



Frithwood Surgery

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Frithwood Surgery PPG Newsletter

SUMMER 2024



Party on!

The Frithwood Patient Participation Group's Christmas Party for the over 75s is back this year!

This much-loved annual event last took place in 2019, after which the Covid pandemic prevented large gatherings from taking place.

This year the PPG hopes to pull out all the stops to ensure over 75-year-old patients at Frithwood are able to enjoy their seasonal bash.

The party takes place at Eastcombe Village Hall on Saturday December 7, from 2.30pm. Male voice choir Third Cousin will provide entertainment.

Could you save a life?

Would you know what to do if a relative, friend or neighbour suffered a heart attack in front of you?

Learn the basics of CPR (cardiopulmonary resuscitation) and how to use a defibrillator at a special training evening at Frithwood Surgery from 7pm on Tuesday August 13.

The session is free, with friendly instructors whose aim is to help people learn and gain confidence.

Book your free place:

frithwoodppg@gmail.com

Tributes to Dr Pat Pearson

Many Frithwood patients will have fond memories of Dr Pat Pearson, who died earlier this summer. See page three.

Shingles, with Dr Tim

Shingles, also known as Herpes Zoster, is a viral infection caused by the same virus as chicken pox, Varicella Zoster.

It is characterised by a painful blistering rash in the distribution of a nerve pathway. It is one sided and commonly affects the left or right side of the body or the face.

The pain is bad and has been referred to as “the belt of roses from hell” due to the linear pattern of the rash and the severe pricking pain.

The symptoms usually last for about four weeks.

A major complication is ongoing nerve pain called postherpetic neuralgia.

If the face and eye is involved loss of vision is possible.

Treatment is available in the form of the antiviral drug Acyclovir, the best results are obtained if this is started within 48 hours of the appearance of a rash. Acyclovir will have no effect on postherpetic neuralgia but this pain may improve with specialised pain killers such as Amitriptyline or Gabapentin.

Nobody wants shingles, it is a miserable experience. It is most common in the over 60s and those whose immune system is weakened.

Prevention by way of a vaccine is now available. The vaccine can be obtained on the NHS for those over the age of 65 on or after September 1 2023.

People aged 50 or over with a weakened immune system also qualify.

The vaccine is not 100% effective in all cases, and it remains unknown for how long protection lasts, but it is definitely well worth having as a preventative measure.

The advice is if you are in the appropriate age group, get it done. **Dr Tim Crouch**

Keep on walking!

The Frithwood PPG Health Walks continue every other Wednesday, starting August 7.

Join the group from 10am at Frithwood Surgery for a stroll over a flat 1.5-mile circuit.

This is a great group to join for those in need of exercise and company. All are welcome and refreshments are served afterwards.

There are registration forms at reception, or sign up on the day.

Young people’s mental health

Are you worried about the mental health of a young person you know? Here are some organisations that may be able to help:

Teens in Crisis: online and face-to-face counselling. Tel: 01594 372 777. Text: 07520 634063

Email: admin@ticplus.org.uk Web: www.ticplus.org.uk

Gloucestershire Self Harm Helpline Service (Rethink):

text, telephone and online support. Helpline workers will not tell callers what to do, but will talk through the options available and provide support and information.

Self Harm Helpline:

Call 0808 801 0606 Text: 07537 410022

Webchat: www.gloucestershireselfharm.org

On Your Mind Gloucestershire: mental health support finder for young people. Text: 07984404388.

<http://onyourmindglos.nhs.uk>

Young Gloucestershire offers counselling programmes and practical support: <https://www.youngglos.org.uk/>

Self refer by calling 01452 501008 or email:

getinvolved@youngglos.org.uk.

Just One Thing

Aneurin Bevan’s aim in 1948 when the NHS began was to use preventative approaches to ill health, not just treat disease.

Broadcaster Dr Michael Mosley was one of the finest advocates of this approach. Sadly, at 67 years, he died in June on the Greek Island of Symi, having gone on a walk in blistering heat.

As a doctor, reporter, scientist and investigator he was an inspiration to so many, always wanting to improve people’s lives, something he achieved through various TV and radio programmes.

His latest series, *Just One Thing*, revealed simple tips scientifically shown to improve health and wellbeing.

Michael had a special gift of verbalising complicated science in an easily understood and fun way. At a time when the NHS is going through so much change and uncertainty Michael will be missed as a voice for hope and inspiration. Our thoughts are with his family at this sad time. **Jane Gregg**

Dr Pat Pearson



Tributes have been paid to Dr Pat Pearson, who served as a GP at Frithwood Surgery for almost two decades.

Pat, who died just before her 80th birthday, was born in Newcastle upon Tyne, the daughter of Seth, a bomb disposal officer and an art lecturer, and Dorothy.

A dedicated student, she took her O Levels a year early and went on to study medicine. Pat practised for 35 years, mainly as a GP and working with mothers and babies.

She married Chris in 1969 and they moved around the country due to his job with Whitbread. In 1981 they became foster parents to Dermot, who says his life was changed by the care and love he received.

Pat joined Frithwood Surgery in 1984 and worked part time at the gynaecology clinic at Stroud hospital as a colposcopist too. She retired in 2003 to look after her husband, who was living with Alzheimer's, and mother, at their home in Bisley.

Pat was known for her empathetic and warm bedside manner, and her dedication to her work was such that she would walk through snow to reach her patients in their homes.

Recalling Pat's years at Frithwood, Dr Tim Crouch said it was "a huge stroke of luck" that she was back in the area when he was looking for a new partner following the retirement of his father, Hubert.

"As a partner she was great: competent, hard-working, always willing to go the extra mile, filling in gaps in rotas when the need arose and committed to the practice in every sense," he recalled.

"As far as the patients were concerned, she was of the old school in terms of fulfilling their basic needs by being a familiar face who understood human attachment, continuity, trust and the concept that listening is healing.

"Needless to say her clinical acumen and treatment was always spot on. She gave so much of her time that she always ran late, but no one minded this.

"A colleague and friend who will not be forgotten; a sentiment that will be shared by so many of her patients."

Pat spent her later years creating sculpture in her small studio in Eastcombe.

In 2017 she was the guest of honour at Bisley Flower Show and Fete and crowned the flower queen, Emily Bradley.

"A good and fun neighbour and friend, and somebody who was very hospitable, she tried to help others throughout her life and will be greatly missed by family and friends alike," Dermot said in the eulogy given at a service to celebrate Pat's life at All Saints' Church in Bisley.

