



Dr. Godfrey & Partners

at TOTTON HEALTH CENTRE

www.tottonhealthcentre.co.uk


All Enquiries

02380 865051

Out-of-Hours

Telephone 111

"When your GP surgery is shut and you need medical attention fast, but it is NOT an emergency, call 111".

This includes
Monday to Friday
18:30 - 08:00

+
Weekends
Bank Holidays

If it's a
medical emergency
call 999

Surgery Opening Times

Mon	08.30 - 20.00
(Mon	closed 1 - 2 pm)
Tue	08.30 - 20.00
Wed	08.30 - 18.00
Thu	08.30 - 18.00
Fri	08.30 - 18.00
Sat	08.00 - 10.30
(Saturdays once per month)	

Home Visits

Please ensure all
visit requests are
received by 11:00 am.

"Easter Raffle"

Proceeds to the
Friends of
**Dr S J Godfrey
& Partners.**



LOTS OF
EASTER
PRIZES
TO BE WON

"Wings of Mercy"



CHONESUS CLINIC
LAB SERVICES AVAILABLE DURING HOURS
TAILORING CLASSES MONDAY - FRIDAY
KNITTING 500/- PER MONTH
EMBROIDERY 500/- PER MONTH
DRESS MAKING 500/- PER MONTH
LITERACY KISWAHILI
TEACHING 500/- PER MONTH
READING ROOM 50/- PER MONTH
SUPPORT GROUP AND EMPOWERMENT
EMAIL: CHANGINGTC.44@GMAIL.COM
PHONE: 0713760883 BOX 26449

Thank you to the many patients who have asked me about my trip to KIBERA slum in Nairobi, Kenya and to those of you who supported me going. My wife, Alison, and I went with 5 other health-care workers with the local charity, **"Wings Of Mercy"**.

We were based at Chonesus clinic in Kibera slum. Kibera is home to nearly 2 million people; is the largest slum in Africa and one of the most densely populated in the world.

Although a minimal amount is charged for treatment, most people cannot afford it so healthcare is not an option for the majority. Our aim was to provide free healthcare to as many people as possible. We also aimed to provide ongoing medical care where possible.

Chonesus clinic has no running water, which makes even simple things like hand washing impossible. We used about five tubs of alcohol hand gel each! Without doubt their biggest challenge is sanitation. I have heard it said that engineers save more lives than doctors; I am convinced this is true for KIBERA. Clean running water and a decent sewage system would provide far more of a lasting benefit to the people we saw. TYPHOID was rife due to a sewage infected water supply- something we thankfully do not see in TOTTON! - and I had to learn very quickly how to test and treat it. In 5 days we saw over 2000 people including 100s of children.

What did we achieve? People reported feeling valued, respected and well cared for physically and emotionally. We were able to pay for an 18 month old child with previously undiagnosed hydrocephalus to have corrective surgery. This means she will be able to sit independently and hopefully will learn to walk.

One of my most memorable moments was supplying a lady with spectacles and then hearing her read from the bible for the first time in years, as well as comment on the flowers on her dress! Please think about any old spectacles you have which could be put to better use elsewhere. The funniest moment involved me removing a cockroach from a 'deaf' lady's ear. She had been deaf for a month and I 'miraculously' restored her hearing!!!

VIRTUAL PATIENT REFERENCE GROUP

Membership of our PRG has continued to grow and we have just completed another major survey. Members of the group decided that the areas we should concentrate on during the coming months are how to limit "DNA's" (patients who Do Not Attend appointments) and Patient Experience.

If you would like to view our annual report or become a member of the PRG, please click on the link on our website at www.tottonhealthcentre.co.uk

Alternatively, the report can be viewed on NHS Choices or in the surgery.

A hard copy of the application form to join the PRG can be obtained from the surgery; please speak with the Receptionist on your next visit.

A BIG THANK YOU to those of you who contributed so generously to our Christmas Raffle. Proceeds from this and other kind donations, have enabled our Practice to purchase 2 Electric Couches.



BOWEL CANCER SCREENING

Bowel cancer screening is a national initiative to try and pick up early bowel cancer.

It is a simple test- putting a small amount of poo onto a test strip and sending it off to the screening centre.

Everyone between age 60-69yrs is to be offered screening.

We are told that the group who are least likely to be screened are men who shop at Asda !

That makes us a potential hot spot !!

Let's prove them wrong....

Early bowel cancer can be treated and cured- it is a simple test . If you have been offered a screening test but not completed it, please request a further test - free phone 0800 707 6060

CONTACT NUMBERS

for blood tests

Southampton General Hospital

**WALK IN SERVICE - Adults
No Appointment required
Mon to Fri 08.00 - 16.45**

**NB: under 16's
require an appointment
Phone 023 8079 4075**

Lymington Hospital

**WALK IN SERVICE
No Appointment required
Mon to Fri
7:30 am- 3:00 pm**

Romsey Hospital

**WALK IN SERVICE
No Appointment required
Tue & Wed 07.30 - 10.15 am
Saturday am 09.00 - 11:45 am**

**Limited appointments
especially on a Saturday**

**I went to the Doc the other day,
I said 'it hurts when I do that'
He said, 'well don't do that.....'**

EATING DISORDERS IN ADOLESCENTS

This is common in teenagers- particularly girls. Anorexia and bulimia are serious conditions that need help early - signs to look out for:

Noticed changes in eating habits? Weight loss?

Noticed changes in someone's personality - becoming more withdrawn, quiet, difficult to engage?

Noticed changes in friendship groups?

A tired and lethargic teenager ?

If these groups of signs ring a bell with you - please come and talk to your GP. Help can be sought.

END OF LIFE

Knowing what to expect when someone nears the end of life can be a time of great uncertainty and stress - both for the person who is ill and for their family and friends. By knowing what is going on and how and why things might change can be very helpful. Expressing choices about where they would like to be cared for , what benefits someone is entitled to, what district nurses can do to help care for an individual , what role your GP has - all these questions are difficult topics to address - but are easier to discuss in advance, rather than in a crisis when it may be more difficult. These choices are not permanent and can be changed at any time.

Discussing end of life care may be sensitive, but many people have thought about these various issues and are often glad to have discussed it with someone else.

A very useful resource is to be found on the MacMillan cancer support website - not all of it may be relevant to you or your loved one, but it is a very helpful booklet to guide you through a difficult time.

<http://www.mariecurie.org.uk/Documents/PATIENTS-CARERS-FAMILIES/End-of-life/end-of-life-the-facts.pdf>

Ask your GP if you have further queries.

CLINICAL COMMISSIONING GROUPS - (CCG'S)

Under the proposed new health bill, The Department of Health plans to scrap Primary Care Trusts and replace them with Clinical Commissioning Groups.

Dr. Godfrey & Partners at Totton Health Centre is part of the Totton and Waterside Locality Group, who is a member of the West Hampshire CCG.

CCG's have been commissioning NHS services for their patients on a shadow basis from April 2012 and completely take over the commissioning from April 2013.

Five local GPs have been elected as board members for the new West Hampshire CCG:

- Dr Sarah Schofield (Chair) from North Baddeley Surgery
- Dr Nigel Sylvester from Friarsgate Practice, Winchester
- Dr Tim Thurston from New Milton Health Centre
- Dr Simon Goodison from Blackthorn Health Centre
- Dr Jim Rose from Derrydown Clinic, Andover

These board members will be supported by a team of other clinicians and managers in running the CCG.

Chair of the West Hampshire Clinical Commissioning Group, Dr Sarah Schofield, commented recently

"West Hampshire is a large area covering a population of 536,643 people through 54 GP practices. We want to make use of all of the expertise that is out there to ensure we draw on real knowledge and experience to drive forward improvements to our local health services".