

## **News from Holbrook and Shotley Surgery**

### **Training days**

Our next training afternoons will be on Thursday 19<sup>th</sup> May and Wednesday 22<sup>nd</sup> June when we will be shut from 1pm. Please ring 111 for advice if your query cannot wait until the following day. In an emergency, dial 999. These dates are subject to change at short notice due to Junior Doctors strike action.

### **Goodbye and Welcome**

One of our nurses, Karen Irwin, has been at the practice for over 12 years and has agreed to extend her hours at Ravenswood surgery, which means she will be leaving us on 22<sup>nd</sup> April. We wish her the very best of luck for the future. Our new nurse, Mary Brown, will be starting on 18<sup>th</sup> April and we look forward to welcoming her to the team.

### **Dementia Fidget Quilts**

The first batch of quilts is now ready to send to Ipswich Hospital and they look beautiful. We will continue to collect these and have a small supply of wool and buttons/zips/accessories to add to quilts if anyone needs them. Please ask at Holbrook reception.

### **Sponsored Walks**

Mr Colin Redmonds is kindly undertaking the Orwell Walk on 26<sup>th</sup> June 2016 at the age of 83. He will be walking 25 miles to raise money for our Surgery Fund, which we use to buy equipment to benefit our patients. This has recently funded new chairs for the nurses' rooms, two pulse oximeters and an ECG machine totalling over £2,000.

Two of our staff are also taking part in the Midnight Walk for St Elizabeth Hospice on 7<sup>th</sup> May 2016.

If you would like to sponsor either of these events, please complete a Sponsorship Form at Holbrook or Shotley surgeries.

Julia Smith  
Practice Manager