



# The Central Healthcare Centre Newsletter

Sussex Road, Gorleston, Great Yarmouth, Norfolk, NR31 6QB

☎ 01493 414141

[www.centralhealthcarecentre.co.uk](http://www.centralhealthcarecentre.co.uk)

## Message from the Chair:

**W**elcome to our Christmas newsletter, I have taken over the role of Chair following the resignation of Linda Clemmit, and Peter Kirkpatrick will take on the role of Vice Chair. I would personally like to thank Linda for all the work she has done both for Family Healthcare Centre and more recently with the Central Healthcare Centre. Linda will be very sadly missed and I have some very big boots to fill.

Looking forward to Christmas I would just like to remind everyone that appointments are always in much demand over the Christmas period so please use them wisely. If you find you no longer need an appointment, please do cancel to give someone else the opportunity to use the appointment.

I hope you all have a lovely Christmas and a prosperous New Year

Tina Cleveland (Chairperson PPG)



## Have you registered online?

Once registered you can book GP appointments, order prescriptions, check test results, change your personal details and view parts of your GP medical records. Speak to Reception today to get your log in

We would like to thank Morrisons and an anonymous donor for donating a £10 voucher each to support our Nominate-A-Star scheme so keep posting in the box on the PPG table if you would like to reward a special member of staff or make a suggestion. There is £10 voucher for the nominee and £10 voucher for the member of staff who receives the most nominations.

The winner for this Newsletter is:-

Patient: **Mr Roy Jones** who nominated

Clinician: **Dr. Beata**

## Christmas Opening Times

Saturday 24th December	CLOSED
Sunday 25th December	CLOSED
Monday 26th December	CLOSED
Tuesday 27th December	CLOSED
Wednesday 28th December	Normal Surgery Times
Thursday 29th December	Normal Surgery Times
Friday 30th December	Normal Surgery Times
Saturday 31st December	CLOSED
Sunday 1st January 2017	CLOSED

If you would like a PPG member to call you regarding a problem or query, please contact the surgery and they will pass on your details to us

## PLEASE NOTE

**APPOINTMENT PHONE LINES OPEN AT 8:00AM  
HOWEVER, THIS IS OUR BUSIEST TIME SO PLEASE AVOID  
PHONING THEN, IF AT ALL POSSIBLE**

## Sign In Screen

Please be advised that as of Monday 2<sup>nd</sup> January, you will need to use the Sign In Screen to register arrival at the Doctors. Reception Staff will no longer be signing patients in manually.

If you have a disability that prevents you using the screen, then you will still be able to go to Reception.

## PPG presence in Waiting Room

As of Monday 9th January, PPG members will be present in the Waiting Room on

### **Mondays**

If you have any questions or queries, pop in to see us

## Open Evening

### The Physical Activity Service

We are working with Active Norfolk to provide a FREE Fun & Fit sessions across Great Yarmouth & Martham.

Fun & Fit Norfolk is for people who are not active or who do very limited physical activity. The aim is to help individuals find an activity that they enjoy and that will improve not only their health but their social life and confidence.

Individuals joining this scheme will get 8 FREE sessions and will then be given the opportunity to continue these sessions with our service for a fee of £3.50 per class. Come along on

**Tuesday 17<sup>th</sup> January at 6pm to Central Healthcare Centre**

## New Clinicians to join the Surgery

Consultant Paediatrician Dr John Chapman – Thursday mornings

Beverley Stainsby – Advanced Nurse Practitioner

Amanda Grady – Practice Nurse

Esther Czykieta – Advanced Nurse Practitioner end of January

Julie Rugg – Advanced Nurse Practitioner beginning of March

## DNA (Do Not Attend) Results Disappointing results for November

Month	2015	2016	Cost for 2016	
January	292	207	£9,089.37	Down 29%
February	306	270	£11,855.70	Down 12%
March	305	307	£13,480.37	Up 0.5%
April	261	267	£11,723.97	Up 2%
May	247	255	£11,197.05	Up 3%
June	289	331	£14,534.21	Up 14%
July	369	254	£11,153.14	Down 31%
August	241	239	£10,494.49	Down 1%
September	371	322	£14,139.02	Down 13%
October	376	314	£13,787.74	Down 16%
November	329	415	£18,222.65	Up 26%
Total	3386	3181	£139,677.71	

## Donation saves lives

After becoming increasingly unwell, in March 2015, I was informed that my liver was failing. My health deteriorated rapidly over the next few months, becoming unable to work with multiple admissions to the James Paget Hospital. The most serious being rushed to the hospital with large blood loss and a month's stay in Ward 16. I was informed that my only chance of any long-term survival was to have a liver transplant. I fell into a coma due to a build-up of toxins in my body. Without a transplant, these would become more frequent until I wouldn't come round and the end would have been reached...I was a dead man walking.

I was discharged from the James Paget Hospital but needed to return every two weeks to have approximately 10 litres of fluid drained from my abdomen. This was an uncomfortable experience but I was experiencing extreme stomach bloating, unable to walk or sit without severe discomfort. Each drain would only relieve the pressure for a day or two before it all started to build up again.

My Consultant had referred me to Addenbrooks and in early December I attended a three day assessment to see if I was eligible and fit enough for a transplant. Luckily, after being prodded and poked, I was informed that I was eligible for transplant and would go on the 'list'. No such list actually exists, in fact, each case is assessed on individual need, blood and tissue type, current health, future health expectations without a transplant and mental outlook.

At midnight, on the 15<sup>th</sup> January, 2016, I received a phone call to get to Addenbrooks as a liver had become available. Many get this call but often the transplant doesn't go ahead for various reasons. Luckily mine did, and at midday on the 16<sup>th</sup> January 2016, I received my new liver.....well, new to me, that is. I later found out that the donor was a man in his 70's

I am well and rearing to go. Every day I aim to push myself to achieve something, anything, to value the day and the fact that I am still alive. Every day I thank my donor and his family, without them and my wonderful Doctors and medical support none of this would have been possible.

I can be contacted on 07957 714719 or email peterkirkpatrick55@yahoo.com

Peter Kirkpatrick  
Gorleston.