

a warm welcome

We welcome our new member of staff, Jude Routledge, who started work at the Practice at the beginning of January. Jude is an experienced Advanced Nurse Practitioner, specialising in diabetes and paediatrics. She will be working Mondays and Thursdays.

EXTENDED HOURS CLINICS *for dressings and diabetes*

These weekly clinics are run by Practice Nurses Tina Allen and Sharon MacDonald, and offer support for diabetes sufferers, and assistance with dressings. Patients can self-refer to the clinics by contacting Reception staff. If you are uncertain whether a clinic appointment is appropriate for you, please phone the Practice to discuss your needs.

Every Wednesday, 6.30pm – 9.30pm

Getting To Know You... meet our longest-serving staff member TINA ALLEN

Tina Allen has worked at the Practice since 1987. We asked her about her career in medicine, and her work at the Practice through the years.

Tina was born in Manchester and was named 'Matina' after a famous Italian film star. When she started school her name was quickly abbreviated to Tina, and that shortened version stuck, so it was a sixteen year old 'Tina'

Allen who trained as a nurse cadet.

The training, at Withington Hospital, was thorough. Over two years Tina worked in every department, and found she even enjoyed Medical Records, where she appreciated the system's efficiency. It wasn't all perfect, of course: of the Nurse Cadets' uniform, Tina recalls a



"horrible blue and white gingham dress", although she also remembers a beautiful red cape - "useful in cold

weather", she says. Following her training, Tina worked in Burns and Plastic Surgery Theatre and became one of the first nurses to assist in microvascular surgery in the joining of a severed hand.

Tina trained as a District Nurse after the birth of her first son in 1982 and has worked in the community ever since. Her first experience of TS Medical Practice was as a district nurse when she filled in for someone on maternity leave. Following that, she was recruited as a "general, hands-on Nurse", and her long period of working at the Practice began. She has since completed additional specialist training in diabetes, with Warwick University.

Tina says she particularly relishes the on-going contact with patients and families which her work provides, and the continuity that has enabled her to work with different generations.

Inevitably there have been changes in Tina's three decades at the Practice. She has noticed a big shift in focus from treating the patient holistically to being task focussed. "We are always rushing but do still try to see the patient as a whole and that's important", she explains. She also finds it is now more difficult to discuss issues with colleagues in the health system.

Changes aside, Tina is adamant that she still enjoys

her work. She looks forward to retiring while she is still fit and well, but cannot imagine stopping work entirely. "I'd miss working", she says with a smile.

Tina lives with her husband on a farm in Kirkland. She enjoys looking after the old farmhouse and her garden plants - "especially dahlias" - and is an active member of Temple Sowerby Bowling Club. She takes every opportunity she can to spend time with her two grandchildren. Throughout her 31 years of service, Tina has always found a way to get to work, whatever the weather - sometimes assisted by her supportive husband who has driven her in his tractor!

DID YOU KNOW...

♣ Repeat prescriptions require forty eight hours (two working days) to fill? ♣

(At busy times, such as Bank holidays, it may be helpful if you can allow an extra day or two.)

♣ The Practice has a new website? ♣

(It's still a work in progress, so please let Practice Manager Paula Breen have your feedback.)

MACMILLAN COFFEE MORNING *Thank you to everyone who attended the coffee morning in September and to those who helped in any way. The morning, organised by members of staff, raised £252.16 for this very worthwhile charity.*

JANUARY 2019

The Patient Participation Group is a small group of patients who meet regularly with the Practice Manager (and often a doctor) to discuss issues affecting the Practice. If you are interested in contributing to a happy (and healthy!) practice and improving services to patients, please contact us by e mail: templesowerbyppg@gmail.com . We would welcome new members!