



## This Issue

We continue our aim to keep you informed of the services at Ivy Grove and also let you know about the latest medical developments.

## Dr Aspinall

We present our tribute to Dr Aspinall, former senior partner who died recently.

## Citizen's Advice

Mr Richard Crowther from Citizen's Advice continues his series of articles on topical issues affecting our population.

## Flu jabs

With the flu season well underway, we provide some details of the current flu jab programme. And talking of viral illness, we tell you about the latest studies on treatments for the common cold.

## Festive Season

There is usually high demand for appointments at this time, so in order that we may provide the best service, we tell you about the arrangements over the festive season and a little too about requesting home visits.

## Your feedback

Your feedback is important to us – feel free to write to us with your comments or questions. Our address is on the back page of this newsletter.



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## Tribute to Dr Aspinall, Former Senior Partner

**It was with great sadness and deep regret that we informed our patients of the death of Dr Jack Aspinall, our former senior partner, in September. Dr Aspinall's funeral was held at St Matthew's Church in Pentrich with a packed congregation in attendance. Outstanding tributes were heard to his many years of devotion and caring as a family doctor serving the Ripley community. On behalf of the practice, our current senior partner, Dr Wordley pays tribute to him here.**

Everyone who knew him was extremely upset when Dr Aspinall (known to all as Jack) became ill with a brain tumour earlier this year and sadly died on 19th September.

Jack arrived in Ripley in 1962 as a young doctor fresh from National Service in the Army, and could tell hilarious tales of vaccinating rows of reluctant soldiers' buttocks, only occasionally stopping to change the needle! After leaving the army, and needing to settle down with his young family, he joined Dr Thomson's well-established practice in the large house that stood on the site of the Co-op supermarket. A number of patients can still remember the exceptionally tall new doctor somehow folding himself in and out of his Mini - the only transport he could afford at the time.

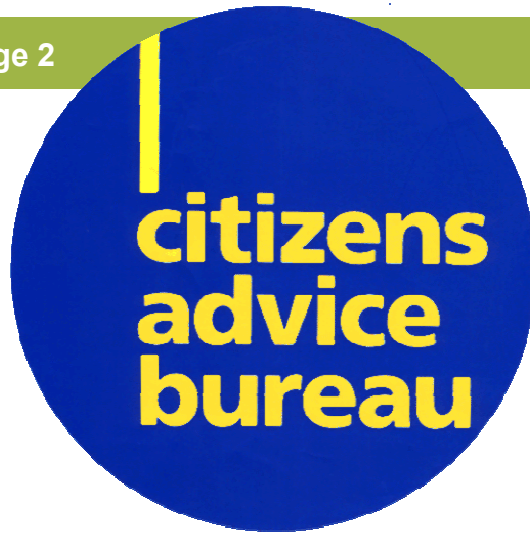
From the start his first priority was always the patients, even occasionally at the expense of family life. His wife Sonia lost count of the number of Sunday roasts that were abandoned for urgent visits, and he always made a point of

being at Ripley Hospital on Christmas Day to carve the patients' turkey. He particularly relished delivering babies in the dead of night, somehow managing to be bright eyed and wide awake the next morning. He would be the first to acknowledge that none of this would have been possible without Sonia's support and dedication.

Quite early in his career Jack became the senior partner when Dr Thomson retired. He was the driving force behind the purpose-built surgery in Ivy Grove that was completed in 1980, and worked there happily for more than 20 years until he finally retired in 2001. He would always make sure the surgery was in the lead with any new developments in medicine or NHS management, yet was also committed to every one of his staff and interested in their problems.

One of Jack's proudest moments came quite recently when his son Philip was awarded the MBE for his services to the community of the British Virgin Islands (he is president of the Search & Rescue service and active in several other local charities). Jack and Sonia went as Philip's guests to Buckingham Palace in October 2009 to see him presented with the award by the Queen.

When he retired he was able to give more time to his beloved golf. We all imagined that he would continue working on his handicap well into his nineties, but tragically and unfairly he was denied the long and happy retirement he so deserved. He will be greatly missed by all of us.



## Warm Front Grant Scheme

Richard Crowther continues his series of articles with some information on the Warm Front Grant Scheme

Did you know the Speech and Language Therapy (SALT) service holds drop in sessions for children?

- Consultations happen on a first-come, first served basis
- Most drop ins happen during established play sessions, so there are usually toys for you and your child to play with while you are waiting
- You can ask about things like stammering, late talking, autism, speech sound development, and how children learn to talk
- You can pick up some tips for encouraging communication in babies, and advice about dummies and bottles

Drop in sessions are held at the following venues. Please ring the centre for dates and times:

Alfreton Children's Centre  
01773 521346

Somercotes Children's Centre  
01773 604843

Heanor Children's Centre  
01773 530892

Langley Mill Children's Centre  
01773 767982

Howitt Community Room,  
Heanor 01773 530892

Ironville Unicorn Room  
01629 532601

Peveril Community Room,  
Ripley 01773 748050

Belper Children's Centre  
01773 826651

Crich Children's Centre  
01773 826651

Duffield Weston Centre  
01773 826651

### What is it?

If you are starting to worry about the cost of having the heating on as winter draws in and the nights get colder it may be worth having a look to see if you could qualify for a Warm Front Grant.

Warm Front is the home energy efficiency scheme which provides grants to help cover the costs towards improvements in insulation, room and water heating improvements, draught proofing or even help towards the costs of a whole central heating system.

### Who qualifies for it?

You may qualify if you;

- have a child under 16 and receive a qualifying benefit or

tax credit

- receive disability living allowance or attendance allowance
- receive income support, housing benefit or council tax benefit with a disability premium

### Do you qualify for a Warm Front Grant?

- are aged 60 or over and receive a means tested benefit such as pension credit, housing benefit or council tax benefit.

### To find out more

If you would like to find out if you qualify for this scheme or if you have any other issue which you would like advice on

please make an appointment at reception to see our adviser at the surgery. Advice sessions are held every Friday between 9.00am – 12.00pm.

### About Citizens Advice

The Citizens Advice service helps people resolve their money, legal and other problems by providing information and advice, and by influencing policymakers.

Advice provided by the Citizens Advice service is free, independent, confidential, and impartial, and available to everyone regardless of race, sex, disability, sexuality or nationality.



## Appointments over Christmas and New Year

Demand for same day emergency appointments is usually high during the weeks of Christmas and New Year, whilst routine reviews and long term problems generally take lower priority.

In order to cope with the expected surge in demand

at this time, the number of appointments available to book in advance will be reduced, whilst the number of appointments available to book on the day will be increased.

This change will affect the time period between December 20th, 2010 and

January 5th, 2011 inclusive.

Please try and get your repeat prescription slips into the surgery well in time before the festive season starts.

Please note that the surgery closes at 4.00pm on Christmas Eve.

### Practice Boundary

We take patients from Ripley town and the surrounding villages of Marehay, Denby, Kilburn, Heage, Nether Heage, Butterley, Pentrich, Swanwick, Codnor, Sawmills amongst others. We work to a postcode boundary – if you move out of our practice area and your new address is not on our list (see reception) you may be asked to change doctors. This is to enable us to concentrate our resources on those living in the practice area.



## FLU JABS

Our eligible patients have already been sent for their flu jabs. We have held two clinics and over 1,600 patients have received their seasonal flu jab. Despite this number, it still means that nearly the same number of eligible patients have not yet received a flu jab.

If you are in an eligible group for the flu jab and haven't yet received one, we strongly encourage you to book for your jab as soon as possible. If we run out of flu jabs, it is extremely unlikely we will be able to obtain any more.

Eligible groups for flu jabs

1. Those with long-term heart, lung, kidney, liver and neurological (nervous

system) disease

2. Diabetics
3. Those with a suppressed immune system
4. Over 65s
5. Pregnant women who have never had a swine flu jab

**WE STRONGLY  
ENCOURAGE ALL  
ELIGIBLE PATIENTS TO  
BOOK IN FOR A FLU JAB  
AS SOON AS POSSIBLE**

This year the seasonal flu jab contains the swine flu strain H1N1. Every year the flu jab is engineered to contain the strains which are currently circulating in the population. It just so happens that one of the circulating strains is H1N1. Whilst we appreciate that

some patients may not want to have H1N1 vaccine, but there is no choice of having a flu jab without the H1N1 strain – it is simply not available.

As with previous years, we would strongly encourage any eligible patient to have a seasonal flu jab if they are eligible, as such patients are at risk of developing serious complications from catching flu, such as pneumonia.

Most people are absolutely fine after a flu jab, but you can sometimes get a sore arm, mild fever or chills. These symptoms usually settle after a few days. The vaccine does not contain any live virus and therefore, contrary to popular belief, cannot give you flu!

## ALTERNATIVES TO SEEING THE DOCTOR

**Did you know there are alternatives to booking an appointment with the doctor?**

It may be frustrating to ring up and find that all of today's appointments have been taken up, but did you know that there are other ways to access medical help, that may be more appropriate to your needs. Here are a few alternatives to booking an appointment with the doctor.

- If your condition relates to back, neck or muscular problems, you can book an appointment with the free NHS Physio Direct Service without seeing a doctor first. The number to ring is 01773 826268

- If you require simple medical advice, you can ring NHS Direct on 0845 4647. For self help advice and treatment of minor illness, you may wish to speak to your local pharmacist.

- If you have a dental problem you must see your dentist. GPs are advised not to treat patients with dental conditions. If you are not registered with a dentist, you can ring NHS Direct for more information on your nearest facility.

- If you have had an accident or injury, or feel you need an X-ray for such an incident, you should attend the minor injuries unit at Ripley Hospital.

- For life threatening emergencies – for example chest pain, suspected stroke, bleeding PLEASE DO NOT RING FOR AN APPOINTMENT, even an Emergency one. Please ring 999 or attend the nearest major casualty department. In this area, this is the Royal Derby Hospital.

- For other conditions, the walk in centre at Ilkeston Family Practice, Ilkeston Community Hospital, Heanor Road, Ilkeston, Derbyshire DE7 8LN is open 8am to 8pm Monday to Sunday. You can ring them on 0115 9512496

## A note about visit requests and the housebound

### Home Visit Requests – an extract from our practice booklet...

If a patient can come to surgery then it is strongly recommended that they do so. The surgery has the facilities and access to appropriate equipment, which cannot be brought to patients' homes. **Home visits should be reserved for the housebound and those too ill to come to surgery.** It is practice policy not to visit children at home as they can usually be seen sooner at the surgery than if they have to wait for a home visit.

**Lack of transport is not an acceptable reason for a visit request**, as relatives, neighbours, friends and taxi

firms are generally available. A child (or adult) with a fever will not come to any harm by being brought to the surgery.

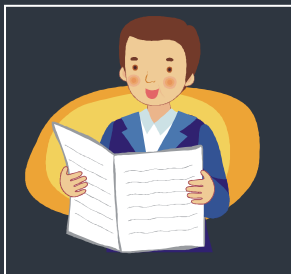
**Please make home visit requests before 10.30 am** if possible, as this enables the doctors to plan their working day and visiting schedule. The doctor may ring you back to clarify the problem or give advice before deciding if a home visit is necessary.

Unfortunately, we cannot guarantee a particular doctor to visit you on any particular day.



**GET THE RIGHT HELP FOR YOU AND YOUR CONDITION**





## TALKING NEWSPAPERS

The Amber Valley Talking Newspaper Association do weekly tapes of the Ripley & Heanor News and Belper News and monthly tapes of Woman & Home, Derbyshire Life and Country Images. Anyone who has difficulty in reading can have the tapes free of charge.

If you would like to try the tapes, just give your details to reception and we will pass on your details to the service. After listening to the tape, return it in the wallet provided and post it back, again free of charge. You can cancel at any time you wish.

## Exclusion from school and work

### • Dr Ross gives advice on when to return after illness

Many parents and patients ask advice about when it is safe to return to work or school after illness. Below is the advice from the Department of Health:

#### Chickenpox, German Measles (Rubella), Measles

Keep at home for five days from onset of rash. Chickenpox is infectious from a few days before the onset of the rash and not more than six days after first lesions (spots) appear.

#### Whooping cough (Pertussis), Scarlet Fever

Keep at home for five days from starting antibiotics.

#### Mumps

Stay at home for five days from onset of swollen glands.

#### Impetigo

Keep at home until lesions crusted or healed

#### Scabies

Keep off school until treated

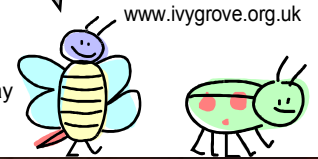
#### Gastroenteritis (sickness and diarrhoea)

The National Institute of Clinical Excellence (NICE) advise:

- children should not attend any school or other childcare facility while they have diarrhoea or vomiting caused by gastroenteritis
- children should not go back to their school or other childcare facility until at least 48 hours after the last episode of diarrhoea or vomiting
- children should not swim in swimming pools for 2 weeks after the last episode of diarrhoea.

For other conditions such as Influenza; Cold sores (HSV); Molluscum Contagiosum; Ringworm (tinea); Athlete's Foot; Roseola; Slapped Cheek (Parvovirus); Warts and Verrucae; Conjunctivitis; Glandular Fever; Head Lice; Thread-worm; Tonsillitis; Hand, Foot and Mouth Disease, there is no recommended period to be kept away from school. This means that children may return to school once well.

No school today! Yay! Got a bug!



Should you have any comments, complaints or compliments about the service you have received from the practice please ask to speak to our practice manager, Mrs. Charmagne Stephenson or write to us at the address below.

Contributions and letters to the newsletter are very welcome. Please address correspondence to the address below.

Edited by Dr M. Wong



### ivy grove surgery

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Ripley  
Derbyshire  
DE5 3TH  
01773 514130

[www.ivygrove.org.uk](http://www.ivygrove.org.uk)

## USEFUL NUMBERS

Ripley Hospital 01773 743456  
Minor Injuries 01773 571403  
Royal Derby 01332 347141

### LOCAL CHEMISTS

Boots 01773 743170  
Hurst 01773 744333  
Manor 01773 744900  
Codnor 01773 742376  
Tampers 01773 608405  
Boots in surgery 01773 748192

### OTHER SERVICES

NHS Direct 0845 46 47  
Physio Direct 01773 826268  
Citizens Advice 01773 512076  
Social Services 08456 058058  
Genitourinary Medicine 01332 254681  
Alcohol Team 0845 3084010  
Stop Smoking 0800 0852299

## Treatments for the common cold

### • Dr Wong provides information on three recent studies

The Cochrane Database of Systematic Reviews recently looked at three treatments for the common cold, the most common and widespread illness known to humans. Here are the summaries of the findings.

#### Antibiotics

Colds are usually caused by viruses, which do not respond to antibiotics. Antibiotics cause side effects, especially diarrhoea, and overuse can increase levels of antibiotic resistance in the community. This study showed no benefit from taking antibiotics and results suggest that antibiotics do not improve the symptom of runny nose with coloured discharge. Antibiotics are therefore not recommended as an initial treatment as most people will get better without them.

#### Non-steroidal anti-inflammatory drugs (NSAIDs)

NSAIDs reduce pain and fever and in higher doses, also reduce inflammation. They have been widely used for over a century for the treatment of pain and fever associated with the common cold. This review concluded that NSAIDs improved most pain-related symptoms caused by the common cold, but there is no clear evidence that NSAIDs are effective in improving coughs and runny noses.

#### Garlic

Garlic is popularly believed to be useful for the common cold and there is some laboratory evidence that garlic has antibacterial and antiviral properties. One review found that people who took garlic every day for three months had fewer colds. When the participants actually experienced a cold, the length of illness was similar whether they had taken garlic or not. While this one study was positive, there is a need for more studies to support these findings and to find out more about side effects of garlic, which include odour and skin rash.



## NEXT ISSUE

Next issue will hopefully be published in about two month's time.

## REMINDER

We will be closing early on Christmas Eve and will be closed completely on the bank holidays of December 27th and 28th and January 3rd. Don't forget to hand in your repeat prescription in plenty of time for the holidays!

## MERRY CHRISTMAS

Finally, in view of the season, we wish all our patients a Happy Christmas and a Healthy New Year. Keep well!

