

AshLea Medical Practice Newsletter Spring 2019

Do you know what these are and where you can find them?



Picture A



Picture B



Picture C



Picture D

All the answers are on page 2

The AshLea Medical Practice Newsletter is produced and published by its Patient Participation Group



Friends of the AshLea Medical Practice is a new charity whose goals are to enhance the NHS service you receive at both Gilbert House and Linden House and enable your Practice to give better care to its patients and the wider community.

The Charity is managed by 6 Trustees - 3 Medical Staff from the Practice and 3 AshLea Medical Practice Patients. Justine Wakeford at Gilbert House acts as Secretary to the Trustees.

As a result of very generous donations and the reason for setting up the Charity, we have so far raised over £6,000 which has enabled us to initially purchase the following items - did you recognise them all on the first page?

Picture A: 4 higher, padded chairs (2 in each surgery). These are already being much appreciated by patients who find it hard to sit/stand from a lower chair and the arm rests give added support.

Picture B: A new Blood Pressure Machine for the waiting room at Gilbert House. You may have noticed that there are currently two there but one is rather old and prone to needing costly repair. When that happens again, it will not be repaired. Blood Pressure machines are available in both surgeries and no appointment necessary! Hand the print out to reception (with your name and date of birth on the back) and your records will be updated.

Picture C: Dermatoscope – a hand-held polarised magnifying light to look at skin lesions to assist with possible diagnosis of cancers.

Picture D: An additional 24-hour Blood Pressure Monitor. This much needed BP Monitor will enable patients to be assessed as quickly as possible which, in turn, leads to a faster diagnosis and peace of mind.

The Charity's next project?

The aim is to fund another Micro-suction Machine which helps many patients with severe hearing problems due, in part, to a build-up of ear wax. It is a common problem and another unit will help to reduce waiting lists across the whole community.

Every little bit helps and the Trustees and all involved in this new Charity are most grateful for, not only the donations received to date, but the ongoing support of all its patients. How can you help?

There are a number of ways and a **donation of as little as £1 per month** would make a huge difference to the services provided by your GP Practice and the NHS.

On Page 4 of this newsletter, you will find details to enable you to receive tax relief on your donation and for the Charity to take advantage of Gift Aid to increase the income by a further 25%.

There is also a collection box at the reception desk in each surgery should that be your preference.

If you wish to make a donation or standing order through your bank account, please ask for a form at Reception but details are shown below:

Charity:	Friends of AshLea Medical Practice
Bank:	Nat West
Sort Code:	60-12-36
Account:	33206287

A **HUGE** thank you to everyone who has supported the Practice in the past and those in the future.

Working together will make a big difference for everyone!

For further information, contact Justine Wakeford at Gilbert House, or visit your PPG stand at Ashted Village Day on Saturday 8th June 2019



Registered Charity 1178653

Charity Gift Aid Declaration – single donation

Boost your donation by 25p of Gift Aid for every £1 you donate .

Gift Aid is reclaimed by the Charity from the tax you pay for the current tax year. Your address is needed to identify you as a current UK taxpayer.

In order to Gift Aid your donation, you must tick the box below:

I want to Gift Aid my donation of £_____ to:

Friends of Ashlea Medical Practice 1178653

I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax in the current tax year than the amount of Gift Aid claimed on all my donations it is my responsibility to pay any difference.

My Details

Title & Name _____ First name or initial(s)

Surname _____

Full Home Address: _____

Postcode; _____ Date: _____

want to cancel this declaration

change your name or home address

no longer pay sufficient tax on your income and/or capital gains

If you pay Income Tax at the higher or additional rate and want to receive the additional tax relief due to you, you must include all your Gift Aid donations on your Self-Assessment tax return or ask HM Revenue and Customs to adjust your tax code.

Please return all forms to your surgery reception for the attention of Justine Wakeford

Comings and goings at the AshLea Medical Practice

- 1) In the past six months, both Dr Avellini from Gilbert House and Nurse Penny Binns from Linden House have left the Practice.
- 2) At Gilbert House, it is a pleasure to announce that both Dr.Tinashe Chitambar and Dr. Haidar Saad have become Partners in the Practice.
- 3) Dr.Alex Norman has joined the GP team at Linden House.
- 4) Dr Kiran Agarwal, an ENT Specialist has joined the staff at Gilbert House.

and last but by no means least,
- 5) Mrs Dimple Varu, a Registered Pharmacist, has joined the Practice for 3 days a week to work between both surgeries giving advice and guidance on medication queries and medication reviews. Please speak to the reception staff regarding an appointment or telephone call.

healthwatch
Surrey

Have you or someone you know used an NHS or social care service in Surrey?
Your feedback can help make a change. Healthwatch Surrey is an independent champion that gives you a voice to get the best from local health and social care services.
Why not get in touch to share your experience (good or bad)?
It starts with you!

Your feedback can help change local services for everyone

Contact us:
www.healthwatchesurrey.co.uk
Telephone 0303 303 0023
SMS 07592 787533

Book Review - The End of Alzheimer's by Dr Dale Bredesen

You may remember, in an earlier edition of our Newsletter, that retired GP, Dr Margaret Chilton, gave an interesting and enlightening book review and she has kindly done so again.

“Alzheimer’s disease is reckoned to be incurable but last year I was alerted to Dr Bredesen’s book by an article in The Times. I don’t recommend it for general reading as it is quite technical but if you have a strong family history of the disease and you are conscious of rather too many senior moments, it could be worth getting. Penguin edition is £14.99 or it is available as an e-book. The author is a Professor of Neurology at the University of California, Los Angeles. Quite apart from preventing the condition from getting worse, he has cured many people who have well established Alzheimer’s disease.

It emphasizes early diagnosis, eliminating thyroid disorder, anaemia, depression and vascular problems. A varied diet is essential as is exercise, getting enough sleep, meditation, having a good social life, and the usual advice about not smoking, losing weight and having a limited alcohol consumption.

The regime is very strict and, I think, not entirely practicable. Some advice I found strange: “have a fast every day”. Not as drastic as it seems: not eating between the end of the evening meal and breakfast i.e. 12 hours, is OK.

I think it is a bit sweeping to say this is the end of Alzheimer’s but the general advice is helpful for dealing with memory loss.”

Dr Margaret Chilton

Don't forget to follow us on Facebook - AshLea Medical Practice Patient Participation Group - and, of course, the Practice website where we have our own dedicated section.

After celebrating the 110th birthday of the Practice in 2018, we asked you for your “Memories from the Past” and we are delighted to have been given the following pictures by former Gilbert House Practice Nurse Catherine Summers.

Do you remember them too?

If you have any memories to share please email your PPG-

ashlea.ppg@talktalk.net



Dr Jim Williams on his retirement



In the days when GP's had their own Obstetric patients, Dr Jim Williams is seen here with a little lady who went on to work for the NHS as an Occupational Therapist!



Dr Benson, Dr Gilbert, Dr Kingsley Williams, Dr Claridge, Dr Jim Williams, Dr Close and Dr Meynen

Fairfield Centre – Mole Valley Life’s Social Centre in Leatherhead

The Fairfield Centre is Mole Valley Life’s Social Centre for people living in Mole Valley offering the opportunity to meet friends old and new. Activities on offer are aimed at the over 60’s, but anyone may join the Centre if they would like to take part in classes or use the Centre’s services.

There is a whole range of activities for people to keep fit in a friendly and supportive class with like-minded people. There are people in their 60’s, 70’s, 80’s and 90’s taking part in classes such as

- Music & Movement,
- Pilates,
- Yoga Gold,
- Knit Natter & Sew,
- Line Dancing,
- Zumba Gold,
- Tai Chi
- Singing for Health



A weekly quiz is held, an informal French speakers’ conversation group Computer classes, and the ‘Home Instead’ Reminiscence Café takes place there as well.

Other activities include:

- An Art Group
- Brain Games
- Word Games, Puzzles and Bingo.



Delicious ‘home cooked’ lunches and a choice of drinks and snacks are available all day, as well as hairdressing and chiropody.

A friendly welcome awaits you at the Centre - often referred to as “The Club” by members as they feel it is somewhere they belong.

Open Monday to Friday, 10am until 4pm the Centre is found on the ‘service deck’ for the Swan Shopping Centre. The Fairfield Centre, 34 Swan Court. Off Leret Way, Leatherhead, KT22 8AH. **Call us on: 01372 376058**

Do drop in and let us tell you more about the Centre and its wide range of services, or collect a Newsletter from your surgery.

www.molevalleylife.co.uk

PPG News

Many thanks to all who participated in our Patient Survey in March/April 2018. 246 completed surveys were received and analysed and overall, the results were encouraging and positive. However, a number expressed some concerns regarding making appointments, particularly the elderly, the less mobile and those who rely on others for transport. We have presented our findings, together with suggestions on how to overcome these problems, and we await a response from the Practice.

Regarding a disabled bay/wheelchair access at Linden House, we continue to chase both Mole Valley District Council and Surrey County Council. We can, however, report significant success in our efforts to acquire extra car parking spaces at the Fairfield Road Car Park.

We are in discussion with both Surrey Downs CCG and Healthwatch Surrey on the possibility of working together to improve services offered to patients not just through our Practice but on all the Health and Social Care Services.

Lastly, following suggestions by the PPG and one member in particular, the Practice has set up a Registered Charity - details on pages 1 to 4 of this issue.

BUCKLEY PHARMACY

Your local independent pharmacy

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Ashted, KT21 1AW
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01372 272355

Buckley Pharmacy is the longest serving independent pharmacy in Ashted, Leatherhead and Epsom. We provide a range of FREE services and thrive on our ethos of ‘customer comes first’. We have been listed third top performing pharmacy delivering NHS HEALTHCHECKS in Surrey by Surrey County Council.

- **FREE NHS Smoking Cessation Service**
- **FREE prescription deliveries**
- **FREE customer parking**
- **Open on Sundays at 78 The Street branch**
- **FREE Flu Vaccination**
- **FREE NHS Health Check**
- **Mole Scanning**

- Medicines Use Review
- New Medicines Service
- Repeat prescription service
- Anti-Malaria clinic
- NHS Electronic Prescription
- Dispensing for care homes
- Asthma Check Service
- FREE Emergency Contraception

If you are aged between 40 - 74 years, you may be eligible for a free NHS health check. For more information come and visit us or go to www.buckleypharmacy.co.uk

Mindfulness is a word we hear about quite a bit now but what actually is Mindfulness? We spoke to Diana Thornton who explained:



Surrey Hills Mindfulness
For the ups and downs of life

New morning group
starting 1 May in
Ashted

Evening group
starting in September

Full details and to
register at:

www.surreyhillsmindfulness.co.uk
diana@surreyhillsmindfulness.co.uk

'It was all and more than I expected'

Mindfulness consists of cultivating awareness of the mind and body and living in the here and now. We learn this in groups through simple meditation techniques which participants then practise at home using audio recordings which I provide. We also do mindful movement (usually simple yoga) and group exercises to gain insight into how our minds work. The classes draw on ancient wisdom traditions, especially Buddhist teachings, modern neuroscience which illustrates how meditation affects the brain and also modern therapeutic insights, especially from CBT. Research has shown mindfulness to be beneficial for anxiety, stress, pain and a variety of physical and emotional difficulties.

Diana Thornton
Mindfulness Teacher
www.surreyhillsmindfulness.co.uk

To hear about future courses, retreats and workshops, join the mailing list:

http://eepurl.com/gd_A_9

Leatherhead Diabetes “Walk & Talk”

We are pleased to announce the Ashlea Medical Practice is supporting a new lifestyle initiative for people who have diabetes or are at risk of developing Type 2 diabetes. Making lifestyle improvements can often be effective with regards to a patient's overall health yet many people struggle to make these changes; this initiative aims to support people in making difficult lifestyle choices.

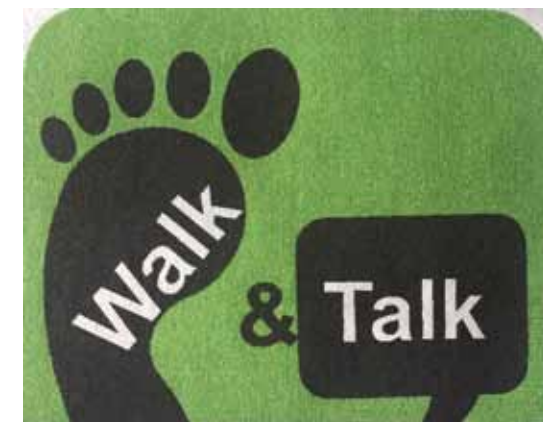
Starting Monday 13th May 10am – 12 noon at Leatherhead Leisure Centre

Leatherhead Diabetes Walk and Talk aims to offer peer support through a 13-week programme designed to combine light activity by local walks followed by a themed discussion over tea and coffee. The “topics of the week” (weeks 1 – 8) have been chosen to build knowledge, but more critically **turn knowledge into action.**

The programme will be led by volunteers Nicole, Laura and John who all have personal experience of living with diabetes. All will be trained as MVDC walk leaders. Nicole is a diabetic and a personal trainer with a special interest in nutrition for diabetes management. Laura also has diabetes with expertise in eating behaviour and John brings experience of positive changes to diet and exercise.

Nicole says “We are very excited about Walk and Talk as it offers a chance to work with others whilst gaining some new insights into your own diabetes. Making changes can be challenging, but also fun and worthwhile!”

If you would like to join this new programme please call 07954 013 496 or email ldwalk1@virginmedia.com for further details.



Foot health
Aesthetics
Nursing



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Jenna Baer
mobile nurse and foot
health practitioner
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jennabaer@hotmail.co.uk



Botox



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Toenail reconstruction

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ASHTEAD

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01372 540734

LEATHERHEAD

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01372 541765

Churchill
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churchillretirement.co.uk

- Lodge Manager
- Owners' Lounge
- Guest Suite for friends and family
- Free parking
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- Video entry system
- Lift to all floors

†Terms and conditions apply see churchillretirement.co.uk/terms-and-conditions for full details.