

NEWS

Dr David Harper

Many of you will already know that Dr Harper, our senior partner, will be retiring at the end of June. Dr Harper has had a long and distinguished career with the practice lasting 40 years. Some of you will have known him from birth and will have shared important milestones with him. You will have shared his sense of humour and forthright views on life.

He will be greatly missed by staff and patients and we are sure that you will join with us in wishing him a long and happy retirement.

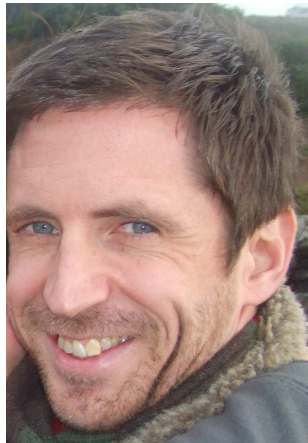


**If you would like to sign
A book to offer your good
wishes please ask at
Reception.**

About our newest doctors...

Our new Registrar, **Dr Jonny Coxon**, joined us in December. He came to us following 10 years spent mainly in hospital posts, most recently here in Brighton where he worked in Elderly Care, Psychiatry, Obstetrics & Gynaecology and Paediatrics.

He gained particular experience in the field of Urology, and this included a stint in prostate cancer research. Now delighted to have changed tack towards a career in General Practice, Dr Coxon is relishing the wide variety of medicine being presented to him at Beaconsfield. The keen-eyed may occasionally spot him cycling the local streets on home visits - weather (and fitness) permitting!



Rocking Horse Appeal

Drs Baura, Green, Lynch and Perry are all running in the London 10,000 metre charity run in aid of the Rocking Horse Appeal. If you would like to contribute to this appeal, please make cheques payable to the Rocking Horse Appeal, put in a sealed envelope for the attention of Dr Perry and hand to reception – thank you.



Dr Zoe Schaedel is looking forward to joining the practice in June. A bit about her ... she grew up in Kent and undertook her medical training in Nottingham, where she worked before moving to central London working at UCL, Queen Charlotte's & Chelsea, and The Priory. Dr Schaedel completed her General Practice training in Surrey, and gained Membership of the Royal College of General Practice, passing with merit. Her particular interests are in women's health, psychiatry, and medical education. She also spends one day a week working in the genitourinary medicine clinic at the Royal Sussex County Hospital.

Dr Schaedel is currently in the process of moving to Brighton with her partner, Paul, who is a GP in Lingfield. In her spare time (apart from house hunting!), she enjoys playing the piano, swimming and socialising with friends and family.

Beaconsfield Surgery

ENQUIRIES:
01273 552212

APPOINTMENTS
01273 555401

FAX:
01273 564626

Repeat prescriptions

You can request a repeat prescription by e-mail. The address is:

Beaconsfield.surgery@nhs.net

Please note that this e-mail address is only for repeat prescriptions and unfortunately, we are unable to read any other correspondence.

Travel Clinics

From April, the practice will be holding two new clinics for initial travel consultations. These will be held on a Wednesday afternoon and Friday morning with the practice nurses. If you need travel advice or immunisations – please book at reception at least two months before your date of travel.

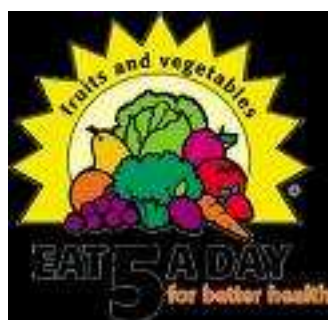
Time for consultations

Have a problem but no time to come to the surgery?
The practice offers telephone consultations as an alternative to face-to-face consultations. If you feel your problem can be sorted out over the telephone, please ask the reception staff to book you a telephone appointment. Please remember to make sure you leave a number where you can be contacted all day!
Face-to-face consultations are routinely 10 minutes. If you need longer please let the receptionist know when you book the appointment. This will also help the GPs and nurses to keep to time.

GROWING WELL.....

With spring in the air, we thought it would be a good opportunity to talk about healthy living and one of our patients has kindly come up with some gardening tips to get us all growing our own. Many people in Brighton have small gardens and the theme of this piece is growing vegetables in pots.

For the majority of vegetables, you will need a pot of at least 25 cm in diameter. Larger plants such as potatoes, sweetcorn or courgettes use a 40-50 cm diameter pot or as large as possible. The pots should be filled with a multi-purpose compost or use the contents of a growbag – this is a cheaper option. Carrots, beetroot, salad leaves and radish can all be sowed direct into the pot. Sprinkle the seeds lightly on surface and cover with compost. The pots will need to be watered regularly and kept moist, not wet.



Carrots – sow between April and May in regular intervals in pots depending on space available – early Nantes are a good choice.

Salad leaves – sow between late March and early July. Pick the leaves regularly and the plants will stay productive for many weeks – Salad Bowl comes recommended.

Spring onions – sow March to July for continuous crops and sow every 2-3 weeks. Pick when large enough – White Lisbon recommended.

Beetroot – sow mid April to the end of June and continue to pick when golf ball size or larger – Boltardy recommended.

Tomatoes – buy plants from nursery or garden centre – try Gardener's Delight. Always put a cane by the side of the plant and tie the plant to it as it grows. Also pinch out side shoots until 4 trusses of fruit have formed and then pinch out the growing tip.

Repeat dispensing

Want to save some time?
If your medication doesn't change and your condition is stable you may be suitable for this scheme.
Your GP would provide your chosen pharmacy with prescriptions to cover your medication for up to one year which would avoid you making unnecessary trips to the surgery. If you think you may be suitable please ask your GP.

If you use the postal system to obtain prescriptions please make sure you allow enough time. We have noticed that posted items are taking longer to arrive at their destination. Please request your medication in time to allow for these delays which are unfortunately outside our control.

