



# Abbey Notes

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**WE WOULD LIKE  
TO WISH ALL  
STAFF AND  
PATIENTS GOOD  
HEALTH AND  
HAPPINESS AT  
THIS TIME OF  
CELEBRATION**



## Members wanted

THE Patient Participation Group at the Abbey Medical Centre is seeking new members.

Meetings are held every two months and alternate between lunchtime and early evening. The group can act as a sounding board for patients and helps with such things as patient surveys, flu clinics and fund-raising efforts.

Anyone interested or wanting more information can contact group secretary Sue McNab on 0115 9221294 or via email at susanmcnab@hotmail.co.uk

## Tache-tastic result!



Left to right, Dr David Cavanagh, Dr Richard Rogers, Dr Irena Jaram and Dr Nicholas Browne enter into the spirit of Movember

DOCTORS, staff and patients at the Abbey Medical Centre in Beeston have raised more than £600 so far for the Movember appeal.

The event raises money for research into men's health issues, such as prostate and testicular cancer and men's mental health issues.

Dr Nicholas Browne, Dr Richard Rogers and Dr David Cavanagh each grew a moustache during November and women staff and patients, including Dr Irena Jaram, wore ties and shirts - some even donning false moustaches.

Money was raised through knitting, baking and selling raffle and tombola tickets and fund-raising culminated in a coffee morning at the surgery on November 29.



Helina Cummins and Joy Stevenson 'manned' up

Many patients who came to see the doctors made donations after their appointments.

Abbey patient David Anderson also grew a moustache and raised £65 in sponsorship. Secretary of the patient group Sue McNab



David Anderson



Janet Clarke and Alice Cameron made tea and coffee and sold cakes



Tombola fun and prizes

# Surgery welcomes new face

NEW staff member at the Abbey Medical Centre is Dr David Cavanagh, 33, who sees patients on Tuesdays, Wednesdays and Fridays.

The other two week days he is a volunteer at Hope Nottingham at Boundary Road, Beeston, where he operates a drop-in GP session on Mondays for the homeless and vulnerable.

Formerly a full-time partner in a GP practice in Sneinton, Nottingham, Dr Cavanagh said: "I was a full-time partner there but found my charity work increasing and I was unable to do both.

"One of the reasons I have come here is because I live close to the surgery and know the people in this area."

Living close by also means Dr Cavanagh comes to work on his bike and don't be surprised if he arrives for home visits on two wheels.

Married to Gina, he has two children, Jamie, five, and Sophie, two, and is member of the congregation at Christ Church, Chilwell.

Born in Warrington, Dr Cavanagh studied medicine at the University of Edinburgh and trained as a GP in a vocational training scheme from 2003 to 2006.

His areas of interest in medicine include chronic pain management, joints and orthopaedics, cardiovascular, alcohol and substance misuse and clinical IT systems.

He also enjoys reading, cycling and science fiction.



Dr David Cavanagh before he grew his Movember moustache



## Dressed like right 'ones' for Pudsey

THE staff in the Abbey Pharmacy next door to the Abbey Medical Centre never miss an opportunity for a bit of fun.

The chance presented itself in November on Children in Need day, when dispensers Ange Alder and Elaine Brentnall, seen in the picture on the left, went to work in their onesies.

They were joined by dispenser Nav Matharu, who wore a fetching grey number but, for some reason, was absent when the camera came out!

**And finally...**

**Patient:** Doctor, Doctor I keep painting myself gold.  
**Doctor:** Don't worry it's just a gilt complex!