

# TOTTINGTON MEDICAL PRACTICE

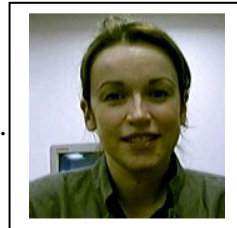
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Tel 01204 88 5106 Repeat Prescription Line 0120488 8785  
[www.tottingtonmp.nhs.uk](http://www.tottingtonmp.nhs.uk)

Practice Opening Times  
Monday to Friday 8am to 6pm  
The telephone line is closed from 12.30 to 1.15pm each day

## JANUARY 2011 NEWSLETTER

### **Farewell to Dr Livingstone**

After many years here at Tottington Health Centre, we regretfully announce that Dr Jo Livingstone has decided to leave us at the end of March to pursue other career interests.



Dr Livingstone has been a valuable member of the team having started here 8 years ago as a Registrar. She successfully completed her training and was quickly recognized for having skills that the practice wanted to keep. She was offered a post and joined the practice as a partner. Her field of interest has always been around Women's Health and Family Planning. She quickly established herself in this field and became a strong member of the Family Planning team both here and in the Bury Community Contraception and Sexual Health Service. She is the practice lead on Epilepsy and also took a lead role in the mentorship and supervision of medical students. She has developed strong involvement in the Child Health clinics and also takes overall charge of the cervical cytology results follow up and management. Dr Livingstone has always been very well liked and respected by patients, staff and doctors here in Tottington. I am sure you will all join us in wishing her the best of luck in the future. She wanted to put down some personal words herself:

*I have had the privilege of working in Tottington Health Centre since August 2002. My first year as a GP Registrar confirmed to me that I wanted to stay and work with such a friendly and supportive team for as long as possible. I was fortunate enough to have that opportunity for which I am very grateful. I was welcomed into the practice by staff and patients alike, and have been very happy and settled here.*

*Since 2003 I have been a GP Partner here and have benefited from learning from my experienced colleagues, as well as developing some special interests in Women's Health and Contraception Services. I have worked with some wonderfully committed people who are devoted to providing the best patient service they possibly can. I have also met some really lovely people who have become familiar patients over the past 8 years or so... I will miss every aspect of being part of that team and sharing in that patient care.*

*I will be truly sorry to leave at the end of March, and it has been more than a difficult decision to do so. Thank you to everyone who has made my time at Tottington such a pleasure and a happy experience which I will never forget.*

### **Replacement plans from April**

In view of Dr Livingstone's decision to leave, we have had to look at ways of filling the gap. We are pleased to announce that starting in April, Dr Stella Miller (also known as Mrs El-Jouzi) will be joining us as a new partner. Dr Miller is an experienced GP from Bolton. She has been qualified nearly 12 years and is a certified GP educator. She is keen to integrate into the Family Planning Service and take on the challenging roles of partnership. As you may have guessed from the surname above Dr Miller is married to our very own Dr El-Jouzi! Here at Tottington we take the role of being 'family doctors' that one step further! Dr Miller is very excited about coming to work here and we greatly look forward to her joining us and becoming a part of our team.

## And a further farewell to Marion Entwistle

Marion has worked at Tottington for a great many years as a phlebotomist, taking blood from most of our patients. Marion will be retiring on February 28<sup>th</sup> and we would like to take this opportunity to thank her for all her hard work and commitment to the practice over the years. She has managed to take blood from some of the trickiest patients and made it look effortless. Marion is a very well liked and respected member of our team and we wish her all the best in the future and hope that she enjoys her retirement.

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**0845 46 47**

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**763 4242**

## Rachael Haworth (HCSW)

Some of you may have already come across Rachael who is a new addition to our team. You may have previously met Rachael at Fairfield where she worked for many years as a Phlebotomist. She joins us here as a Health Care Support Worker. You might come across her if you are having an ECG, blood test, oral glucose tolerance test, new patient assessment or even a procedure in the minor surgery clinic where she has already been trained up to assist with Dr El-Jouzi. We welcome her to our team.

## Professionals who can help you

Historically people used to think that only the GP partners can help deal with your problems. There are now an ever increasing number of highly skilled professionals that can also help you – below are but a few you may wish to know about :-

**Nurse Practitioners:** there are 2 in the practice – they are highly skilled nurses who have the ability to assess and treat a wide range of conditions and common ailments. They are able to prescribe medication as required in the same way as a GP.

**Practice Nurses:** deal with most Chronic Diseases like COPD, asthma, diabetes, blood pressure etc. They also deal with weight management, smoking, diet and lifestyle and travel vaccinations.

**Newly qualified Doctors:** qualified and often very experienced doctors who may just be new to this practice – they bring their own set of skills and expertise.

**Health Care Supporters:** new patient assessments, ECGs, blood tests and help in minor surgery.

**Health Trainers:** a free and confidential service that deals with diet, weight management, sleep problems, smoking, alcohol, breast feeding and self management of long term illnesses. They will see anyone over 18 years of age (or over 16 for smoking and breast feeding advice). They are a phone call away on: 0845 071 0699.

**Care at the Chemist:** a service offered by lots of chemists where they deal with many ailments like conjunctivitis, cold sores, eczema, fungal nail infections, haemorrhoids, infant colic, nappy rash, scabies, warts, diarrhoea, thrush, head lice, thread worms and many more!

**NHS Direct:** a service that gives advice and reassurance on all aspects of health. It is open 24hours a day, 7 days a week. You can call 0845 46 47 or go on [www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)