

March 2016



Townsend House Medical Centre Newsletter

Welcome to our newsletter

At Townsend House Medical Centre we feel it is important to communicate with our patients. We feel one of the best methods of doing so is through newsletters. The aim of our newsletters is to keep patients informed of any new services or changes to the practice.

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Staff News

Emily Bowker—Maternity Leave:

Emily is now on maternity leave, we hope you join us in sending her and her family best wishes for their new addition.

Marion Nelson—Practice Nurse:

Has joined the practice as a Practice Nurse covering Emily's maternity leave. Previous to this she was a district nurse within the local community. She will work Tuesday, Wednesday and Thursday's.

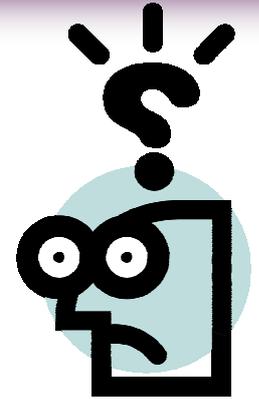
Kath Thurgood—Retirement

It is with great sadness we have to inform you that Kath will be retiring from the practice as of 24 March 2016. We are sure you will agree she has been the heart and sole of the practice for many years and she will be greatly missed. We hope you will join us in wishing Kath all the best in her next chapter. We would like to invite patients to attend a coffee morning to celebrate her retirement on Saturday 23 April between 10am—11:30am.



Are you worried about your memory?

Within the surgery you may have noticed we are running memory assessments clinics for anyone who is worried about their memory. Since offering these checks we have completed many assessments for our patients and they often provide a reassurance for them that actually their memory is ok and they do not have Dementia.



There are numerous physical causes that might mimic a symptom of dementia such as a urinary tract infection, chest infection, substance abuse or mental health conditions such as severe depression.

Recently I have been asked a few times, *"What's the difference between dementia and Alzheimer's disease?"*

Dementia is an umbrella term and technically does not describe an actual illness. It describes the symptoms that occur when the brain is affected by certain diseases or conditions. These symptoms might involve significant short term memory loss, disorientation or mood swings.

There are many different types of dementia, the 3 most commonly heard ones are;

- Alzheimer's disease is the most common cause of dementia. The chemistry and structure of the brain changes leading to the death of brain cells.
- Vascular dementia happens when the oxygen supply to the brain fails and brain cells may die as a result of this. This could be due to an acute stroke or through a series of small strokes over time.
- Dementia with Lewy bodies is where tiny abnormal structures called Lewy bodies develop inside the brain cells disrupting the way the brain functions, reducing levels of chemical messengers and causing cells to die. Lewy bodies are also found in people with Parkinson's disease.

The importance of an early diagnosis cannot be emphasised enough and we are hoping by offering our patients the access to these memory assessments we can help reassure, educate and offer support as required.

Written by: Donna Billings—Dementia Champion

CFEP

Thank you to all the patients who recently took part in our patient

survey, the results are as follows: **86%**

of all patient ratings about this practice were
good, very good or excellent



Charity Work 2016

Townsend House patients have been asked to nominate charities for Townsend staff to undertake fund raising activities for the coming year. The nominated charities were then voted upon by the members of the Patient Participation Group and the winner was: Seaton Memory Awareness Café.

There are various activities planned, with the first one being an Easter Egg raffle.



Friends & Family Test

At Townsend House Medical Centre we're proud to provide high quality care and we really welcome feedback. Please let us know your views with the Friends & Family test survey at www.townsendhousesurgery.co.uk/

(All suggestions can remain anonymous if patients prefer.)



Useful Contact Details

Townsend House Medical Centre

Address: 01297 20616 8am to 6pm
49 Harepath Road Closed weekends
Seaton
Devon

EX12 2RY **Opening Hours:**
Telephone Number: Monday to Friday

Website:
www.townsendhousesurgery.co.uk

Facebook:
www.facebook.com/Townsendhousesurgery

Out of Hours Contact Numbers:

For medical complaints outside of normal surgery opening hours please contact the appropriate service as listed below.

- ◆ For urgent medical needs such as chest pain or accidents please contact **999**
- ◆ For medical advice or an out of hours Doctor please contact **111**
- ◆ For dental advice, pain please contact **01392 823682**
- ◆ The closest Minor Injuries Unit is Honiton—**01404 540540**
Honiton Minor Injuries Unit, Marl pits Lane, Honiton