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The Village Surgery

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 Wolstanton
 Newcastle-under-Lyme
 Staffs
 ST50ET

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Website:
www.thevillagesurgery.co.uk

Doctors:
 Dr S. T. Manian
 Dr M Arora
 Dr F Shaheen

Surgery Hours
 Monday Tuesday Wednesday
 Friday 8am—6pm.
 Thursday 8am—1pm.

CQC report gives surgery a good bill of health.

In January 2015 The Care Quality Commission came to the Village Surgery to inspect the practice. The CQC spent a long day looking at all aspects of the surgery and their report was finally published in May. The Village surgery had to provide evidence to the following five questions Are services safe, effective, caring, responsive to peoples' needs and well led? The Village Surgery gained 'good' for all categories. Below shows a summary of the CQC's findings:



Safe: Rating Good: The practice is rated as good for safe. Risks to patients were assessed and well managed.

Efficient: Rating Good. Data showed patient outcomes were at or above average for the locality.

Caring: Rating Good: Patients said they were treated with compassion, dignity and respect and they were involved in care and treatment decisions.

Responsive to people's needs: Rating Good: Patients reported good access to the practice, a named GP and continuity of care. Urgent appointments were available the same day.

Well led: Rating Good: The practice is rated as good for being well-led. It had a clear vision and strategy. Staff were clear about the vision and their responsibilities in relation to this.

The CQC looked especially into the care provided for six groups of the population: older people; people with long term conditions; families children and young people; working age people including those recently retired and students; people whose circumstances make them vulnerable and people experiencing poor mental health including dementia. All areas were rated 'good'.

Data from the latest GP national survey published in January 2015 showed 98% of practice patients surveyed rated their overall experience of the practice as good or above. Well done to all at the Village Surgery!

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Watch the surgery for further details of a **Fun Day** on August 1st at Bradwell Lodge

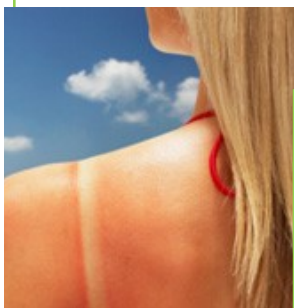
Here comes the sun.....We hope! So protect and enjoy!

It's great to look forward and plan for the holidays: especially if it's to the sun! When you pack though don't forget to include your sun protection! Too much sun can ruin not just your holiday. It can accelerate lines and wrinkles as well as at worst cause skin cancer.

So are you aware of the risk from Ultra Violet rays? If you look at sunburnmap.com/ you can see at a glance which areas of the world carry the highest risk. Mediterranean countries are a very high-risk. Even in the UK protection can be needed. Have a look at the UV index and map below to gauge the risk. Slip, slap and slop regularly and keep children out of direct sunlight. Also drink plenty of fluids.

"Enjoy the sun safely this summer," says Rebecca Russell of Cancer Research UK's SunSmart campaign. "Spending time under beach umbrellas, wearing hats and beach cover-ups and using sunscreen are all ways to enjoy your beach holiday while reducing your risk of skin cancer."

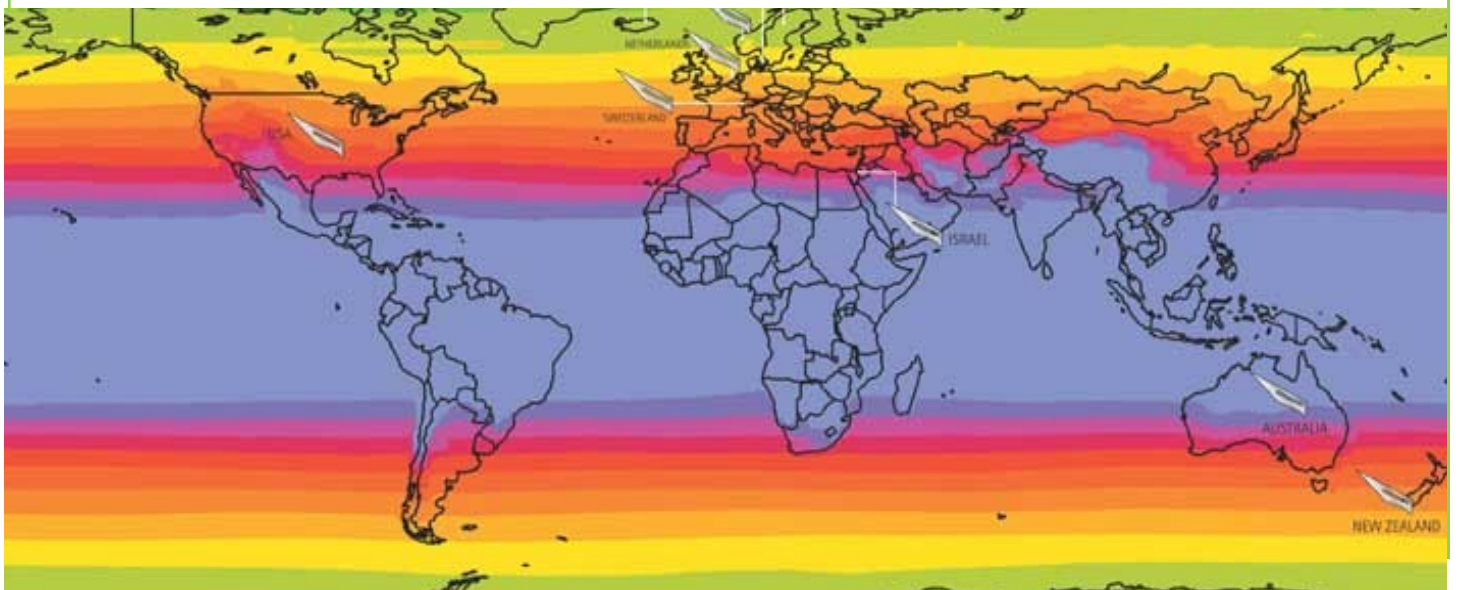
UV index: The Sun's rays.



1	2	3	4	5	6	7	8	9	10	11+
No protection needed		Protection needed					Extra Protection needed			
You can safely stay outside		Seek shade during midday hours. Slip on a shirt. Slop on sunscreen often and slap on a hat.					Avoid being outside during midday hours. Seeking shade, a shirt, regular sunscreen and a hat are a must.			

Avoid sunburn this summer and stay comfortable and healthy.

Find the country you will be in on the map. Find its colour in the index above and follow the advice for that region.



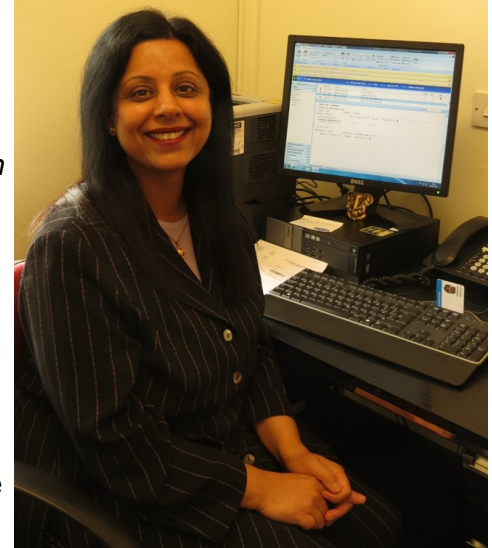
Dr Arora

Dr Arora has now been with the Village Surgery for two years so I met up with her to 'welcome' her eventually to the surgery! She went to medical school in Northern India and then trained as a GP in Stafford completing her MRCGP in 2006. She has worked as GP at Wolstanton Medical Centre so she already knew Wolstanton when she joined The Village Surgery. She particularly wanted to join a profession in which she could help fellow human beings. Dr Arora kindly wrote the following article for the PPG newsletter(Ed.).

I joined The Village Surgery as a GP partner in April 2013. I was amazed to see the dedication of doctors and staff in the practice - everyone was willing to go that extra mile to help patients. This is a time of change in NHS and there are immense demands and pressures on GP surgeries in terms of paper-work and targets etc.

I am very grateful that Patient Participation Group is taking an active part in ongoing development of practice and helping us care for patients in a better way. The new TV and chairs in waiting room are a clear indication how much the practice values the comments from our PPG.

I get satisfaction from helping patients in the best possible way and my role as a GP at the Village Surgery gives me many opportunities to do so. I want to focus more on patient education around self care, health promotion and disease prevention. This will make our patients achieve better health. I feel privileged to be part of an excellent team and thank all patients for their support to the practice and myself over the last few years. Lastly, I would like to take this opportunity to thank all the staff and patients at the practice in making me feel so welcome. I very much value your feed-back and constructive criticism.



Your x-ray showed a broken rib but we fixed it with Photoshop.

Surgery Television

Do you like the television in the waiting room?
Is it an improvement on the previous system?
What would be useful to have showing on the TV?
Send us your feedback please: contacts on the front page.

An alternative Book Review from Sylvia Davis.

For those who find reading a book not their 'scene' or just impossible to fit into a busy schedule I will suggest magazines. I have recently come across one called **Natural Health**. It claims to feature the UK's top holistic experts and writers. It covers a wide range of subjects which could easily be categorised as Body, Mind and Spirit. For those who find such concepts alien or unachievable I would say 'give it a chance'-viewing issues from a different angle, as it were, might just give an insight or understanding that makes you more aware or informed or even encourage you to research a topic. Items included in the March issue 2015 included Face Yoga, Healing Foods, Achieving that illusive Flat Tummy, Chronic Health Issues, Beauty and Life Style and even an article about the Common Cold

Meet The Village Surgery

PRACTICE TEAM

Doctors: Dr S T Manian Dr M Arora Dr Shaheen
Nursing team: Ann Oakley, Paula Bourne (Practice Nurses) Lynn Williams (Health care assistant)

Practice Manager: Janet Wright Assistant Manager: Christine Payne.

Reception/Admin: Joy Hadley, Tracy Foulkes, Jayne Gerken, Linda Kelly, Neelam Khunger, Caroline Kirbyshire, Elizabeth Roberts, Margaret Savage.

Domestic Assistant: Linda Davies

PATIENT PARTICIPATION GROUP

Chairperson: Eric shone Members: Robert Bentley, Leo Clare, Sylvia Davis,
Secretary: Jacque Evans Graham Davis, Marie Olivant ,
IT consultant: Paul Swinhoe Gerry Grant (Newsletter).



BELIEVE IT OR NOT!

Become a trivia champ, with these little-known medical facts about the human body.

Your **HEART BEATS**
100,000
times a day.



Your **FEET** have
500,000
SWEAT
GLANDS



PEOPLE shed
600,000
SKIN PARTICLES
every hour.

Your **NOSE**
can recognize
50,000
DIFFERENT
ODORS.



AN ADULT
HUMAN
is made up of



7 OCTILLION
ATOMS.

Almost all are
hydrogen, oxygen,
carbon or nitrogen.



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HEALTH CARE

healthfeed.uofuhealth.org

Appointments and Emergencies.

Please remember to make an appointment to see a doctor .

If you need emergency out of hours care please ring the surgery number and you will be directed to the out of hours doctor.

Ringling 111 can also be an immediate solution and source of advice.

Then there is the Walk in Centre at the Haywood Centre off High Lane in Burslem.

Finally, the A & E department at the Stoke Royal Hospital.....Remember this could involve a long wait so think before going.