

TAKING NEW PATIENTS

OPENING HOURS

	Horden (Shinwell Medical Centre)	Peterlee Health Centre
Monday	8am—7pm	9am—12noon
Tuesday	8am—6pm	4pm—7pm
Wednesday	8am—6pm	9am-12noon AND 4pm-7pm
Thursday	8am—6pm	4pm—7pm
Friday	7am—6pm	

Please make an Appointment (reception, tel., online).
Any Under 5's Call and Come In—
will be seen on the Same Day.

Additional Clinics

Shinwell has lots of extra clinics, to keep you active and healthy, and to give care closer to home.

Speak to your GP or nurse to get an appointment at a clinic if it is appropriate

New Patient Health Checks

Shinwell welcomes new patients. New patient health checks are carried out during normal appointment times, and last typically 20 mins

Wellness and Long Term Conditions

Asthma, COPD, Diabetes, Heart Disease (including CHD, IHD, Heart Failure, Atrial Fibrillation, CVD), Well Woman/ Well Man

Women and Families

Shinwell has a female GP who specializes in Gynae (womens') problems including contraception (insertion/ removal of coil, or implanon); midwives and nurses help you with ante-natals and children's health

Special clinics

Chiropody, Counselling, Smoking Cessation, Travel Health and vaccines, Minor Surgery (including joint injections), LARC (coils/ contraception), gynae, wound management and dressings, ear clinic and B12 injections—all provided by the doctors or nurses in the practice or nearby.

For any health needs, speak to your GP or nurse next time you are in!

Issue 7

Shinwell Medical Group Newsletter

Summer
2012

IN THIS ISSUE:

Patient Group

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Our focus is on the care, the dignity and the respect of the patients and their families. We are patients at the Surgery, and we are YOUR input into the way the practice works.

Colin—Happy Memories—Sad Goodbyes

P2

Come and talk about what you want at the surgery. We will understand you. We can pass on your comments and your confidentiality will be safeguarded We will develop **Expert Patients** for all major **Long-Term Conditions**. You can also join the Patient Participation Group Committee and represent others. We meet every 3 months

Surgery Opening Hours

P4

- Support for disease management at home, repeat prescriptions etc.
- Moans & Thanks from patients.
- Confidentiality issues.
- Taking forward patient complaints, eg about hospital experiences

Come and ask about:

Contact:

We'd like to see you so come along and meet us. The meetings are in Shinwell Medical Centre and in Peterlee Health Centre

Contact us by leaving a note at Reception, speak to any committee member, and/or look out for notices of meetings .

Next Meeting Tuesday 24 July
2012 16:00 (4pm),
Shinwell Medical Centre

Shinwell Medical Group
Putting patients first



Colin Reynolds— Happy Memories, Sad Goodbyes

Alderman Colin Reynolds has been chair of the Patient Participation Group at Shinwell Medical Practice since 2000;

it is his personality that has made us so open to all questions and able to advise and support people who need us. Colin died on 1 May 2012: we remember him with enormous respect and fondness – let's also remember what else he did.

John Cummings, former MP, describes him: *"It was a pleasure and a privilege to have known and served with Colin whilst we were members of Easington District Council. Whilst working with Colin I became aware of the three great loves of his life, his dear wife and loving family, his trade union and his long and distinguished service on the Easington District Council."*

His dear wife and family

Colin was born in Horden 29 October 1940. He attended Our Lady Star of the Sea until he was 15, then worked down the Horden Mine until the pit closed, some time around 1986. He met his wife of nearly 51 years (married 6 May 1961) Norma when they were both 18, and they courted at Pieroni's Ice Cream Parlour (as many have done since); their children and grandchildren are pillars of the community still.

Colin loved walking – nearly every day he would stop by at the Medical Centre on his way back from an early morning walk, whether down Castle Eden Dene or the fields down to Crimdon and along Beach Banks. He had a shotgun license, and shot rabbit, pheasant and partridge; in his younger days he had been a beater for the Lords of Castle Eden (Burdon). He loved meeting (and helping) people, and also reading.

His trade union and his long and distinguished service on the Easington District Council

To quote Grahame Morris, MP for Easington:

"Colin was a stalwart representative and defender of his community of Horden. He treasured his family and his deep roots in the community."

His work, first at the pit in the Deputy's Union then through his work with the Durham Aged Miners Housing Association and his long service on Easington District

SHINWELL MEDICAL GROUP NEWSLETTER

SUMMER

Council on behalf of local people, is a living embodiment of the "Big Society" in action before the term was even invented." (Colin served on the Committee of Horden Miners Lodge from 1970 - 74, served at Durham Aged Miners Homes from 1974 to around 1991, and was a union rep for the Durham branch of the National Union of Mineworkers)



"Colin was never afraid to take on the establishment in the cause of social justice and a fair deal for ordinary people as Chair and Cabinet Member for Housing during some very challenging times with acute housing shortages" (He managed to fit in 31 years on Easington District Council, serving as Chair during 1980s. Norma remembers well that she was the only Council Chair's wife who didn't wear a fur coat to official functions!).

Alan Napier (Councillor) remembers *"you could not find a more approachable person than Colin, who always spoke with people, never to them or at them".* Dave Hopper (General Secretary of DMA), Irvin Lions and Cllr Audrey Laing also sent messages.

From an interview with Colin a couple of weeks before he passed away:

"Shinwell Medical Group is one of the best GP practices in County Durham and there are so many challenges facing GP practices HAVING to be forward thinking and keeping up with the demands of the practice. NHS Protocols and making sure that the practice are providing quality services to patients."

The doctors and nurses and the staff at Shinwell Medical Group have a very high standard, and this comes out in the feedback from patients"

The B12 Support Group (Registered Charity 1146432)

In more recent times Colin has been a stout proponent and chairman of the Vitamin B12 Support Group based at Dr Joseph Chandy's GP Practice in the Shinwell Centre in Horden. He's done some excellent work in promoting this therapy and supporting patients. The Vitamin B12 Support Group is flourishing, and now has its own web site which gets messages from people from all over the world seeking advice and help; it is a registered charity, funded by donations and providing support to people and raising awareness

in UK and across Europe, and its advice is sought by people in India, USA and Canada. It is impossible to know how far we would have got without Colin – we're thankful that he lived to see it blossom.

B12
DEFICIENCY

Colin has done so much for others, and we're all eternally grateful. Let us now carry on his tradition and serve the people of Horden and surrounding districts with energy, and a touch of his irrepressible humour.