

THE TARDIS TIMES

The latest news from The Tardis Surgery



NOVEMBER 2018 ISSUE

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Hello and welcome to the first edition of *The Tardis Times*.

We have had a lovely sunny summer and a favourable autumn but the weather will deteriorate. When it does, it is good to be prepared. Warm clothes, central heating checks and, of course, the 'flu jab. This is available to all those over 65 as well as younger people with chronic illnesses such as asthma, COPD, heart disease, liver disease, MS or diabetes.

This year, there are 3 different vaccines for different age groups and supplies have been limited. It is because of this that we are only giving 'flu jabs by appointment. If you think you should have one, please speak to Reception to book in for the next session.

Our Walking Group has proved very popular. In the

summer we meet twice a month on Fridays. Now winter is here we're meeting

once a month. The last two this year are on Friday 2 November and 14 December.

We set off at 10.00am from South Moorlands Leisure Centre and walk between 1.5 and 2.5 miles followed by tea, coffee and biscuits. A small group then walks a further 5 to 10 mile circular route with a brief refreshment break.

Please feel free to come along to either or both walks. Future dates will be on our website or ask at Reception.

Dr Kevin Upton

PS The Tardis Surgery is now on Facebook - give us a "Like"!

@TheTardisSurgery



STOP PRESS! Have you and your family had your 'flu jabs yet?

If you are over 65 or an 'At Risk' patient you are entitled to a Seasonal 'Flu Vaccination. We are holding a bookable 'flu clinic on Saturday 10 November. Appointments MUST be booked in advance by calling the Surgery on 01538 753771.



The Tardis Surgery

5 9 Queen Street, Cheadle, Stoke on Trent, ST10 1BH

www.tardissurgery.co.uk

Appointments: 01538 753771

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TEAM TARDIS PUT BEST FEET FORWARD FOR CHARITY: Tardis staff raised £1,580 for the Dougie Mac after an intrepid team took on the charity's Glow In The

Moonlight Walk in July. Staff presented the cheque to a Dougie Mac ambassador at a charity cake day held at the Surgery on National Breast Cancer Day—Friday 19 October—during which they raised a further £173 for Breast Cancer Care inspired by Tammy Fowell, Head Dispenser, who has Breast Cancer herself.

ALL YOU NEED TO KNOW ABOUT THE HUB EXTENDED HOURS SERVICE

You can now see a GP in the evening or at weekends. Developed to offer patients more accessibility to GPs outside standard working hours, the service is provided by 15 local surgeries in the Staffs and Stoke area.

WHO IS IT FOR? Patients who find it difficult to see a GP during the day.

Suitable patients would be schoolchildren for non-urgent consultations and working professionals seeking routine appointments for blood pressure checks or contraceptive services. This service is not intended for

patients with chronic illnesses requiring continuity.

HOW DO I BOOK? The Hub is not a walk-in clinic and appointments must be booked. Appointments are available from 4.30pm to 8.00pm Monday to Friday; 9.00am to 4.00pm on Saturday; 9.00am to 1.00pm on Sunday.

Appointments can be booked in advance or on the day by calling the Surgery reception on 01538 753771. There is no charge for using this service.

Please note, patients using this service may be required to visit another practice in the area.

HELP US HELP YOU!

Missed appointments

On average 105 patients each month fail to attend their appointment. PLEASE let us know if you are unable to attend and, if possible, give us 24 hours notice.

Blood tests

Patients can attend Meir Health Centre following a request from the Surgery. We hold a pre bookable blood clinic on Tuesday mornings at the Surgery for elderly and less mobile patients and for patients struggling to get to Meir.

Test results

May we remind patients it is their responsibility to contact the Surgery (after 2.00pm, please) for test results.

Details change

Please inform us if your contact details change.

Travel advice

Please book an appointment with a Practice Nurse well in advance of your travel date. Travel vaccination request forms can be downloaded from our website. Please note, there is a fee for certain vaccinations and malaria tablet prescriptions. The Surgery is a registered Yellow Fever Centre. Please call us for details.

Private fees

Not all Doctors' admin work is covered on the NHS. A list of charges is on display in Reception.

Out of hours

If you need a Doctor when the Surgery is closed please call 111.



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MEET TEAM TARDIS...



Met Tammy Fowell. Tammy is our Head Dispenser and has worked at The Tardis Surgery for 3.5 years.

Mum to Evie and wife to Matthew, Tammy has spent much of 2018 as a patient herself after being diagnosed with Breast Cancer in April.

Tammy said: *"I was diagnosed with Triple Negative Breast Cancer on the right side. I was then told it was in the other side and in both armpits. It was a huge shock, even the oncology team were shocked."*

To say Tammy hasn't let her illness stand in her way is a ginormous understatement.

As well as working during her treatment, she has thrown herself into raising money for

charity. Among many events, family friends organised a charity sports day, Tammy's brother "Braved the Shave" and the Surgery has hosted Pink Awareness Days and raffle to win a beautiful blanket made by a kind patient. Tammy's daughter Evie shaved her Mum's hair with Dad Matthew's help.

In July, Team Tardis joined Tammy and her family to complete the Dougie Mac Glow In The Moonlight Walk.

"My 9-year-old niece, Darcey, joined us and finished the full 10 miles. She was so proud when she crossed the finish line, we all were," said Tammy.

Having completed eight rounds of chemotherapy in September, Tammy had a double mastectomy in October and is due to begin radiotherapy shortly.

"I wanted to keep working during my treatment to keep my mind busy. I had the chemo every 3 weeks and I was soon able to work out when I was going to feel worse so I could plan when I needed to work short days or weeks," she recalls: *"My friends at the Surgery have been fantastic. The people in this place have been so good and kind to me."*

Susan Pyatt, Tardis Surgery Practice Manager, said: *"Since being diagnosed Tammy has been the most positive person ever. She has insisted on working throughout her treatment and has raised so much money for charity. She's a real inspiration to us all."*

"You've got to look at the positives with these things," said Tammy: *"People tell me they're amazed by my outlook but it's the only way to be."*

Tammy and all of us at The Tardis Surgery urge any of our patients who have not replied to their screening invitation to please call the North Midlands Screening Service on 0300 123 1463 to book.

Tammy, her daughter, Evie, and niece, Darcey.



Team Tardis at the Dougie Mac Moonlight Walk in July.



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WALKING FOR HEALTH: The Tardis Walking Group meets monthly for a gentle stroll around Cheadle. Newcomers are very welcome. Future walks take place on Friday 2 November and Friday 14 December. Meet at 10.00am at South Moorlands Leisure Centre. Tea, coffee and biscuits follow.

DID YOU KNOW... the Flo text messaging system can help you monitor your health using your mobile phone? Starting January 2019, Tardis clinicians will be able to adjust settings on Flo for each patient registered for the service, defining when messages should be sent, what information they are asking for and how the system should respond. For more details speak to Reception.

CHANGES TO SEXUAL HEALTH CLINIC AT COBRIDGE COMMUNITY HEALTH CENTRE

Please be aware that the queue and wait service at the Cobridge Community Health Centre's Sexual Health Clinic will now close at 2.30pm on Wednesdays.

Queue and wait clinic times are now as follows: *Monday: 8.30am to 6.00pm; Tuesday: 8.30am to 6.00pm; Wednesday: 8.30am to 2.30pm; Thursday: 8.30am to 6.00pm; Friday: 8.30am to 1.00pm; Saturday: 9.30am to 2.00pm.*

The queue and wait clinic may close before standard

operating hours if demand exceeds capacity. Please note, the clinic cannot provide contraception for non-contraceptive reasons (e.g. the contraceptive pill or IUD/IUS) for someone who isn't sexually active for the purpose of controlling bleeding.

All procedures (removal/fitting of an implant or IUD/IUS) require a consultation before the procedure can take place. Procedures cannot take place at a first appointment.

SPOTLIGHT ON...

...The C Card

What is The C-Card?

The C-Card is a plastic card that gives you quick and easy access to free condoms from a range of health centres and chemists, including The Tardis Surgery. You can use card anywhere you see The C-Card logo.



Who is it for?

Anyone aged under 24.

How does it work?

Before being issued with a card you will have a chat with one of our friendly Practice Nurses who will talk to you about methods of different contraception, how to correctly use condoms and what to do if you need emergency contraception.

Once you have your card you can visit the Surgery at any time, simply show your card to our Reception team and they will discreetly give you a packet of condoms. Your card will then be stamped. Once your card is full you will simply be given a new one.

Where can I get one?

Speak to our Reception team and book to see one of our Practice Nurses.

Is it confidential?

Absolutely.

HAVE YOUR SAY! We value your feedback about the care you receive at the Surgery. Fill in a feedback form at Reception or complete the Friends and Family Test on our website. Thank you.



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TARDIS TOP TIPS...



...keeping warm and well this winter

Keep up to date with Met Office weather forecasts on TV and local radio.

Keep your home warm, at least 18C, especially at night and if you're not very mobile, are 65 or over, or have a health condition such as heart or lung disease.

Get your heating system regularly checked by a qualified professional.

If you start to feel unwell, even if it's "just" a cough or cold, don't wait until it gets more serious.

Order repeat prescriptions well in advance of the festive Bank Holidays

Have at least one hot meal a day - eating regularly keeps you warm; and make sure you have hot drinks often.

Check in on older and vulnerable neighbours and relatives regularly.

Take extra care walking in icy conditions.

Wear several layers of clothing rather than one thick layer. Wrap a loose scarf around your mouth when outdoors, wear a hat, gloves and sturdy shoes.

If you're eligible for it, GET YOUR 'FLU JAB!

Try not to sit still for more than one hour at a time - get up and stretch your legs. Stay active if possible.

When indoors wear well-fitting shoes or slippers and keep your home well-lit and clutter free to avoid falls.

Use a hot water bottle to keep warm in bed.

CARING FOR CARERS

If you're a Carer who helps and supports someone who can't manage on their own we want to ensure YOU get all the support YOU need.

To be able to do this we need to know certain facts about your caring situation as detailed in the Carer form available to download from our website. Please complete the form and return to our Reception team.

Have you heard of North Staffs Carers Association (NSC)?

The NSC provides free services for unpaid young and adult carers in North Staffordshire, including a dedicated carers centre, info and advice, emotional support, practical help, break opportunities and social activities.

For further details on how the NSC can help you

Call: 01782 793100

Visit: www.carersfirst.com

Email: info@carersfirst.com

GET OUT AND ABOUT!

BABY BOUNCE & RHYME

Cheadle Library

Every Wednesday (during term time), 11.00am to 11.30am

CHRISTMAS CRAFT FAIR

Saturday 10 November

Checkley Cricket Club

CHEADLE XMAS LIGHTS SWITCH ON

Saturday 17 November, 2.00pm to 6.00pm (switch on at 5.00pm)

CONCERT OF REMEMBRANCE

Saturday 10 November, 7.30pm

Cheadle Methodist Church

With Stafford Military Wives & Florence Brass Band. Tickets are £7 and available at Donald Cope & Co.

FESTIVE FLOWER DEMONSTRATION

Cheadle Flower Club

Wednesday 21 November, 7.30pm

Cheadle Guildhall

Tickets £8.50 by calling Sheila on 07974577572 or £10 on the door.

BIRD & BAT BOX MAKING

Friends of Cecilly Brook and Hales Hall Pool

Thursday 22 November, 2.00pm to 4.00pm

Thorley Drive Sports Pavilion

'PIGEONS IN WAR

Cheadle Historical Society

Wednesday 5 December, 7.30pm

Cheadle Academy, Station Road

£1 entry for non members.



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DID YOU KNOW...

You can book appointments online, request repeat prescriptions and receive text reminders from the Surgery? Ask our Reception team for a form to register.

“*Laugh hard.*

Run fast.

Be kind.”

The Twelfth Doctor



BE PART OF YOUR PRACTICE:

Our Patient Participation Group (PPG) is always on the lookout for new members. If you want to advise the

Surgery from a patient perspective and play an active role in the care we deliver, call our Practice Manager, Susan Pyatt, on 01538 753771 to find out more. Pictured are PPG members at a recent event at Cheadle's Ratcliffe's Chemist.

General Practitioners

We have two partners, Dr Upton and Dr Kaur, and two regular doctors who complete the team.



Dr Kevin S Upton MB, ChB, DCH, DSFRH (Birmingham 1986)

Dr Simranjeet Kaur MBBS, Nmrcgp, DFFP (Mysore 1999)

Dr Day MB BCH (University of Wales 1997)

Dr Shevlin MB, ChB, DIPOBS, MRCGP (Cardiff 1968)

We aim to use these four doctors to cover all sessions. We only use locum doctors to cover holidays or sickness when unable to use a regular GP.

Nurse Prescriber

Amanda Bickle is our Nurse Prescriber. She has triage training and is an independent prescriber.

General Practice Nurses

Jodie Spragg, Tonya Davis and Paulette Upton are our Practice Nurses. Jodie's areas of specialities are diabetes, asthma and COPD. Paulette's area of speciality is family planning.

Non clinical team

Practice Manager: Susan Pyatt

Deputy Practice Manager: Carol Burnett

Dispensary: Tammy, Sara and Charlotte are in charge of our repeat prescribing and dispensing.

Reception staff: Bryn, Julie, Leanne, Mandy, Margaret, Maria, Nicola and Sylvia.

OPENING HOURS

Surgery opening hours:

Monday: 8.00am to 6.00pm

Tuesday: 7.00am to 6.00pm

Wednesday: 8.00am to 6.00pm

Thursday: 7.00am to 1.00pm

Friday: 8.00am to 6.00pm

Reception opening hours:

Monday: 8.00am to 6.00pm

Tuesday: 8.00am to 6.00pm

Wednesday: 8.00am to 6.00pm

Thursday: 8.00pm to 1.00pm

Friday: 8.00am to 6.00pm

With huge thanks to the following for kindly allowing us to use their pictures: The Cheadle and Tean Times, members of The Tardis Surgery Patient Participation Group and the family and friends of Tammy Fowell. ❤️



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