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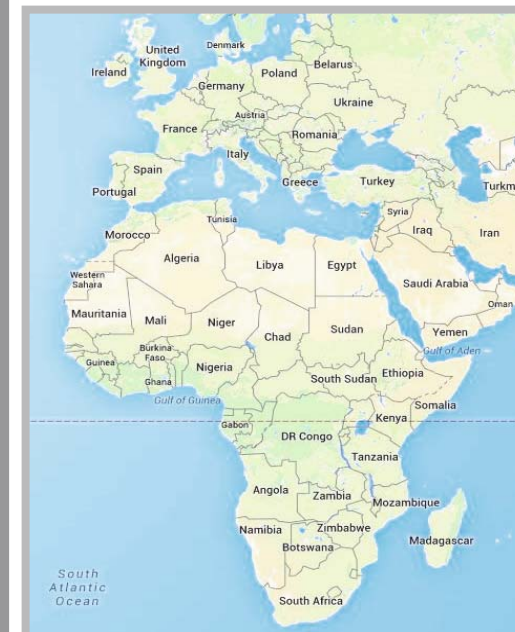


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NEWSLETTER



Summer 2015



**DR JULIA MARKHAM  
IS HEADING OFF FOR A SHORT TRIP TO  
ZAMBIA**

In August 1, Dr Julia Markham, will be joining a team of 8 volunteers to travel to Zambia for a short trip. I am going with a well-known charity called **Tearfund**.

**Tearfund** believe that 'when a community lifts itself out of poverty, everything changes. Poverty does more than exhaust, starve, trap and kill people. It destroys their sense of worth, limits their horizons, robs people of the chance to reach their full potential.' I am hoping to get involved in a women's health project. We will also be working with orphans; children affected by AIDS and HIV and homeless children.

My 17 year old son Joe and my husband Richard will also be joining me, although we don't know what they will be doing yet. It won't be women's health for sure!

Zambia is in the centre of southern Africa. It is bordered by Angola, Democratic Republic of Congo, Tanzania, Mozambique, Malawi, Zimbabwe, Botswana and Namibia

It has abundant mineral resources and the potential to become a 'prosperous middle-income country, according to the government's Vision 2030 plan. However, Zambia is dependent on international commodity prices, especially for copper.

It has high prevalence of HIV, Malaria and TB and an estimated 25 per cent of the population has had no formal education.

The majority of people live in rural areas and are subsistence farmers, yet there is increasing urbanisation. As people have moved to the towns, traditional community life with its safety nets for the poorest families has broken down. Farming is dependent on predictable rains, which are failing more frequently.

**A few facts:** Population: 12.935 million

**Life expectancy men:** 48.7 years - **Life expectancy women:** 50.0 years

Watch this space for a report on my trip.....

Dr Julia Markham



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In conjunction with Dorridge Patients Participation Group

## SPECIAL EVENTS



Following on from the success of the first event of this year

## Living - A Healthy Lifestyle

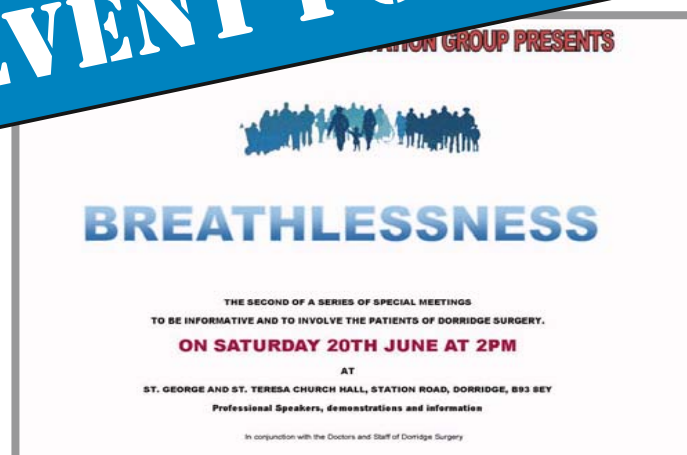
We have pleasure in inviting you to another afternoon featuring

### Breathlessness

It is planned to cover a number of different aspects relating to respiratory conditions.

All are welcome - the presentations

**EVENT POSTPONED**



## FREQUENTLY ASKED QUESTIONS

**Q How often are patient medications reviewed by Doctors?**

**A** At six month intervals.

**Q. How many appointments are available to patients during a normal working week.**

**A.** Nurse/Health Care Assistants - routine appointments - 340 per week

Doctor's - 747 on average per week.

(In addition we can see between 70-90 plus patients per week for emergency attention etc.)



## TESS SALMON RETIRES!

Is it true, that it never crossed the mind of anyone that Tess would ever retire?

She has served our community well over many years and has probably drawn more blood than anyone in the area!

Now in her mid seventies, Tess has decided to enjoy retirement full time.

She will be missed. We certainly wish her well even if she did give us the needle every time we saw her!

*Please see the web site and notices in the Reception area for information on blood tests from the Spring Bank Holiday onwards.*

## LADIES WITH THE SAME MIND!

The ladies of the popular Bentley Heath 'Extend' exercise and Tai Chi classes, which are organised by members of the Dorridge Patients Participation Group, have a reputation of thinking of others and 2015 is no exception.

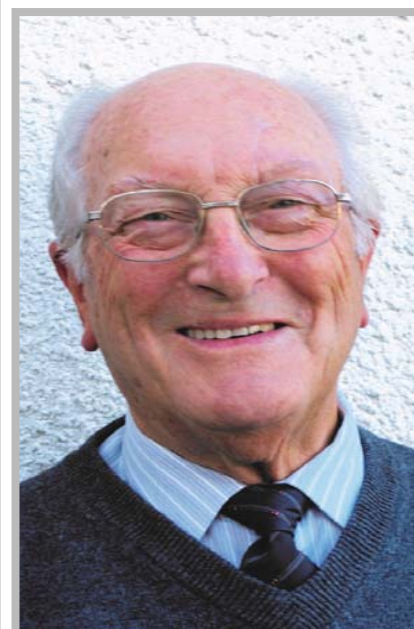
Over a period of time funds are accumulated enabling them to donate to a local charity of their choice. This year they are very pleased to help **Solihull Mind**, a charity dedicated to helping those who need support with mental health issues.

Whilst Solihull Mind operates, in many areas of mental health, they have a unique facility based in Knowle, centred on their 3.5 acre organic horticultural site. Activities include sowing, potting on, planting, care of the crops, harvesting, general garden maintenance and of course digging! All of which is designed to give a purpose and an achievement in life. The donation from the ladies is destined to help develop this for the future.



*A cheque for £1,000 presented to Nick Woodman of Solihull Mind by Ian Black, vice Chair, Dorridge PPG on behalf of the ladies.*

## Spotlight on a Patient Participation Group Member



## GERALD WAIGHT DEPUTY TREASURER

Gerald joined Dorridge PPG in April 2003 and was appointed as Treasurer in July 2005 and served in that capacity before stepping down in October 2013, to become the Deputy Treasurer.

He has a background in engineering and served an indentured apprenticeship for five years with the Rover Company, prior to serving in the Royal Air force for three years and in the reserve for a further ten. His career involved him in travelling to many interesting places throughout the world and occasionally in somewhat hazardous situations.

Upon his return to civilian life, he returned to the Rover Gas Turbines Ltd, where he was involved in the production of small industrial turbines.

He has participated in various Government schemes for the re-training of the long term unemployed which gave him a taste for involving himself in voluntary duties outside of his employment.. These have included serving on the committee of Knowle Scouts for 10 years, the Arden School PTA during the time both of his children attended there, a National Trust volunteer carrying out marketing functions for their Severn Division, and now on the Dorridge PPG.

He feels that being involved in the PPG is a way of paying back, in some small measure for the excellent care he has received from the Practice over the forty four years he has been registered with it.