: 0300 303 1234 (local rate) or email advice@ageuklancs.org.uk

www.ageuklancs.org.uk


Registered charity number 1142294


Practice News




L — o — n — g Service (& Good Conduct!)

There will be three members of staff leaving the practice in the first quarter of 2025—all of whom have given long professional service,. They are ...

 **Lynn Verdon** retires at the end of March. Lynn has worked at the surgery for 23 years, starting as a receptionist, but in the last few years has been Nurse Admin – recalling patients with long-term conditions.

 **Tina Newman** retires at the end of March. She has been with the surgery for 15 years. Tina is an Admin Assistant who deals with patient record requests, insurance reports etc and has been the administrator of the vasectomy service - co-ordinating referrals, appointments and results.

 **Jacq Forshaw**, who retires in February after 10 years of service. Jacq was a receptionist when she started but then moved on to admin support for the weekly vasectomy clinic and did the recalls and reminders for smears and breast screening.

The PRG offer them all our very best wishes for a long and happy retirement!

Patient Representation Group (PRG) Vacancies

Could YOU become one of our number?



The PRG is a group of patients who meet with the Practice Manager and GPs once a month, currently on a Thursday at 5.30pm. Our meetings last for two hours and keep strictly to these times.

We are keen to broaden the range of the patient voice both in age and diversity but always welcome applications from anyone interested in taking an active role in our work. It isn't necessary for members to have any experience of working within a health setting, as everyone brings their own work and life experiences to the group, and everyone is, or has been, a patient at some time or other.

You can find out more about the PRG from the Practice website, where you can also download a simple application form. We don't have interviews for new members but do arrange an opportunity for applicants to meet up with some current members so that they can ask any questions they have and find out more about the way that we work.

Please email us on enquiries@wordenprg.co.uk to find out more about how YOU could become a part of this important group and contribute to the future of the Practice.

Please put “PRG Membership” in the subject line.

For any comments/feedback on the Newsletter, please contact:

* PRG Email: enquiries@wordenprg.co.uk

Current Patient Numbers: 14,036