

## *A Message from Dr Charlie Middle*

31<sup>st</sup> July will be my final day at The Grove Medical Centre in my current role. September will see my return as a 'retained' GP in a more limited capacity. My patient list will be handed over to Dr Nick Berry, our affable and experienced partner, who returns in August.

Medicine is my vocation – it is my rare good fortune that my job is also my passion. Serving in the NHS since 1990, and as a Sherborne GP for 27 years, has allowed me to practice medicine within a community that I have grown to love. In return, I have received nothing but support and kindness from the fine people of Sherborne, my fantastic colleagues and staff, the Patient Participation Group, and my wonderful wife Ruth. I thank you with all my heart.



In turbulent times for our NHS, our team works tirelessly to serve you all, and I ask that you continue to support the Grove Medical Centre, and the now senior partner, Dr Liz Long, in that quest.

With my love and best wishes,

Join us for the  
Sherborne Primary Care Network

## Healthy Eating Fair

Livewell Dorset presentation on healthy eating and nutrition  
Help and advice on Diabetes prevention  
Lowering Cholesterol  
Weight Management  
Blood pressure checks  
Friendly Food Club cookery workshops

Friday 16<sup>th</sup> May 12-5pm  
Digby Hall, Hound Street, Sherborne



Friendly Food Club  
Livewell Dorset  
Sherborne Community Fridge  
PCN Pharmacy team  
And more...

## ***Children and Adolescent Mental Health - Expanding interprofessional working***

***Dr Aimee Barnes - GP Partner (The Grove Medical Centre)***

One of my areas of interest is Children and Adolescent mental health. Over recent years, I have observed an increase in the number of children and adolescents presenting with mental health conditions such as low mood, generalised and social anxiety, and school avoidance. Data from NHS Digital reflects this, with one in six children aged 7 to 16 having a mental health problem in 2022, an increase from one in nine in 2017 and one in ten in 2004. This increase is attributed to a complex interplay of social and environmental determinants. I feel the isolation and anxiety of covid lockdowns, and for the slightly older age group, the pressures of social media now feature regularly within this.

Most of the Children and Adolescents that GPs are seeing fortunately do not meet the threshold for input from the Child and Adolescent Mental Health team (CAMHs). However, unfortunately, there are limited other Mental Health support resources within the NHS for GPs to access to help these patients.



At a Professionals meeting, my path crossed with Mr Ian Bartle, Executive Headteacher of our local SAST Primary Schools. We got discussing this and they too were seeing this increase in Mental Health conditions in Education, and lack of funding meant there were also limited Mental Health support resources available to pupils.

Considering the above we began a project between The Grove Medical Centre and the Sherborne SAST Schools (Primary and Secondary) to try to improve collaborative working between Health and Education Professionals to support the Mental Health of local Children and Adolescents. One of the aims of our project was to increase the awareness of local Professionals to the available Mental Health support resources across Health and Education. To achieve this, we created a pooled resource for Professionals of available Mental Health support options that can be accessed to help Children and Adolescents. This pooled resource has now expanded to include support options available through Children's Services as well and is regularly updated. This is now being used regularly by myself and my colleagues at The Grove Medical Centre.

The second aim of our project was to improve communication between Health and Education Professionals regarding the local issues surrounding Child and Adolescent Mental Health, to try to find joint solutions. To do this we started a termly Professionals meeting. This has now expanded to include multiple local Professional groups who share an interest in Child and Adolescent Mental Health, such as Dorset Children's services, the local Police, and the Town Council. Certainly, for me it is refreshing to see the enthusiasm amongst Professionals all striving to make positive changes to support Child and Adolescent Mental Health.

From our initial Professional meetings, one of the barriers to Mental Health support was felt to be distances Children and Adolescents were having to travel to seek available support. From this Mr Ian Bartle led fundraising to create a community hub at Sherborne Primary School, which can be used as a centre for groups supporting the Mental Health of local children and their families, thus improving accessibility of support to our relatively rural community. This is a great space being used for positive activities for Mental Health.

Over the next year we wish to expand the project further, getting more local Professionals and schools involved. These are positive steps forward in the drive to improve support for local Children and Adolescent Mental Health.

**IF YOU CAN'T MAKE YOUR APPOINTMENT PLEASE PHONE THE SURGERY TO CANCEL**



## *A View from the Waiting Room*



### **My First Time Going to the Doctors Alone.**

**By a student member of  
The Grove Medical Centre  
Patient Participation Group**

I was fourteen and I had been very worried about my appointment all morning. I had double checked the time, put it into a calendar and then checked it again. I remember it feeling like a test, a trial run at being an adult and doing things for myself. It felt very important to me, that I could prove to myself that I could do this. I arrived at the office five minutes before my appointment because I had been told I had some paperwork to fill out. The lady at the front desk greeted me, and handed me a small stack of documents. I felt slightly overwhelmed by the small writing and the little dotted gaps left for me to fill. It was very simple, just questions about my family medical history, whether I had any allergies and my contact details. I had made sure to charge my phone before I left in case I forgot my phone number when I had to fill it in.

It felt like a milestone, a chance to practice doing a grown up thing. I found myself thinking that if this is the extent of what admin is, then the adults in my life are very dramatic. It was very simple, though I did wonder how much detail was needed when it came to my family history. (Was the fact that my second cousin has joint pain medically relevant?- I wasn't going to take any chances by leaving it out!). I handed the forms back to the lady feeling very pleased with my administration skills. She told me to wait in the waiting room and that the nurse would call me in when the doctor was ready. I sat on the only free chair, next to a man who looked very bored. I waited for a while, about half an hour. But I didn't mind, I was just relieved to have been there on time.

The nurse soon called me into the doctors office. I went in, not really knowing what to expect. I found the doctor sitting at his desk, scanning my documents. He stood up and shook my hand, before telling me to have a seat. He asked me how I was feeling and went over the details of the documents handed to him. I immediately felt more relaxed, I had been worried about not being able to answer the questions he asked, or being able to understand if he used medical terms, but that wasn't the case. He spoke simply and directly, without speaking down to me. I felt very comfortable throughout the appointment.

As the appointment came to an end, I felt very proud. It might have been a simple check-up, but the fact that I'd done it all on my own made me feel accomplished. To me this represented a small step towards taking ownership of my health, which means a lot.

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## *“Art-Life” is a lifeline.*

*By Jenny Davis (Grove PPG Member)*

As a member of Art Life Sherborne, I was asked to explain what it is and meant to me – immediately I heard myself say, almost without thinking – “A lifeline” No matter what age you are, young or old and any of the ages in-between, we each face stress of one kind or another at different times in our lives that we need help with. Doesn’t matter what you call it, be it depression, anxiety, grief, low self-esteem, or good old- fashioned loneliness, we have to get through it, ideally through easy-to-understand self-help programmes.

For me it was loneliness following the death of my husband Mike. I had wonderful support from my family who introduced me to Art-Life Sherborne, established and run by the ever- energetic Anna Timmis. You don’t have to be an artist, or come from a creative family, all you have to do is show up and be prepared to engage. I had a recent chat with Anna to find out more. Here is what she had to say. A couple of years ago I started to look for a local group that combined art and mental wellbeing, and although there are lots of great art groups in and around Sherborne, I struggled to find one that was specifically aimed at helping adults who are struggling with their mental health. I realised there was a need for this kind of activity / support in the Sherborne area. I believe that by offering a non-clinical, caring, friendly, non-judgemental creative environment we are able to really help peoples mental wellbeing and see positive changes. So, I decided to start ‘Art-Life’. A community art project providing art classes in Sherborne for adults who are experiencing mental health challenges.



The 6-week art courses are based on the academic school calendar. This is not art therapy, it’s simply a safe, non-judgemental space to come and experience the therapeutic power of positive creativity whilst feeling the support and encouragement of others who may be experiencing similar personal challenges. I hear you thinking, how can joining an art group benefit our mental wellbeing? By focussing on new skills with others who care and understand, we can start to increase our confidence, self-esteem and improve mental health and wellbeing. The classes are suitable for all artistic levels, whether you are a budding artist or a complete beginner, our art tutors will guide you. There is no right or wrong in art, anyone can learn to draw and paint. Classes are small, relaxed, friendly.

Our first 6 week course is our Foundation Course. These classes are run by Leonora Phelan. Dr Matt Phelan’s wife here at the Grove. Each week we will work on a new technique exploring a range of materials and mediums. There is no pressure, and the group is really friendly and non-judgemental. No previous artistic skill is necessary. Our second 6-week course is our ‘Follow-On’ course. These classes are run by Erica Fairhurst, this course provides participants the chance to look at different artists and further develop their own artistic style/ language. We then run fortnightly ‘Drop-In’ sessions where participants can meet up and practice their artistic skills. These sessions are generally non tutored, but we do provide inspiration, art materials and guidance if needed. We occasionally have guest tutors to teach a specific technique (such as lino printing, porcelain pottery and oils) Art-Life is NOT a charity, we run as a not-for-profit business and ask participants to donate £10 per session (if they are able to). We get funding from private donors and from our annual summer exhibition where participants donate pieces of artwork to sell. The benefits to each participant are easily recognised through their wellbeing and easy-to- understand open responses, the quality of their work, lighter moods, cooperation and engagement with each other and tutors, and frequency of attendance. If they didn’t enjoy it, they would come back. In the words of Pablo Picasso, “Art washes away from the soul the dust of everyday life”.

To join a 6-week Art-Life course please email: [artlifesherborne@gmail.com](mailto:artlifesherborne@gmail.com) Or for more information vi it: [www.art-life.co.uk](http://www.art-life.co.uk). Next 6 week foundation course starts on Friday 6<sup>th</sup> June in Sherborne. Summer Exhibition opens at 5pm on Friday 13<sup>th</sup> June and continues throughout the weekend from 10-3 @ The Studio Sherborne, Old Yarn Mills.

## *The Grove Medical Centre ~ Facebook*

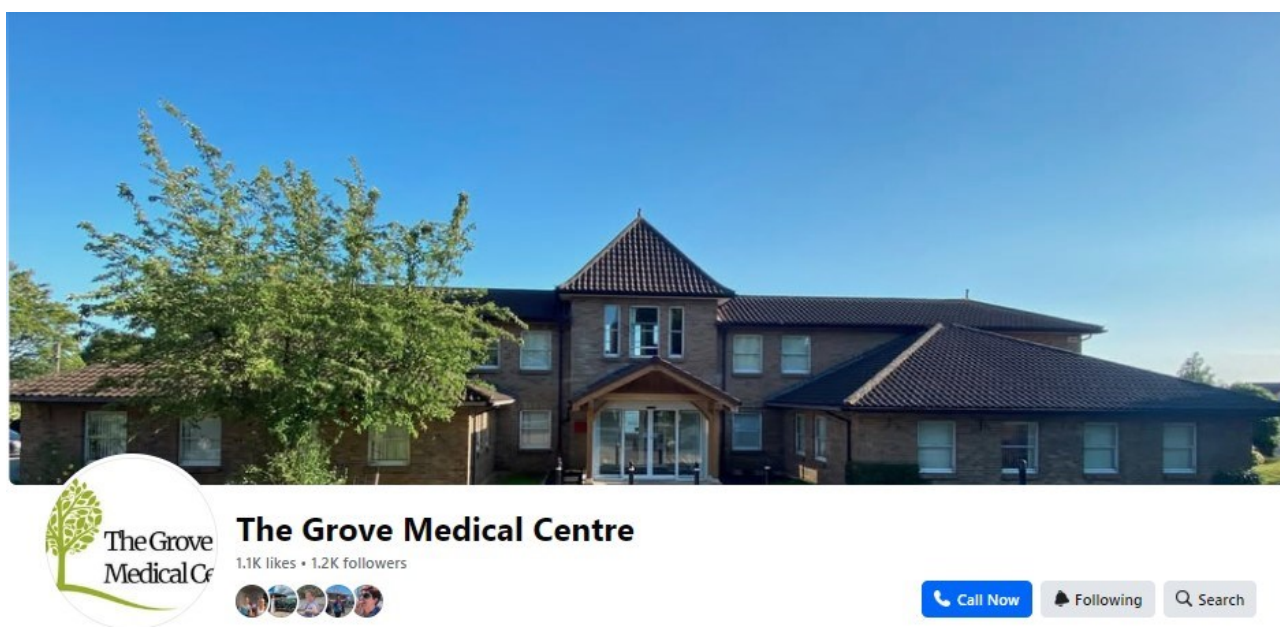
**Did you know that The Grove Medical Centre is on Facebook and Instagram?**

**No! — then you have been missing something.**

**Then visit: <https://www.facebook.com/thegrovemedcentre> and @tgmcsherborne for up to date health information.**

**Also check out The Grove Medical Centre website:**

**<https://www.thegrovemedcentre.co.uk/>**





Our Dorset



Women's Health

**Let's talk about Women's Health.**

Find the support you need on the Dorset Women's Health website.

Developed locally with Dorset women.

Find out more at:  
[ourdorset.org.uk/women](http://ourdorset.org.uk/women)



## Understanding the Medical Needs of Young People

### Transitioning from School to University or Work

The transition from school to university or work is an exciting yet challenging period in a young person's life. It signifies a journey toward independence and self-discovery but also introduces unique medical and mental health considerations that must be addressed to ensure their well-being.

#### Physical Health

For young people embarking on this next chapter, staying physically healthy is crucial. Many leave home for the first time and take full responsibility for their health, including diet, exercise, and medical appointments. In this phase, they may require:

- **Access to General Practitioners (GPs):** Registering with a local GP is essential for routine check-ups, vaccinations, or addressing specific health concerns.
- **Sexual Health Services:** With increased independence, access to sexual health education, contraception, and testing services is vital to promote safe practices and prevent sexually transmitted infections.
- **Nutritional Guidance:** The adjustment to cooking and grocery shopping can lead to poor eating habits. Educational resources on nutrition can help young adults maintain a balanced diet.

#### Mental Health

Mental well-being plays a critical role during this life stage, as young people often encounter stress from academic or workplace expectations, financial pressures, and social changes. They may need:

- **Counselling Services:** Universities and employers should provide access to counselling or therapy sessions to support mental health.
- **Peer Support Networks:** Encouraging connections through student societies, mentorship programs, or workplace support groups can reduce feelings of isolation.
- **Stress Management Resources:** Workshops or apps that teach relaxation techniques, mindfulness, and coping strategies can equip young people to handle stress effectively.

#### Preventative Care

Empowering young people with knowledge about preventative care is essential. This might include:

- **Immunization Updates:** Ensuring vaccinations, such as meningitis, HPV, or flu, are up to date before transitioning to university or work.
- **Routine Screenings:** Promoting awareness of routine health screenings, including dental and eye checks, to detect potential issues early.

#### Accessibility and Awareness

Finally, it's crucial to ensure that young people know where and how to access these medical services. Clear communication from educational institutions, employers, and local healthcare systems is fundamental in achieving this.

Supporting the medical needs of young people during this transition helps set the foundation for their long-term health and success. It's an investment not only in their well-being but also in their ability to thrive academically, professionally, and personally.

For more information visit The Grove Medical Centre website at:  
<https://www.thegrovemedcentre.co.uk/student-pages>

HEALTH GUIDE FOR YOUNG PEOPLE -  
DOWNLOAD THE QR CODE FOR INFO



*Send any comments regarding the newsletter to: [grovesherborneppg@gmail.com](mailto:grovesherborneppg@gmail.com)*



## *The Grove Medical Centre - Practice Update*

### **Appointment Statistics - March 2025:**

- ♦ 2663 GP Appointments  
(8 as genuine emergency followed a call for an ambulance to the surgery)
- ♦ 1145 Registered Nurse Appointments
- ♦ 1607 Healthcare Assistant Appointments
- ♦ 714 Advance Nurse Practitioner Appointments
- ♦ 351 Social Prescriber Referrals
- ♦ 188 Pharmacist Referrals
- ♦ 116 Mental Health Referrals
- ♦ 191 Did Not Attend (DNA's) missed appointments, a waste of 52 hours clinical time.

In an attempt to reduce the DNA numbers, SystemOne is used as it produces a DNA probability report that flags patients who are repeat offenders of missing appointments. The Practice has starting calling these patients the day prior to their appointment to check that they will be attending. Despite this reminder some patients say they will attend and then still do not turn up for their appointment.

## Have you downloaded the NHS App yet?



It contains lots of information including:

- ♦ Your vaccination history
- ♦ Your blood test results
- ♦ Your medical record
- ♦ Access to our triage form for requesting appointments
- ♦ You can order repeat medication
- ♦ Check the time of pending appointments
- ♦ Cancel an appointment
- ♦ Access to NHS health information & advice

Information at your fingertips meaning you don't need to wait in the phone queue to request any of the above!

If you'd like to use the App but don't know how, why not pop in to one of the free sessions at Sherborne Library?

[#nhs](#) [#nhsapp](#) [#helpustohelpyou](#) [#digitaltechnology](#)

***JOIN OUR PATIENT PARTICIPATION GROUP – THE GROVE PPG – ONLINE INFORMATION .....***

Opening	Times	Ways to contact us:
Monday	08:00 - 18:30	You can book an appointment by:
Tuesday	08:00 - 18:30	Calling the practice to speak to a Patient Services Adviser
Wednesday	08:00 - 18:30	between 08:00 and 18:30 Monday to Friday.
Thursday	08:00 - 18:30	All appointments other than cervical smears are booked through
Friday	08:00 - 18:30	AccuRx Patient Triage, which you can access online. Cervical
Weekend	closed	smears can be booked online.

**If you need to contact a doctor outside these hours then you should ring the Out of Hours Service on 111, unless it is a medical emergency then dial 999.**

Dispensary is open for prescription collections between 08:30 - 18:30.

If you want to order repeat medication by telephone please ONLY call between 08:30 - 12:00 daily.

You can also order by dropping the paper slip into the box in the foyer at The Grove Medical Centre.

Alternatively, repeat prescriptions can be ordered 24 hours a day by using the **NHS App**, **SystemOnline** or **AccuRx**.

## *The Practice Team*

Dr Aimee Barnes

Dr Lucius Covell

Dr Sally Dangerfield

Dr Ruth Lawes

Dr Liz Long

Dr Rebecca Lye

Dr Charlie Middle

Dr Matt Phelan

Dr Ruth Spedding

Dr Jonathan Tham

Dr Katie Thomas

Dr Adam Wood

Mrs Lisa Considine (Advanced Nurse Practitioner)

Mrs Alex Kimber (Managing Partner)

Mrs Debbie Ryalls (Operations Manager)

## *Do we have your correct details?*

You can update you details (including email address and mobile phone number) on the Grove Medical Centre website

<https://www.thegrovemedcentre.co.uk/>



## *Your Patient Participation Group (PPG)*

Interested in finding out how your GP practice works and about the health services it delivers? Your practice Patient Participation Group (PPG) could be for you. See: <https://nhs.uk/voicing/ppg/>