

GREEN PRACTICE STOCKBRIDGE HEALTH CENTRE

NEWSLETTER

Spring 2013



Services

Contraceptive Services

The Green Practice offers a full range of contraceptive services.

Contraceptive advice is always free and confidential and all our doctors are qualified to discuss all the available methods with you.

Practice Nurses Pauline Waugh and Sarah Head are also Family Planning trained and can provide advice and information on all methods as well as offer appointments for the contraceptive pill, the Depo-Provera injection and emergency contraception.

There are 15 types of contraception currently available, including long acting reversible methods (LARCS) such as the implant (Nexplanon), the injection and IUD/ IUS (Coil).

Further information on all kinds is available from the NHS Choices website. It can be difficult to choose which is right for you so please make an appointment with the doctor or practice nurse if you'd like to talk it over further.

Drs Martin and Sayers fit coils at the surgery. This can be done in a 30 minute appointment but will require an appointment with the doctor first to discuss the procedure.

Dr Martin also fits the contraceptive implant. This can be done in a 10 min appointment if appropriate.

Appointments can also be made with either the doctor or practice nurse to discuss any concerns you may have regarding sexual health.

Staff News

Practice Achievements

A big thank you to all the patients who supported our sponsored marathon relay race in May 2012. Two teams made up of doctors /nurses and admin staff completed the Edinburgh marathon relay race in very respectable times!

We raised £1000 for breast cancer care and improved our fitness levels! Thank you for your support.



Pauline Waugh [practice nurse team leader] whom many of you will know, was selected to train as a NES General Practice Nurse Education Supervisor, she has completed an arduous distance learning course and started mentoring her first student.

The practice has been a training practice for many years, from August 2012 until February 2013 we had **two** training doctors each at different stages in their training. All members of the practice are enthusiastic about teaching we feel training doctors and medical students add greatly to the atmosphere and ethos of the practice.

Judy Hamilton our excellent district nurse team leader has left us for a year to teach in a college in Malawi. We are missing Judy but enjoying following her progress on facebook

Public Holidays

HEALTH CENTRE CLOSED:

Wednesday 17th April from 12:30

Monday 6th May 2013 – all day

Wednesday 15th May from 12:30

For urgent medical attention please call
NHS24 on: **08454 24 24 24.**

In a life threatening emergency call 999

We celebrated Linda Skeldon's 25th year in the practice on 15th February. Linda came here as a secretary in 1988 and was swiftly promoted to practice manager. We have all benefitted from her great commitment and drive.



Who Should I See?

Although we like to encourage patients to see the same GP and build a relationship with their doctor, we all have specialist areas of interest developed through previous and on-going training. You may find certain review appointments are arranged with specific doctors (e.g. annual diabetes reviews are with Dr Reid and Dr Lamb) or you may wish to choose to see a particular doctor for certain symptoms. You can read in greater detail about all of our team on the website but below is an update on the GPs specialist areas.

Dr Sayers: - Minor Surgery, Dermatology, IUD/IUS ("coils")

Dr Reid: - Diabetes, Paediatrics, Adult Medicine

Dr Richards: - Mental Health, Cancer and Palliative Care

Dr Martin: - Family Planning (including implants and coils), Minor Surgery, Maxillofacial Medicine

Dr Lamb: - Diabetes, Learning Disabilities, Joint Injections

Dr Gilson: - Musculoskeletal (including joint injections), Men's Health, Sexual Health and Paediatrics

Dr Watson: - Paediatrics, Women's Health and Dermatology

We also have doctors in training (St1/St2/St3(Registrars)), but we'll explain more about them in the next issue.

Welcome Dr Gilson

Dr Gilson joined the practice last year and has become a valuable member of the team, not least for being our only male doctor! He graduated from Edinburgh Medical School in 2000 and since then he has worked in London, Australia and South Africa and obtained the diploma in tropical medicine and hygiene from Liverpool University Medical School. He went on to complete his GP training in the Borders in 2007 and has been working as a GP in and around Edinburgh since. He has particular interests in men's health, sexual health, paediatrics, care of the elderly and musculoskeletal medicine including joint injection. Dr Gilson also has quite a talent for art so keep an eye out for changes to the walls of the surgery!

