

IN AN EMERGENCY ALWAYS CALL 999

NHS Direct: DIAL 111

Available 24 hours every day.

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Other services at **Eastcote Health Centre:**
Blood Tests, Physiotherapy, Podiatry
01895 488 810

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Emergency Care:

[The Pinn Medical Centre](#)

37 Love Lane Pinner HA5 3EE
020 8866 5766

Open every day including Bank Holidays: 8.00am until 7.30pm

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Extended Hours GP Service:

Northern Hub - Eastcote Health Centre

Monday - Friday: 6.30pm - 8.30pm

Saturday & Sunday: 12 noon - 4.00pm

By appointment only.

Book at Reception during normal Surgery hours. You cannot book via the Hub, nor walk in without an appointment.

The Abbotsbury Practice

Patient Participation Group (PPG)

NEWSLETTER 30 - Summer 2019

Cervical Cancer Screening

Awareness Week

10th – 16th June

Cervical cancer is best treated the earlier it is detected, so we really want to encourage women to ensure they are up to date with their smear tests.

You can get more information at

<https://www.jostrust.org.uk/>

Abbotsbury Practice, Eastcote Health Centre

Abbotsbury Gardens, Eastcote HA5 1TG

Telephone: 020 8866 0121 or 020 8866 8382

Fax: 020 8426 1028

Surgery open: Monday to Friday from 8.30am until 6.30pm

www.theabbotsburypractice.nhs.uk

The Abbotsbury Patient Participation Group (PPG):

Officers:

Tom Barclay: Vice Chair
Elaine O'Sullivan: Secretary
Verena Clark: Treasurer

Members:

**Nalini Chandarana, Charlie Churchill, Angela Dixon,
Trevor Dixon, Lynn Hill, David Payne, Mary Thomas**

theabbotsburyppg@hotmail.co.uk

We are all Abbotsbury patients and our purpose is to act as a focus for patients' views, concerns and suggestions about the running of the Abbotsbury Practice. We liaise closely with the staff in Reception and Abidah, our Practice Manager.

We are looking for new members. If you are interested, please email us or leave a note in Reception.

PPG Newsletter Online

Our newsletters often contain electronic links which will provide more information. They can be accessed via our website, or you can sign up to receive your own electronic copy. Email the PPG and we will add you to our list. Your details will not be shared with any other party.

We have had problems with just a few of the emails already given to us. If you have signed up, but haven't received a copy, please get in touch and we'll put matters right.

USEFUL CONTACT DETAILS

Mount Vernon Hospital

Rickmansworth Road Northwood HA6 2RN
01923 826 111

Minor Injuries Unit

01923 844 201

Open every day from 9.00am to 7.30pm (*Closed Christmas Day*)

X-Ray Department

01923 844 320 or 01923 844 219

Open: Mon – Fri: 8.30am to 7.15pm Sat – Sun: 9.00am to 4.00pm

Blood Test Department

Open: Mon – Fri: 7.00am to 4.30pm

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Watford General Hospital

Vicarage Road Watford WD18 0HB
01923 244 366

A&E open: 24 hours every day.

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Northwick Park Hospital

Watford Rd Harrow HA1 3UJ
020 8864 3232

A&E: 020 8869 3087

Open: 24 hours every day.

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Hillingdon Hospital

Field Heath Road Uxbridge UB8 3NN
01895 238 282

Urgent Care Centre (UCC)

Located in Hillingdon Hospital's A&E Department
01895 279 939

Open: 24 hours every day.

The surgery, the Whipple Procedure, had taken about 8 hours and the nursing staff thought I had come through it well.

I spent exactly two weeks in hospital and during this time found out that the surgery I had had was one of the biggest operations you can have, after open heart surgery. If I hadn't had the surgery I would have been dead within two years as the cancer was pretty aggressive. Probably good things to find out after the event and not before! It has taken a while for me to recover from this, but I am very determined and positive, which I'm told is a great asset in these circumstances.

I can't speak highly enough of the NHS, starting with everyone at Mount Vernon, to our very own GPs and Hammersmith Hospital, all of whom really had their eye on the ball.

PS: I don't think I'll be wearing that bikini as I have a rather large scar across my middle. The beaches are still safe, for this summer at least!

Elaine O'Sullivan

New Parking Meter

After nearly five years of effort, the Council has finally installed a parking meter near the Surgery. At first, the idea was turned down because the car park would have to be dug up to run an electric supply in trenches; now, of course, parking meters are solar-powered. Many thanks to the Devonshire Lodge PPG for getting things moving. Hopefully, the Council will actually get it working soon!

Staff News

We have had to say goodbye to some of our team – Nurse Jennifer Crowley, Dr Maroo and one of our lovely receptionists, Lisa, have all relocated.

In their place we have Debbie, our new receptionist, Kristina Carter, the new practice nurse and 2 part time GPs – Dr Anisha Patel who many of you will already know and Dr Rehab Jamil.

On behalf of the team I would like to extend a warm welcome to them all.

The GPs will be working the following rota:

Monday: Drs Bhattessa, Patel, Siddiqui + Registrar

Tuesday: Drs Bhattessa, Joseph, Patel

Wednesday: Drs Bhattessa, Joseph, Siddiqui, Tanna + Registrar

Thursday: Drs Jamil, Tanna + Registrar

Friday: Drs Bhattessa, Jamil, Joseph, Siddiqui + Registrar

Abidah Haq

Quick Question:

What links the US Defense Department, the Chinese army, Walmart, McDonald's and the NHS?

They are, in that order, the world's largest employers.

2018! How was it for you?

My 2018 was a bit like the Parson's Egg; good in parts.

It started off hopefully with me going, at the beginning of January, to the Joint School at Mount Vernon Hospital. Disappointingly this was not anything to do with illegal substances (on the NHS?) but was to inform patients about the surgery they would be having shortly. I was due to have a hip replacement on 21st February and was surrounded by others in a similar situation. Afterwards I went off to have an MRSA test, which everyone now has before surgery to ensure the infection is not spread. I was reminded to have another test 3 weeks before admission, which I duly did. Somehow in the interim I managed to contract MRSA! After a great deal of circular discussion the decision was taken to postpone the surgery until 21st March to give time for the MRSA to be killed off. I had to take daily showers with the most disgusting, smelly, skin drying, pink disinfectant (Chanel it was not).

On 21st March I duly turned up at Trinity Ward at Mount Vernon at 7.00am, was given a single room to keep me separate from lesser mortals, just in case I spread any MRSA bugs. When the surgeon called in to see me he was unsure as to whether the surgery would be happening as he had not received the all-clear from Infection Control. Long gone are the days when surgeons could issue their orders and expect to be obeyed! Happily the all-clear was given and the surgery went ahead. The surgery was undertaken with local anaesthetic and sedatives. A heroine I am not, so I did say that they could fill me up with as much of either, or both, as they liked!

I went home after four days and began to make a good recovery, having physio, which I dutifully did on a daily basis. I found I was eating considerably less than previously and began to lose weight; not a bad thing on my case, I felt. I might even get into that bikini in the summer, although maybe not; I wouldn't want to scare everyone on the beach!!

After a while I thought I must have a urine infection, although this was a guess, and took myself off to our doctor to get, as I thought, some antibiotics. This self-diagnosis was regarded, justifiably, with great suspicion, particularly bearing in mind the weight loss. Before I knew it I was at Hillingdon Hospital having numerous tests and scans: MRI, Ultrasound, ERCP to name just a few. Several parts of this sacred vessel - my body - were under scrutiny. On a Tuesday I had an appointment at MV to see the surgeon who had done the hip replacement and was given the all-clear; just to contact him if I had any problems. **Hipi! Hipi! Hooray!** I thought, a little normality back into my life.

The very next day, the Wednesday, I had a phone call from Hillingdon Hospital asking me to come in the following day to talk about the results of the tests. No time to even take a deep breath. It was cancer. I was immediately referred to the Liver, Biliary & Pancreatic Department at Hammersmith Hospital. I had Ampullary Adenocarcinoma cancer at the end of my bile duct where it joins the duodenum. On several occasions I met the surgeon who would be operating on me, and what great confidence he inspired, this highly skilled, approachable human being. Small cancer, big surgery, he said. Several Health Care Professionals told me that if they were having the same surgery they would want him to do it and as a bonus about six of these operations were done weekly, so plenty of practice before they got to me.

I went into Hammersmith Hospital on 15th October, again early in the morning, somewhat hindered by the fact that Hanger Lane Underpass was flooded because of heavy rain during the night. We managed to sail down the A40 to Hammersmith Hospital where once again I had a single room because of the MRSA, for which I had had more tests in the lead up to the surgery, plus of course more shampooing and showering in stinky pink disinfectant. I remember having put the gown on for the surgery, stepping into the lift and then.....waking up in the High Dependency Unit with my two daughters gazing at this person with tubes protruding from just about every orifice.