

# Kingsway Medical Centre

## Practice Newsletter—March 2023

### Retirement of Dr Gittens



I joined Kingsway Medical Centre in 1992 when I still had my youthful good looks. Thirty one years and a whole head of grey hair later, it is time to say goodbye at the end of March.

I wouldn't change anything about my time here. We have a great team of staff who try their hardest at all times to help everyone. The patients at Kingsway have shared many moments with me happy, sad and funny. I will remember many of the characters forever. Billingham is a great community and a great place to work.

In particular I will remember those of you who were born in the GP obstetric unit at North Tees (now sadly long closed) who have grown up in Billingham and have gone on to have your own children. To have witnessed and been a small part in those lives has been a privilege.

I think Kingsway Medical Centre is in a strong place we have a great team of Doctors, Nurses and reception staff and we have worked hard to make sure Kingsway continues to thrive in challenging times for the NHS. Now is the right time for me to retire and spend more time looking after my family and myself, and I know Kingsway Medical Centre will continue to prosper.

Thank you all for your good wishes and kind words.

## Retirement of Dr Kumar

It has been a privilege to have had the opportunity to work as a general practitioner at Kingsway Medical Centre for the past 12 years.

I am retiring after having worked for over 26 years in the NHS in two specialities, hospital Paediatrics and general practice.

Prior to this I had worked as a Paediatrician in India for 10 years before my move to the UK. I am grateful to the people of the UK and to the NHS for giving me the opportunity to work and serve in this country.



I can only describe my time at Kingsway Medical Centre as amazing. During this time, I had the chance to work with the most wonderful team of doctors, nurses, health care assistants, practice manager, receptionists and admin staff. Always thank you for all your help and support.

My deep and heartfelt thanks to all my patients for your kind words, support and tolerance which made everything worthwhile.

I will miss you all.

## Dr Hashmi

Dr Hashmi will be starting at Kingsway again in May. He was previously a registrar at our surgery and is now a fully qualified GP.

We are very pleased to welcome him back.



## Behind the Scenes numbers—January 2023

The team work really hard for our patients. We are sharing some figures for January 2023. We hope you find this interesting.

### Appointments

Doctor Appointments		Nurse Practitioner Appointments		Nurse & Health Care Assistant Appointments	
Attended	Not Attended	Attended	Not Attended	Attended	Not Attended
2277	105	859	30	853	71

**eConsultations Received: 184**

**Total appointments attended: 3989**

### Medication:

**Repeat prescriptions issued: 1735**

**Non-repeat prescriptions issued: 486**

### Referrals:

**Total Referrals made: 540**

**2-Week-Wait (Suspected Cancer) Referrals made: 56**

### Phone Calls:

**Phone calls lasting more than 2 minutes: 49477**

Hartlepool and Stockton Health

# Menopause Drop-In Café!

Every Tuesday

2:pm - 4pm



Finkle Street  
Stockton  
TS18 1AR

Open to **anyone** regardless of which GP practice you're registered at.

You are invited to attend our brand new Menopause Drop-in Café.

Whether you want to chat about symptoms, find out about services in the area, or just meet people with similar experiences, our aim is to support people in coming together and talking about Menopause in a safe and relaxed environment.

We won't be offering or recommending treatment but we'll be happy to talk to you about having a conversation with a healthcare professional.

We can't wait to see you there!

**Come and talk to us. We're here to listen.**

If you are aged 60-74 and receive a Bowel Cancer Screening Test in the post, the Partners at Kingsway strongly encourage you to use it.

This is a very simple screening test, instructions on the next page.



## Received one of these in the post?

**Take the test** – bowel cancer screening could save your life.

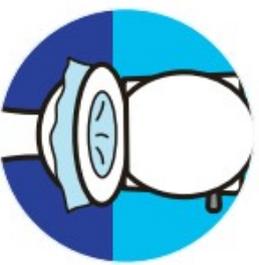
If you are aged 60-74 you will receive a screening test in the post every two years.

The age that people are invited to take part is changing, so you may get a test before you turn 60.

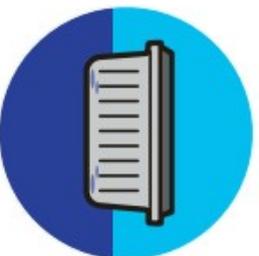
For more information visit  
[bowelcanceruk.org.uk/screening](http://bowelcanceruk.org.uk/screening)

## Tips for collecting your poo

Here are some ideas to make collecting your poo a bit easier. Why not practise and work out which method you find the easiest? Do not let your poo touch the water or toilet.



Cling film over the toilet (remember to leave a dip)



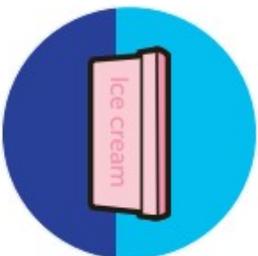
An empty fruit carton or plastic pot



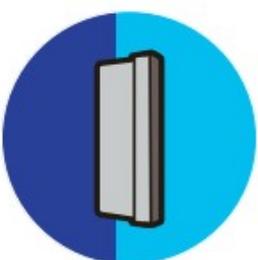
Folded toilet paper in your hand



A plastic bag over your hand, or a glove



A clean empty margarine or ice cream tub



A clean empty takeaway container

 Once you have collected your poo, use your bowel screening kit to take a sample and post it back as soon as possible. You may want to check your local postal collection times.

Ref: BCSCGP, January 2023. Annually reviewed.  
Registered Charity in England and Wales (1089464),  
Scotland (SC041666) and Isle of Man (1103)



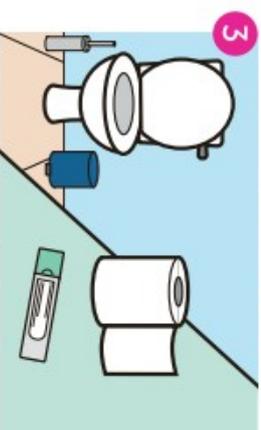
## How to do the bowel screening kit in England



**1** Get ready – collect what you need to catch your poo before you sit on the toilet.



**2** Write the date you do the test on the sample bottle.



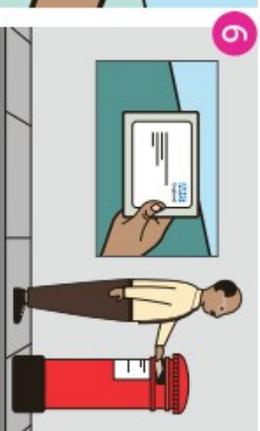
**3** Collect your poo – we've given you some ideas for how to do this opposite. Do not let your poo touch the water or toilet.



**4** Twist the cap to open the sample bottle. Scrape the stick along the poo until all the grooves are covered. You only need a little poo to test. Please do not add extra.



**5** Put the stick back in the bottle and click the cap to close it. Do not reopen the bottle after use. Please wash your hands.



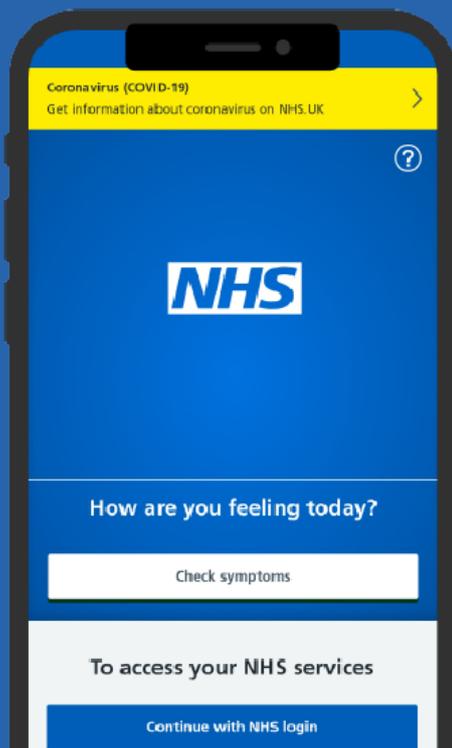
**6** Check you have written the date on your sample bottle, put the bottle in the prepaid envelope and post it back as soon as possible.

You will receive your result by letter, please read it carefully to find out what the next steps will be. If you get a result saying further tests are needed, it could be down to lots of different things and does not necessarily mean cancer. But if it is cancer, finding it at an early stage means it is easier to treat successfully.

## NHS APP

From the 1st of February patients will have digital access to their medical records through the NHS app or the NHS website.

This allows you to see test results, letters, and consultation details of appointments you have after 1st of February.



## The NHS App

Simple and secure  
access to a range of  
healthcare services