

## Birchwood Medical Practice

The Health Centre  
Kings Road  
Horley  
Surrey  
RH6 7DG  
Tel: 0844 815 1990

### Partners

Dr. E. Vijaykumar  
Dr. S. Nelstrop  
Dr. R. Baur  
Dr. T Prageshan

### Associates

Dr. E. Mearns  
Dr. S. Bangalore  
Dr. E. Tyagi  
Dr. A. Zietal  
Dr. F Mann  
Dr. V. Thiagamoorthy

### Nurse Practitioner

Sarah Cameron

### Patient Support Group

Chair: Jack Costelloe  
Vice Chair: Liz James



## in this issue...

- The GP Contract Agreement
- Exercise Is Medicine
- Valuing Mental Health
- 0844 Telephone Number

[www.birchwoodmedicalpractice.co.uk](http://www.birchwoodmedicalpractice.co.uk)

### The GP Contract Agreement

The GP contract agreement for 2014-2015 came into force on 1st April 2014.

One of the key elements of the contract is a named GP for patients aged 75 & over. What is included in this contract is:

- Contractual requirement to provide a named GP to all patients 75yrs and older by 30 June 2014
- Named GPs-lead responsibility to ensure services under contract delivered to patients aged 75+
- Usual GP already in many practices;
- Contract remains with the practice, not named GP
- Patients can still see any practice GP/nurse
- Does not mean 24 hour or vicarious responsibility

This would mean all patients who are aged 75 & over will receive a letter from the practice about their named GP. The practice will write to people who will turn 75 within 21 days after their birthday with this information. These patients will be invited for a health check as appropriate.



*Dr E Vijaykumar*

### “Exercise Is Medicine” Seminar

The latest seminar entitled ‘Exercise is Medicine’ hosted by Birchwood Medical Practice and Smallfield Surgery took place at The Centenary Hall, Smallfield on the 16<sup>th</sup> April 2014. The meeting was opened by Dr Vijay Kumar who introduced our two speakers for the evening - Catherine Gibson, on behalf of Reigate & Banstead Borough Council Leisure Development Office Services and Dr Jim House former senior partner at Birchwood with a special interest in sports medicine

Catherine outlined the Borough’s commitment to various current projects namely Holiday Activities for young people; The Ageing Well project and the Over 60’s Club at Donyngs. This Club helps residents of the Borough to meet like minded people.

Catherine then touched upon an experimental Taxi scheme which could become very helpful to Borough residents together with the Reigate Artisan Scheme aimed at retired men to enable them to use skills developed over their career.

Catherine’s talk was most appreciated and served to highlight the opportunities offered by Reigate and Banstead. A useful link is [www.reigate-banstead.gov.uk/ageingwell](http://www.reigate-banstead.gov.uk/ageingwell) or call 01737 276430.

*continued overleaf...*

Dr Jim House was the previous senior partner at Birchwood and has a special interest in sports medicine.

Dr House commenced his talk by outlining the importance of physical activity. He pointed out that this does not mean that everyone has to sign up at a Gym or join a sports club but two ten or eleven minute bursts per day or 75 minutes per week is advisable.

Physical Activity can be a Diabetes preventative, reducing raised blood pressure, assists Arthritis sufferers and helps Heart and Vascular Disease. He was able to dispel the myth that exercise causes Arthritis and can help weight loss when combined with a correct diet. Dr House outlined various exercises which included seated exercises, jogging, cycling and swimming. He highlighted the benefits of housework and car washing!

Following the two excellent talks the audience were invited to ask questions. Unfortunately the evening ended a little too soon for some.

*Mike Walshaw  
PPG*

## Valuing Mental Health: A change of perspective in Kent, Surrey and Sussex

A conference was hosted by South East Strategic Clinical Network on 6<sup>th</sup> May 2014.

This full day conference was held to bring together patients, the public, healthcare professionals and voluntary organisations to rethink the way mental health is addressed over the next two to five years to build good mental health services for the future in England. To use the event to reach agreement on what the main challenges are and generate ideas. It also wanted to embed the need to treat individuals in a more holistic way.

All the speakers agreed that early intervention was vital. Supporting families with primary school children and beyond was important to reduce problems in later life. It was agreed the way forward was an integrated service for physical and mental problems.



One of the guest speakers was Ruby Wax who spoke eloquently and amusingly about her own personal mental health problems and how she operated her own coping mechanism. She suggested that an attitude of 'can do' was needed.

Useful links are [www.centreformentalhealth.org.uk](http://www.centreformentalhealth.org.uk)

Join the debate on twitter @NHSEnglandSouth #valuinghealth #parityofesteem

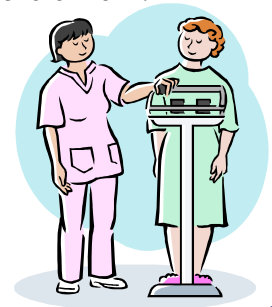
*Stella Price  
PPG*

## 0844 Telephone Number

Following the patient survey at the end of last year it was clear that Birchwood needed to review the current telephone provider. Birchwood is now liaising with three different telephone providers and will be inviting representatives from the Birchwood Patient Group to the demonstrations to gain their valuable opinion and views. Any new provider chosen will meet with current Government guidelines. The final decision will be made before the end of 2014.

## 24 hour BP monitor and weighing scales

We are pleased to have recently purchased for the benefit of all our patients, a further 24 hour BP monitor courtesy of a very generous patient and a new set of patient weighing scales.



**New Admin Staff** - Tina Knebel and Karen Pearce

**New Registrars** - four month placement are Dr Lenka Varlan and Dr Para Patel

## Staff "Dress Down" Days

Total amount raised by Birchwood staff for dress down days donated to charities is £103

**Total Number Registered At Birchwood** - 14,785 patients

## Useful Telephone Numbers

### Medical

East Surrey Hospital	01737 768511
Crawley Hospital	01293 600300
Family Planning	01293 772053
Midwives	01293 768511 ext 6822

Out of Hours - New Service 111

### Local Chemists

Boots	01293 782497
Lloyds (Victoria Road)	01293 773665
Lloyds Kings Road	01293 782052
Park Parade	01293 783315
Smallfield	01342 844424
Horley 24hr Chemist	01293 776616
Mediwise	01737 887771
Tesco	01293 727449

