



Newsletter

WINTER 2017

Registered Charity No. (1006467). www.mountpleasanthealthcentre.co.uk

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WELCOME TO OUR WINTER NEWSLETTER - Read and enjoy, we hope.

We apologise for being unable to produce our Autumn Newsletter, which was caused by a shortage of articles. However, we would like to thank everyone who has contributed to this newsletter and we hope that you will enjoy the contents. I also apologise for the incorrect contact details from the front of the Summer Newsletter, which I can only put down to stress at the time.

I have been editing it since 2012 and I must admit that sometimes it takes more effort than it used to, things don't always go to plan. As my son recently said to me after I had made an unwise decision about something, "Well, you are an old lady now". It wasn't unkindly said, but true I expect.

There has been quite a number of problems and challenges during the year and sometimes I have thought - what next. One of which was carpet moths, something which I have never had before. Fortunately, Steve, was staying with me and was able to pull out all the furniture and spray underneath, which I couldn't have done. They do also eat clothes as I found out when I discovered several holes in one of my woollen jerseys.

Editor.





NEW STEPS

David Holdcroft, our Chairman, tells us about the CPR Charity and our involvement in the Community.

At the AGM Dr Brotherstone told us about the work of a charity which teaches CPR to primary school children and of her plans to set up a branch in Exeter involving medical students as demonstrators.

Unfortunately, however, before the project could go ahead, it was necessary to raise the money to buy dummies for the training. The Friends in the audience were not only impressed with her talk, but made it clear that they thought we should provide the necessary funds. However, just as we were about to do this, a patient contacted Debbie to say that she would like to make a donation in memory of her husband, and amongst the alternatives available chose to buy the dummies needed for the project to get off the ground. We are, of course, immensely grateful and delighted that things are going to go ahead involving collaboration with a number of local schools. We will continue to help in every way we can with this important initiative.

Another new development, which we are supporting, is the work of our local community builder in the Mount Pleasant area, Ebbie Peters. This is part of a programme, Well Being Exeter, which amongst other things, aims to both publicise the existence of and increase participation in community activities.

There have been a number of events in Priory Park, and we had a stall at one of them. Incidentally, if you wonder where Priory Park is it is but a short walk from the Surgery. Turn right into Mount Pleasant Road, take the first left into Priory Road and continue to the end. Areas of possible collaboration that we have identified include a programme of organised walks. There is already an excellent programme organised by Westbank, but only one of the walks, and a more demanding one too, starts in East Exeter. So a varied programme should be of interest provided we can find a number of people to lead the walks, hence the idea of collaborating with the local community.

Community involvement is widely believed to be good for one's health, which is why Well Being Exeter receives support from Exeter City Council, amongst other sources. At this point I cannot resist adding that so too is volunteering. NHS Choices says that there's good evidence that volunteering brings benefits to both the person volunteering and the people they support (www.nhs.uk/Livewell/volunteering/Pages/Whyvolunteer.aspx). So if you have a few hours to spare, think about becoming a Friend – Debbie can provide more information .

Fundraising News Winter 2017

Nesta Scales, our fundraising organiser, gives thanks for the work done.



Before I start this report of our recent activities I would like to apologise to the volunteers who gave of their time to help with the Flu Draw and **Table Top Sale**, which was held during the time of the draw. There are many of you that I haven't been able to contact to thank and I would like to thank all of you for your valued support. Thank you very much.

Now to business! Our first fundraising venture since our last newsletter was the sale in Priory Road Park. Unfortunately the '**Party in the Park**' was not that well attended, but we made a total of £67.60p. A big 'thank you' to everyone who helped, and also to those people who supported us. We then held a **Cake Sale** on 5 September, selling produce from the allotment, knitted items and gifts as well as some scrumptious cakes. We made a total of £145.10p. The Flu Draw was held on three Saturday mornings on 23 and 30 September and 7 October.

We also held a table top sale during the two intervening weeks and the results of this were amazing. On the first Saturday the sale made £86. The money for the sale came from donations which were put into the safe on the book trolley so some of the money came from the sale of books. During the first week the sale made £272 and the second week made £121.76. This again included books and knitted items. The total for the sale and draw was £1,024.80p., which, as the HC was open for flu vaccinations during the intervening weeks also was very good and exceeded the previous year.

We owe so much to the very generous people who donate prizes for our draws, items for our table top sales and books for the trolley. These continue to be a good source of revenue and the money from donations for the books has already exceeded £1,000. The generosity of these people would not mean as much without all of you who support us by buying draw tickets and all our sale items. It means so much as without your generosity we would not be able to purchase items to hopefully make your visits to the health centre as pleasant and comfortable as possible.

Our next fundraising ventures

Christmas Draw starts Monday 4 December until Friday 15 December.

Cake Sale Tuesday 19 December. 9am – 1pm

We plan to hold a Table Top Sale during the Christmas Draw when knitted items will also be on sale.

If you have some good unwanted gifts or bric-a-brac that you think suitable for the draw or sale, they would be most welcome.

Please don't forget the Mile High Pennies. The tube is not always in view but if you have unwanted coins please leave them at reception and our Co-ordinator Debbie will put them in the tube. There is also the bucket for unwanted foreign currency on the side of the reception desk.

Should you want any information about volunteering or fundraising please ring Debbie our Co-ordinator on 01392 499291. If Debbie is not in her office please leave a message and she will return your call.



**Lastly, may I wish all of you a very Happy
Christmas and all you would wish
yourselves for the New Year.**



News from the Nursing Suite

I am sure by now that some of you will have met our new nurses. Three nurses left for personal reasons earlier this year and we now have three new nurses.

Becka Walker is an experienced practice nurse who spent some time more recently in Diabetes research. She missed direct patient care so much that she joined our team and is continuing to give diabetes care and support as well as general practice nursing.

Jan Salt is a very experienced practice nurse who also went into diabetes research for a time and is glad to be back doing what she loves nursing and supporting patients again.

Anita Kania has come to us as highly respected and knowledgeable respiratory nurse. She will soon be starting a masters degree in practice nursing and is also pleased to be able to offer her nursing care within the practice.

We continue to work happily together as a nursing team and warmly welcome our new colleagues.

Sue Wilson

Lead Nurse

Patient Participation Group



Did you know that *since April 2015 it has been a contractual requirement for all practices to develop and maintain a PPG?* (The Patients Association, May 2017). From my experience, at Mount Pleasant we are very fortunate to have two active Patients groups including the PPG with nearly 20 members. A ‘very big’ thank you to all involved.

The major purpose of the PPG is to *‘have an open and honest relationship with the Practice Team’ (ibid)*. We are also therefore very appreciative that Julie, the Practice Manager, and Dr. Paul Hynam attend our meetings. This enables us to share ideas and concerns raised by both us and the practice team. This year we have considered such issues as the appointments system. E-consult, The Pharmacy and Health Navigation and Social Prescribing. One of our members is a regular attendee at local events relating to the Health Service such as the R. D. & E. Annual meeting and reports on these.

To help us understand more about patient experience and expectations, one of the big tasks is our annual survey. This year, over 200 patients responded, we would love to see more. A full report on this year’s survey will be published on the website in November: overall it gives a very positive impression of the work of the surgery. To date our survey has been developed and created by the group. In future years, we hope that Exeter Patient Panel (a group representing the PPGs of all 16 Exeter Practices) and Exeter Primary Care Limited will develop so that some questions are common to all Health Centres in Exeter.

The group is also very interested in Patient Education. Between July 2016 and April 2017 we held 8 lunch time events on Tuesdays ranging from the Fire Service to the work of the Stroke Association. While numbers attending were fairly small, 14 to 16 a session, the attendees were able to have very thought-provoking discussions with the speakers. While we have paused for the latter half of this year, we hope to come back refreshed with further sessions in 2018 taking the opportunity to not only advertise our own events, but to share information about health events elsewhere in our local area.

The other main activity was our presence at the Flu Clinics. This is a great opportunity to chat to patients. As with many groups, recruitment of new people is very important and we are very keen to broaden our representation making it more diverse.

So what about 2018: I do hope that we will be able to expand our work

especially by developing further our already close link with The Friends and also developing links with the local community. One area of opportunity, but with reservations, is the use of Social Media. Some PPGs do already use it and we will be interested learn from their experience.

Within Devon and Cornwall there is a growing desire for a wider sharing of information and closer liaison between PPGs. I do belong to a steering group which is hoping to further this.

Our group meets every two months for 1½ hours on a Tuesday evening at 6 p.m. If you would like further details, please e-mail gerryhinton@aol.com

Gerry Hinton: Chair.



We have recently recruited 2 new GP Partners at Mount Pleasant :

Dr Mark Collyer MBChB, DRCOG, DGM, MRCGP

Salaried Partner. Dr Collyer qualified from Bristol University in 2003. Apart from a stint as an expedition medic in Borneo, he has worked in the South-West since. He completed his GP training at Mount Pleasant Health Centre in 2009 and returned to take up a partnership in 2017. He enjoys teaching medical students and is a GP trainer. Dr Collyer works on a Monday, Wednesday, Thursday and Friday.

Dr Jemima Ewart BSc, MBBS, MRCGP

Salaried Partner. Dr Ewart qualified from University College London in 2007. She has worked in Devon and Hertfordshire and returned to Mount Pleasant, where she completed some of her GP training in 2017. Dr Ewart works on a Monday, Tuesday and Friday.

We are very lucky to have them both now back at Mount Pleasant and we know that they will do a wonderful job of looking after our patients.

Julie Croze Practice Manager

SPOTLIGHT ON DRIVERS



My name is: Christine Berry.

Role at the Friends of Mount Pleasant: I've been a volunteer driver for 2 years and was recruited by another volunteer when I came in for my flu jab.

What jobs have you done during your working life? I've had a few!! I started in retail in Exeter High Street, I spend the next few years bringing up my children, I re-married and with my husband we had a fish mongers. Then in the late 1980's I went in to the building trade and was involved with many building projects such as Church House in St Thomas, a block of flats near to Emmanuel Church in Okehampton Street and some at the bottom of Northernhay Street. I also spent 20 years in catering and unfortunately had to retire through ill health.

What is your favourite thing about being a voluntary driver? Discovering about what other people have done with their lives and the tales they have to tell about things like their experiences of the war etc. I enjoy being part of the volunteer team especially when we hold events like the flu clinic and other group activities.

Is there anything would you change? Make all wheelchairs lighter!!!

What is your favourite activity in your spare time? I have quite a few interests and particularly like researching family history. I have 4 children, 7 grandchildren and 1 great grandchild so they keep me fairly occupied.

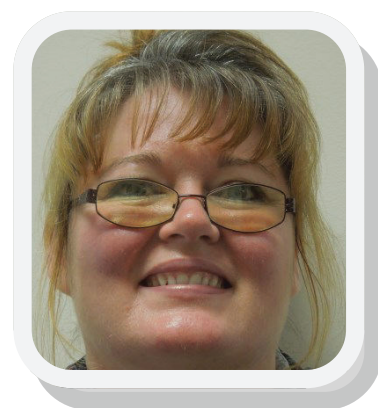
What is your favourite patient moment/comment? The patients are very grateful for the help we give them and it's lovely when they tell us how much we're appreciated.

If you could you could have a super power what would it be? I'd like to be able to twitch my nose like Samantha in Bewitched and all my house work would be done.

Spiced Apple Cake

Ingredients :

225g cooking apples, peeled, cored & chopped
Juice of half a lemon
225g plain flour
1½ teaspoons of baking powder
115g butter – diced
165g soft light brown sugar
1 egg beaten
2-3 tablespoons of milk
Half a teaspoon of cinnamon (I use a little more)



Directions :

Preheat the oven to 180c/350f (gas mark 4) and grease and line 7 inch cake tin.
Toss the apple with the lemon juice & leave to one side
Sift the flour & baking powder, then rub in the butter until it resembles breadcrumbs (or I throw it all in the processor, it works perfectly saving a bit of time & effort!).
Stir in 115g of the sugar, the apple and the egg then add the milk a little at a time to make a soft doughy mix. Transfer to the baking tin.
Mix the remaining sugar with the cinnamon and sprinkle over the cake.
Bake for 45-50 mins, leave to cool and then enjoy.

This is a great way to use up cooking apples you may have grown or been given.

Thank you to Geoff Myers who gave the Friends a lovely big bag of Bramleys which I left in reception for people to take for a donation.

Hopefully next year our apple trees on the allotment will have matured and we can look forward to a bumper crop. A big thanks to Ken Scales for his hard work and expertise, which meant we had some lovely potatoes, beans and carrots we were able to sell at the **Cake Sale** in September.

If you are interested in joining us at the allotment, volunteer driving, befriending or fundraising I'd love to hear from you. We're a friendly team and we love to welcome new people.

I can be contacted on 01392 499291, or debbie.o'dell@nhs.net.

"WALKING NETBALL ... NO RUNNING OR JUMPING!!!" by Mary Rossiter



WHAT: Walking Netball has evolved from a growing demand for walking sports. Often, one of netball's strengths is that people never forget playing the sport and the memories as well as the love for the game never leave.

Walking Netball is a slower version of the game; it is netball, but at a walking pace. The game has been designed so that anyone can play it regardless of age or fitness level.

WHO: It is enjoyed mainly by ladies over 50 years old or those who have dropped out of the sport they love due to serious injury, to those who believed they had hung up their netball trainers many years ago, it really is for everyone.

WHY: Women the length of the country have begun playing the game of Walking Netball for the fun, laughter and camaraderie the social session brings, as much as the health benefits on offer. It can give those who feel isolated an outlet, provide an activity for those who don't deem themselves fit enough to run anymore and offer a stepping stone for those looking for a pathway back into netball.

(Main text taken from Netball England)

WHERE:

**Younghayes Community Centre, Cranbrook,
Devon. Wednesdays 11:30-12:30 - Host: Clare.**

MY EXPERIENCE: I have found walking netball is a great way to get regular exercise and my physical strength has improved. I have noticed my reflexes quicker and I can walk fast and turn quickly without losing my balance. We come off the court each week with red faces, perspiring profusely but happy. After the session the ladies usually have refreshments together with the coach.

It is a great team sport, is fun to play and with a lot of laughter. After initial warm up with games or throwing practice we get into teams. We change positions and ends every 10 minutes which means concentrating as each position has different rules about where we can play. This is so good for our brains as we have to concentrate and think quickly on court.

Our coach very good at explaining helping us understand the rules which are different to normal netball. No running or jumping is allowed, but you can take an extra step and an extra second before throwing the ball. As it is a non-contact sport we need to be spatially aware so as not to bump into or trip over each other.



Was it a goal?

Dates to remember

Knitting group: 2 to 3.30pm on 15th, 29th, 13th December then 10th January.

Craft group: 2 to 3.30pm on 8th, 22nd, 6th, and 20th December, then alternately from 3rd January.

December Lunch Club : 8th December.

Exeter Wellbeing

Free community exercise fitness programme – Priory Road Park, Wednesdays 6.30pm. Further information at www.freemovement.wordpress.com

Walking Carol Singing: Monday 11 December at 6.30pm. Meet outside Pinhoe Road Baptist Church and return for mince pies & refreshments.



Photos taken by Mary Rossiter.

We have Nesta with the volunteers at the Cake Stall.

Some of the lovely vegetables sold from the allotment which Ken Scales manages at the moment.

Also one of the garments knitted by the Craft Group on sale along with many other items.

REMEMBRANCE



I recently when up into my loft to retrieve my winter clothes and brought down a small case which belonged to my mother.

It contained several first world war medals which belonged to my late husband's father and also four of my husband's 2nd World War medals, one THE ATLANTIC STAR. His ship was torpedoed but they were all rescued and he later took part of the D Day landings. He told me that on the day the D Day landings were delayed, because of bad weather, the soldiers were brought back on land but the sailors had to stay on board their ships and were all very sick.

He served for 4 years from 1942 to 1946 and was in Malaysia when the war against Japan ended. We discovered many years later that he spent six months in Johor Bahur, then Malaya, in 1946 and my son, Steve, was working there for six months in 2003. It's a small world. ➤

I found other several items - a tiny prayer book - 5cms x 4cms which has on the first page 'Sophia Longstaff from mother Christmas 1906' and my mother's Ration Card dated 1918. .

There is a medal which my mother was awarded from the ST JOHN AMBULANCE ASSOCIATION 1928. A variety of Royal Life Saving medals, some mother's and some mine from the 1940s. There is also a photo of my aunt and uncle's wedding taken in 1919 in Wakefield and a very old camera and binoculars.

During our hunt for carpet moth evidence I came across some music which I used to play in my childhood.

Freda Richardson.

