

Dr Ian Dempster  
Dr Alex Morton  
Dr Kellie-Marie Martin  
Dr Kenneth Scott  
Dr Cathy van Zanten  
Dr Gillian White



Garden Hill Primary Care Centre  
2 Garden Hill Road  
Castle Douglas  
DG7 3EE

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*We hope that you enjoy our festive newsletter and find the information of value. Please remember if you have any suggestions or comments regarding the practice, we are always pleased to hear from you.*

### Dr Laura Jones

I have been asked to 'write a few words' for the newsletter, as I am finishing my job as a GP Locum with CDMG.

The 'few words' could be reduced to two - **grateful** and **fortunate**. My last day, after five years working as a locum for the practice, was also my last day of working as a doctor after 39 years. Consequently, **THANKS** has to be written in big writing so patients and colleagues, from Castle Douglas and many places else, know how appreciative I am of all the kindness and support I have received in that time.

The word 'hero' gets used a lot in the media but moviemakers never see the 'real life heroes' any health professional meets in their daily work. Heroes range from people dealing with illness and fear to carers, supporting loved ones, who may no longer recognise them. They often say thanks to us, when it should be the other way around.

I know how **FORTUNATE** I am to have worked as a GP, especially in Dumfries and Galloway. Working as a doctor in the NHS has been a huge privilege. I have been able to work in other countries where people have to pay for health care and know the pressure that creates. Of course, the NHS cannot provide everything in the way we would want but it is still an unrivalled and superb service.

Providing a service to CDMG patients, who have been consistently understanding and appreciative, has been a pleasure. Being part of the whole practice team has been a joy. To be a locum for somebody who is on parental leave with a new baby is an honour, so I am delighted to hand back to Cathy van Zanten and Gillian White. I wish them and the whole practice a very happy Christmas and New Year.

All I ask, is that you take a moment to look at the painting by Davy Brown, (of a Bluebell Wood in Galloway) hanging in the Reception area and allow it brighten your day.

**Laura Jones**



## Drs van Zanten and White

We are delighted that both Dr van Zanten and Dr White have returned to the practice following their maternity leave.



Finn

You will remember that Dr van Zanten had a wee boy, Finn, and Dr White a wee girl, Alex. Both have enjoyed their time at home with their families but are looking forward to returning to the practice.



Alex

## Dr Alex Morton

It really has been a year of Castle Douglas Medical Group babies! On 12th November at 10.23 am Dr Morton's wife, Sophie, gave birth to a healthy baby boy named Maxwell, to be known as Max.

Max weighed 8lbs 13oz and is a little brother for Violet. Mum and baby (and dad too!) are all doing well.

Congratulations to them all!



## Dr Nicola Walker

Hi I am Nicola and the new FY2 at CDMG. I'm originally from Aberdeenshire and graduated from Aberdeen University in 2018 and undertook an intercalated degree between third and fourth year. I spent FY1 at the Queen Elizabeth in Glasgow where I did rotations in care of the elderly, cardiology and ENT/vascular surgery/urology. I have just finished another care of the elderly rotation at DGRI with a fair bit of acute medicine thrown in there too!

There are lots of things I like to do in my spare time ranging from yoga, rock climbing and power-lifting to playing music, reading, going to concerts/theatre and trying my hand at creative projects ..... and of course I enjoy touring all the new coffee shops that are always popping up in Glasgow. I like to have a challenge to focus on and have signed up to complete the final levels of Makaton signing next year.

I'm really excited to be joining the Medical Group and see what a career as a GP has to offer.



## Sharon Robinson

We are delighted to welcome Sharon to the CDMG team as our new Health Care Assistant.

Sharon replaces Sandra Murphy who has left the practice to pursue a career in nursing. We wish her all the best with her chosen career and we know she will excel at this.

Sharon joins the team with a wealth of experience having worked as a Health Care Assistant at Kirkcudbright Health Centre and, latterly, in Accident and Emergency at Dumfries Infirmary. Sharon carries out phlebotomy, ECGs, blood pressure monitoring, new patient appointments and has almost completed her ear syringing training.

Sharon is originally from Blackpool but has lived in the Stewartry for a number of years. She has four children and three grandchildren, all of whom take up a lot of her time.



## Dr Laura Jones and Dr Chinenye Anaedu

Whilst we are delighted to welcome Drs van Zanten and White back to the practice, we are equally sorry to see Dr Jones and Dr Anaedu leaving.



Dr Jones has been a regular locum with us for the past five years and we have all loved having her with us in the practice. She is a joy to have around and has such an engaging personality. As you will have read earlier in the newsletter, she is now plans to fully retire. She left a lovely message with us on her last day which we thought you would like:

***I am sorry for .....***

***My typing - deplorable***

***My dictation - lamentable***

***My writing - illegible***

***..... and for breaking your loo three times!!!***

Dr Anaedu has been with us since the Spring and too has become a valued member of the team. She plans to continue doing locums in the region and you may see her back in the practice at some point in the future.

We wish them both well. To mark the end of their time with us, we all enjoyed cake (we all love an occasion to have cake). Both will join us at our annual Christmas party which will also be a celebration of their time with us.

## Flu Immunisations

We had a very successful Saturday flu clinic in early November where 13 clinicians vaccinated over 800 patients! Our nursing team are currently holding catch up clinics— if you are eligible for the flu vaccination and have still not attended for it, please phone and make an appointment.

It is important that you are vaccinated if you are eligible to help reduce the risk of flu illnesses, hospitalisations and even the risk of flu-related death.



If you suffer from any of the following conditions, you are eligible for the flu vaccination:

- chronic respiratory disease, such as asthma, and chronic obstructive pulmonary disease (COPD)
- chronic heart disease, such as heart failure
- chronic neurological disease, such as Parkinson's disease or motor neurone disease or learning disability
- diabetes
- immunosuppression, a weakened immune system due to disease (such as HIV/AIDS) or treatment (such as cancer treatment)
- asplenia or splenic dysfunction;
- morbid obesity

## Hello ..... My name is ..... Badges

We are hearing regularly from patients that they do not know who everyone is at the practice, particularly doctors. Whilst we have had a fairly prolonged period of change —retirements, maternity leave and locums — with the return of Drs van Zanten and White, we hope to have a long period of stability.

#hello my name is...

Matthew Smith

The six partners in the practice are Drs Scott, van Zanten, Martin, Dempster, Morton and White. We are also a training practice and host GP Speciality Training Registrars, Foundation Doctors and medical and nursing students. GP Speciality Trainees are fully qualified doctors who have spent several years in a hospital environment. They undertake some of their training (18 months) within the practice to complete their training as GPs. Currently we have Dr Jonathan Sen and Dr Carwyn Watkins with us.

Foundation doctors are fully qualified doctors who have spent a year in hospital. They undertake training in the practice (four months) as part of their training programme. Currently we have Dr Nicola Walker with us.

To help make us more easily identifiable, the practice team are now wearing new name badges, like the picture attached, which we hope helps.

## Chronic Disease Review



Chronic disease management is fundamental to good health. If you suffer from heart disease, diabetes, asthma, COPD, hypertension, rheumatoid arthritis or stroke, you will be invited annually to come and attend a member of our nursing team for review of your condition. This review includes monitoring to check on the progress or regress of your disease, the development of complications, medication compliance and tolerance, education and lifestyle advice.

It is important that you attend for these reviews—even if you feel you are managing your disease and have no issues.

You do not have to wait until you are invited for annual review—if you have any queries or concerns about your disease, please phone and book an appointment with a member of our nursing team.

Equally, if you are invited to attend and are unable to, please telephone and let us know and we can allocate the appointment to someone else.

## Christmas Recipe

We thought it would be nice to add a Christmas recipe to this festive edition of our newsletter and invited staff for suggestions. We all agreed that Angela's old family recipe for Christmas pudding sounded delicious and, a huge plus, very easy to make. Traditional recipes are going a bit out of fashion as it is so easy to pick up ready prepared ones in shops but this year, why not give making your own Christmas pudding a go!!

*Dr Scott did submit his recipe for soup but given that it only involved a tin of soup, a tin opener, a bowl and a microwave, we decided against it!*

### Seven Cup Christmas Pudding:

- 1 cup soft brown sugar
- 1 cup self raising flour
- 1 cup breadcrumbs
- 1 cup Atora suet
- 1 cup raisins
- 1 cup currants
- 1 cup stout
- 2 teaspoons cinnamon
- 1 apple—grated
- 1 tablespoon brandy



### Method:

Mix all ingredients together. Place in a 2 lb bowl and boil for three hours.

Enjoy!!

## Reiki Treatment



Reiki is a Japanese word meaning 'universal life energy'. Reiki is intended to channel energy and is not an alternative to conventional medicine but can be safely used alongside. Reiki can help promote relaxation and ease tension and can improve sleep quality, pain management and a sense of wellbeing.

Reiki is now available at the MacMillan Centre, DGRI, for people who have a diagnosis of cancer. You are entitled to four free Reiki sessions with experienced Reiki practitioners—Wilma Thomson and Eileen Jardine and each appointment lasts up to 45 minutes.

Should you wish to access this service, please phone Wilma on 07897359585 or Eileen on 07950986058.

We would value your feedback on this newsletter and any ideas for articles you would like to see in the future.

Please contact, Maureen Rooney, here at the Medical Group, or email her at [info@castledouglasmedicalgroup.co.uk](mailto:info@castledouglasmedicalgroup.co.uk). She looks forward to hearing from you.



## Important Dates for Your Diary:

**Public Holidays:**

- Wednesday 25th December 2019
- Thursday 26th December 2019
- Wednesday 1st January 2020
- Thursday 2nd January 2020



If you require urgent medical attention or advice during times when the surgery is closed, please phone 111 where you will be connected to the NHS 24 Out of Hours Service. This is a free to call number. If you telephone the practice number, you will be connected to the service but you will be charged for this call.

## Useful Contact Numbers:

Castle Douglas Medical Group	01556 505900	Castle Douglas Hospital	01556 502333
Repeat Prescription Line	01556 505666	Dumfries Infirmary	01387 246246
Results Line	01556 505662	NHS 24	111
District Nurses	01556 505708	Stop Smoking Service	0845 602 6861
Health Visitors	01556 505710	Social Services Department	01556 505777
Midwives	01556 505711		

Have you visited our website?

[www.castledouglasmedicalgroup.co.uk](http://www.castledouglasmedicalgroup.co.uk)