



❖ The Westgate View ❖

Drs Austin, Gallagher, Groome, Harrison, Hunter, Johnston, Lowe, Nicoll and Whittingham

Spring 2018

THANK YOU AND GOODBYE



At the end of April I am retiring from medical practice. This is after 37½ years of working in the NHS and over 32 at Westgate.

I would like to thank my colleagues, medical, nursing and administrative, who have supported and assisted over these years. This includes those present now and those I worked with previously. The care and the humour have been invaluable.

I would like to thank the NHS. Despite current challenges it is an organisation which strives for excellence but also fairness. The General Practice model which allows us to work in small teams gives this a personal touch and hopefully allows the patient individual treatment.

Lastly I would like to thank all of you the patients. Thank you for letting me share in your times of illness and crisis. Thank you for sharing your stories, your laughter and your tears. Thanks also for listening to me.

It has been a privilege and I leave you in good hands.

Dr Lorna Nicoll

DR CLAIRE PART

In May Dr Claire Part joins as a new GP Partner. Dr Part graduated in medicine from the University of Dundee and completed her training in General Practice in Perth.



CLAIRE PART cont....

She worked for a period there until moving to a GP Partnership in Coupar Angus.

She has a clinical interest in Diabetes care, in Women's health and in End of Life care.

Outside of her professional role, she has 2 children and enjoys outdoor activities such as cycling, running and skiing.

She will be a welcome addition to the team.

OTHER STAFF NEWS

We welcome Dr Emily Wright who joined us in February for a 6 month General Practice placement. Emily is medically qualified and training to be a General Practitioner. She will return to hospital posts after the summer and will return to Westgate in 2020 for a 1 year period to complete her training.

We continue to benefit from Dr Stewart providing medical cover at Westgate during staff sickness. We are grateful for the assistance and know that Dr Stewart fits in very well at Westgate.

BOWEL SCREENING

The Scottish Bowel Screening Programme has been running for some years. It offers testing for blood in the stool from the age of 50 at 2 yearly intervals. This has proved highly successful. It picks up blood which can be an indicator of cancer or other bowel abnormalities. Patients are then invited for investigation and there is no doubt this has resulted in some cancers being detected early when they are at a curable or treatable stage.

As GPs, we have had access to a rather more specific test in recent years, the faecal immunochemical test (QFIT). This particular test picks up very tiny amounts of blood products and, if it is negative, is a very good indicator of disease being unlikely. This better test has now been adopted by the Scottish Bowel Screening Service. This means that the test you do at home requires a very small amount of stool, is easier to manage at home and gives much better results.

We would encourage you to participate in this screening programme when invited to do so.

MALAWI

We continue our links with Matawale Medical Centre in Malawi. Some of you will be aware that we have a charity which raises money to help fund projects and provisions in a health care system that is financially very challenging. We have had several art galleries in Westgate with local amateur artists showing and selling their work. 25% of the costs of paintings go to the charity.



We continue to gratefully receive donations from elsewhere including patients and we are immensely grateful for this. In addition the bookstall continues to be popular with patients and to raise a few pounds every week.

Sadly the small donation box beside the bookstall was recently stolen. Fortunately our resident handyman, Mr Bruce Will, has provided a replacement and the good work continues. Please bring any books that you have read that you have at home that could be useful for the bookstall and feel free to browse and donate if you are able.

Our Practice Director, Mr Sam Riddell, hopes to revisit Matawale this year. He is in regular contact with the team working there. They have been helped in the provision of electricity, internet, IT equipment, and medical equipment. They are currently seeking funds to help improve access for vehicles to the Health Centre. It is good to know that this direct contact keeps us informed of how your money is spent.

Ken Borthwick is a 74 year old amateur painter. He took up painting at age 60 joining a class which meets in Albert Street and is led by Joe McIntyre. Although he was good at art in his school days he had never considered taking it up as a leisure activity. He started in water colours but didn't really like this and was encouraged by Joe, and his co-teachers John and Ewen to find his own favoured materials and style. He found he particularly enjoyed painting scenes of Old Dundee because of his own memories of the city.

For Ken, having his paintings on show at Westgate is ideal. He gets his paintings displayed and available for sale but he also likes that the Malawi charity gains something too.

To date Ken has sold 25 paintings. The proceeds have helped to fund the building of a shed in his garden where he now paints. Even his wife, whom he describes as his greatest critic, admits he's really 'Quite good'.

When asked if anyone can learn to paint he says, 'You can't play a piano in a week'. However, he believes with encouragement and good teaching it's worth having a try.

Something Urgent Ring Early SURE Care

Just a reminder of how to help us prioritise urgent care. If you have something that you feel requires urgent medical attention that day please phone as early in the morning as possible. This will allow us to ensure that you are seen by the appropriate person at the appropriate time depending on your condition.

We are aware that sometimes routine appointments are booked up for a week or more in advance. We appreciate that sometimes medical problems cannot be left for this length of time. We will always fit things in that need to be seen. However, if your phone call is later in the day and the problem is not urgent we will usually offer either an appointment the following morning or the opportunity for the Nurse to speak to you that day or the following morning.

In this very busy time for the NHS and also for ourselves. We appreciate that you help us to help you.

VISION ON LINE

In the last newsletter we advised you about changes to online appointment booking and prescribing. Please do not forget to check at Reception how to make sure you are signed up for the new system.

Whereas previously you could request a non urgent appointment online, it was not bookable remotely. Under the new system you can choose an appointment with the person of your choice from the comfort of your home. It is not difficult to use. The first patient to book an appointment in this manner and turn up for an appointment on time was 72 (I know not too old) and arrived in deep snow.

Give it a try.

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