

## summer bowls in

Summer brings sunshine (we hope), warmer days and long evenings - an ideal time to get outside and enjoy the fresh air in our wonderful surroundings. Temple Sowerby Bowling Club, adjacent to the Medical Practice, welcomes new members and people who simply want to watch and spend a little time in the company of friendly people. Both exercise and social contact are good for us, so why not wander along? For more information, contact Beryl Swindle on 017683 61232.

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## DISPENSARY SERVICE UPDATE

The Dispensary asks patients to allow three full working days when requesting repeat prescriptions. A lack of storage space and the difficulty of acquiring some medicines – a national problem – mean obtaining medicines can take some time. To help the Dispensary function smoothly, please order repeats three days in advance of when needed. The Dispensary at Temple Sowerby provides an important service to our rural community, by enabling patients to obtain their prescriptions without needing to travel further afield. It also generates an income, without which the Practice would struggle to exist.

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## *Getting To Know You...* an interview with

### DR HELEN JERVIS

*Dr Helen Jervis has been a GP partner for twenty years, fifteen of which have been spent at Temple Sowerby Medical Practice. She says the most rewarding part of her work is the trust that is invested in doctors, and that she feels privileged to be*

*a family GP. We asked her about the challenges facing GPs today.*

Helen identifies the lack of accessible support services as a challenge, as she feels these services are necessary to allow GPs to do their job.



For example, childhood ailments were once dealt with by health visitors and school nurses, but they are no longer providing this service, meaning they have to be addressed by GPs. Similarly, Helen finds that a lot of her time is spent trying to help with social problems affecting people's lives. Social media and the internet have also thrown up problems – Helen explains that simple ailments, which often used to be dealt with by advice from family and the local chemist, “can now be blown up out of all proportion”. “We are accessible, free at the point of contact,” Helen says, “and regularly spend time dealing with these problems, giving less time available for our actual job description”.

Helen hopes that the new GP contract will help both patients and doctors. “The new GP contract should deliver some new ways of working,” she explains, “so people will have access to social prescribers, pharmacists and physio as a first point of contact, taking some time pressure off GPs to allow them the space to do their own jobs”. Helen describes the job of a GP as being to assist with, diagnose and treat medical problems, and to support families to manage these conditions. She also believes that a proportion of GPs' workload should be focused on the prevention of illness.

*Helen is camera-shy, so here is a photo she has provided – of her garden, where she enjoys spending time when not working.*

## DID YOU KNOW...

♣ It is recommended that you drink 6-8 glasses of water a day? ♣

*This is particularly important in hot weather.*

♣ The Practice has a website? ♣

Visit [www.templesowerbymedicalpractice.co.uk](http://www.templesowerbymedicalpractice.co.uk). This is continually updated, and the Practice would be happy to hear from you if you feel there is anything that could be added to improve the services provided for patients. Contact the Practice Manager, Paula Breen, with your input.

## A WARM WELCOME TO A NEW GP

Many of you will have met Dr Russell Elwood, who is a familiar face at the Practice as a locum doctor. We are delighted that Dr Elwood has now joined the Practice as part-time staff. In other staffing news, we congratulate Sharon McDonald, who has been promoted to the role of Lead Practice Nurse. For a full list of staff at Temple Sowerby Medical Practice, please see the notice board in the waiting room or the Practice website.

**SUMMER 2019**

*We want to hear from you! Please get in touch with any comments about the Practice or this Newsletter. Comments can be left in the sealed box in the waiting room - this is only accessed by members of the Patient Participation Group (PPG). Alternatively, you can contact the PPG via the Temple Sowerby Medical Practice website: [www.templesowerbymedicalpractice.co.uk](http://www.templesowerbymedicalpractice.co.uk).*