



ISSUE NUMBER 5

# HIGHFIELD SURGERY PATIENT NEWSLETTER

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Our website—[www.highfieldsurgeryhazlemere.co.uk](http://www.highfieldsurgeryhazlemere.co.uk)



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Can you sponsor me on a trek through the Sahara Desert for the Multiple Sclerosis Trust? I am fortunately able to still walk whilst many cannot! Any sponsor monies please to District Nurses, Highfield Surgery. (Cheque payable to MS Trust). Thank you, Ursula Downs—one of Highfield's District Nurses.

**Congratulations** to Dr Masters and Catherine Tutt who came third in the National Association of Primary Care 2008 Annual Awards for the Most Creative Use of Technology i.e. **Smoking Pack Calculator** designed to record total tobacco exposure on individuals which can help to predict diseases in any particular patient.

[www.smokingpackyears.com](http://www.smokingpackyears.com)

## ONE OF OUR LOCAL PHARMACISTS



Nigel Carpenter BSc(Hons) MRPharmS

Rowlands Pharmacy, Hazlemere

Nigel was born in Wroughton, a small village in the depths of Wiltshire.

He was given his first passport in 1975 by his friends and family to leave the village and to study Pharmacy at what was then The School of Pharmacy at Portsmouth Polytechnic.

Once qualified he became a relief pharmacist for Boots The Chemist, covering Boots branches in and around Swindon. He was promoted to Pharmacy Manager at Boots in The Octagon in October 1980, and moved into Hazlemere soon after. Between then and 1999 when he became our local pharmacist at Hazlemere Pharmacy, he was Deputy Manager at Boots in Uxbridge and then manager of Gerrards Cross, Beaconsfield, Henley and Berkhamsted branches. During this time with Boots he was also responsible for the final years pre-registration training of nearly 20 newly qualified pharmacists.

Nigel still lives in Hazlemere, and is married to Debbie, an enthusiastic primary school teacher. They have two sons, their eldest is studying Mathematics at York University and the youngest is at Sir William Ramsay, studying for his GCSEs this summer.

He was delighted when London Wasps moved to Adams Park, rugby has always been his sport. Having captained his school and played for his county, then playing for Havant while he was at Portsmouth. His playing days finished, due to working Saturdays and his church commitments on Sundays.

There have been many special moments with his two boys watching Wasps. One of the true real highlights was when the family went to Lansdowne Road in Dublin to watch Wasps beat Munster in the 2004 Heineken Cup Semi Final. Some say the best club rugby match of all time.

Some of you will know how much he and the family are involved in Hazlemere Free Methodist Church. Nigel is Church Secretary and he has just finished the planning stage of the refurbishment of the interior of the church, with work due to start after Easter 2009. With his wife they started Hazlemere Free Methodist Church Youth Club, back in September 1984. Due to the success of this club and with the group of other dedicated leaders, they now have four different age groups meeting at different times on a Friday evening, with a total of over 100 children attending.

Whenever they can, Nigel and the family, pack their walking boots into their caravan, hook it up to the Land Rover and disappear into a quiet corner of this country. The time is rapidly approaching when their two boys will be holidaying in their own separate ways. When that time comes they aim to travel around the coast line of England, Scotland and Wales.

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**DISTRICT NURSING TEAM**

Within Bucks NHS PCT, the Nursing Care in the Community is delivered by District Nursing Teams attached to local GP practices. The district Nursing team at Highfield consists of a district Nursing Sister, Frances Croot (full time), 2 community staff nurses— Ursula Downs (full time) and Cate Norridge (15hrs per week).

District Nurses visit patients who are housebound and unable to get to the surgery for their required treatment. They work in partnership with the GP surgery staff, other statutory, voluntary and private agencies to deliver health care within the community setting. The District Nursing Service operates an open access policy that is available 365 days per year via the GP.

The surgery is very fortunate to have such a committed and hardworking Team.

**JANET BENNETT—PATIENT—DIABETIC AWARD**

During the summer of 2008, one of our patients received the Alan Nabarro Award given to those who have had diabetes for over 50 years and is only awarded to 230 people per year in the UK.

Janet says “I believe I was the youngest child at Central Middx Hospital, Park Royal, to be diagnosed with diabetes when just 18 months old in 1958. Diabetes can be a struggle but it is a case of learning to adjust. I have not let diabetes stop me from doing anything I want to do. People are far more understanding now than ever. It is a case of pushing yourself and proving you can be the same as everybody else.

My mother was marvellous with me when I was little. I imagine it was a hard struggle for her as I wasn't able to tell her how I felt and injecting an 18 months old baby was difficult. Digital blood test meters were the stuff of science fiction—all that was available was Clinitest tablets mixed in a test tube and compared with a colour chart—similar to a paint chart and not very accurate. To maintain good control, progress now has me injecting five times daily instead of once. The insulin pen and thin needle are wonderful inventions and major improvements over the glass syringe and huge needle (kept in a jar of surgical spirit) used before.

I was brought up to believe that I was no different to any other child except that I had to have an injection each day and they didn't.

I would like to thank all the doctors and staff at Highfield Surgery for looking after me over the last 32 years when I moved here from London. They have been brilliant in understanding me and how determined I can be.”

**XMAS CHARITY STAFF DONATIONS**

A Xmas raffle was run at the staff Xmas party. Everyone donated a gift for the raffle and then bought some raffle tickets - all proceeds going to a local charity.

Some staff also wore pink on WEAR IT PINK DAY for breast cancer. Oh dear we think Dr Masters forgot his pink tie! Proceeds to the charity.



Here's a winter warmer—submitted by Chris Selby, Receptionist

**LEEK & POTATO SOUP- SERVES 4**

- 4 x leeks chopped and washed
- 2 medium potatoes diced
- 1 medium onion diced
- knob of butter
- 2 tablespoons olive oil
- 1¼ pints chicken stock
- 450g creme fraiche
- Salt & pepper
- 1 tablespoon parsley, chopped



- Cook potatoes in boiling water for 8mins.
- Melt butter & oil in large saucepan, add leeks, onion & potato. Stir well & cook for 10 mins.
- Add stock to pan & simmer for 15 mins.
- Stir in creme fraiche & Parsley.
- Season to taste
- Blitz soup in a blender or leave chunky.
- Serve with fresh bread



**STOP PRESS.....**

The first **signs** that someone has had a stroke are very **sudden**. Symptoms include:

**numbness, weakness or paralysis** on one side of the body (signs of this may be a drooping arm, leg or lower eyelid, or a dribbling mouth)

**slurred speech** or difficulty finding **words** or **understanding** speech

sudden **blurred vision** or **loss of sight** **confusion** or unsteadiness

a severe **headache**.

**IF YOU SEE ANY OF THESE SIGNS CALL 999 IMMEDIATELY**

there are new treatments at Wycombe Hospital