

## Meet the Staff



I'm pleased to welcome you to the first of our quarterly practice newsletters produced in conjunction with our newly founded Patient Participation Group.

Over the coming editions we will introduce you to the Midway Team.

I'm the longest serving Partner here, having been a trainee at the practice 25 years ago. I was welcomed and nurtured by staff and patients alike and loved the job from the outset. What struck me was the caring attitude of all staff members towards patients and each other and I jumped at the opportunity to stay on as a Partner. The team has grown considerably since then but the same ethos remains.

My interest in general family medicine has continued, the attraction of General Practice being no two days or surgeries being the same. We care for a diverse and complex breadth of conditions, I most enjoy Women's Health, Childhood Medicine and Palliative Care. I also look after two local nursing homes carrying out weekly ward rounds with their residents.

It's essential we think of the future; myself as a GP trainer and the practice as a whole are heavily involved in education. Indeed, two of my current Partners were previously my trainees which is very rewarding! Of course, there are tasks that we all face daily which are less enjoyable - letters to dictate, reports to complete, lab results to action and prescriptions to issue as just a few examples.

Much of this is now done electronically so it can feel as if we barely leave our computer screens. I value grabbing half an hour with my colleagues at lunchtime whenever possible as this is a chance to catch up, discuss cases that are puzzling us, seek advice and generally support each other.

As well as clinical commitments, all the Partners have other areas they lead in. For me this includes Safeguarding, Complaints and Patient Engagement.

Having got the job all those years ago I settled in St Albans with my family. I live with my husband, a retired policeman turned tennis coach and two black Labrador dogs. My two children are now young adults – one studying at university and one pursuing a football career.

A GP's job is fairly sedentary, so time off work is spent dog walking, playing tennis, strength training and more recently I'm enjoying the mental and physical challenge of taking up horse riding. Alongside these activities I enjoy baking and reading.

*Dr Elin Jones*

### Did you know? ...

You can self-refer for mental health issues online or you can ask for a self-referral form at the surgery.

To self-refer online go to [hpft.nhs.uk](http://hpft.nhs.uk)

If you need URGENT mental health support you can contact

0800 64441011

For support covering a huge range of other issues take a look at [www.hertshelp.net](http://www.hertshelp.net)

Tel 0300 1234044

There is also a lot of useful information on a variety of subjects, on Midway's own website.

Take a look at

<https://midway-surgery.co.uk>

## Dyslexia – medical or educational?

Unfortunately getting an assessment for possible dyslexia is not always easy.

Very few schools have the resources to carry out full assessments. However, it is not considered a medical issue so your GP cannot refer you, or your child, for an assessment.

You can find private assessors by postcode at [Patoss-dyslexia.org](http://Patoss-dyslexia.org)

or you can contact the Hertfordshire Dyslexia Helpline via

[Hertsdyslexiahelpline@gmail.com](mailto:Hertsdyslexiahelpline@gmail.com)

### What is a PPG?

Since 2003 all NHS bodies have had a legal duty to involve the public about the running of local health services.

GP practices can do this through a Patient Participation Group. PPG.

The group is made up of a group of volunteers who are patients at the practice.

The PPG is always happy to hear from fellow patients who are interested in getting involved.

We would also love to have ideas and contributions for our Newsletter. You can contact the PPG via Midway's website.

### The Aims of Midway's PPG

- To promote good relations between the practice and patients
- To help maintain good relations and communications between the practice and the local community
- To be a forum for healthy living and self-care
- To carry out an annual patient satisfaction survey in partnership with the practice, *and*
- To assist the practice to implement the resulting action plan

## **Strep A and scarlet fever**

There are currently high rates of Group A strep and scarlet fever in the UK. Scarlet fever, which is caused by the bacteria Group A streptococcus, is usually a mild illness but it is highly infectious. Scarlet fever is much more common in children than in adults and it is important that children with scarlet fever are seen by a healthcare professional so that they can be started on antibiotics.

For more information about symptoms and recommended actions, please follow the link to the [Strep A and scarlet fever](#) page on the Healthier Together web site.