



# Castlehead Medical Centre

**News Sheet: Summer 2005**

[www.Castlehead.org.uk](http://www.Castlehead.org.uk)

Castlehead Medical Centre is **online**. You can now book Appointments and order Repeat Prescriptions via the Internet.

To use these facilities you must be over 16 years old and apply for the 'sign-up' details in person at reception. All information concerning the Practice and Medical Services can be found on the site as well as useful links to other organisations.

This News Sheet and future News Sheets will be posted on the Internet too.



[www.Castlehead.org.uk](http://www.Castlehead.org.uk) [www.Castlehead.org.uk](http://www.Castlehead.org.uk) [www.Castlehead.org.uk](http://www.Castlehead.org.uk)

## *Get to know your GP*

**DR. PETER WHITE**

Brought up in the North East of England and went to school in Newcastle. Studied medicine at St. Bartholomew's Hospital in London and did a degree in Psychology at University College, London.

During my undergraduate years, I developed an interest in Mountaineering – climbing Mont Blanc – and resolving to find a partnership in the Lake District. I celebrated passing my medical finals by climbing the Matterhorn and during my postgraduate training climbed the Eiger and did a ski traverse of the Alps from end to end (The Haute Route).



In 1988 I finished my training and went on an expedition to the Himalayas and was part of a small team, 3 of whom made the first British Ascent of Jaonli – in the Indian Himalayas. On my return I accepted a partnership with the Keswick Practice where I had been a trainee.

I married Gill in 1989 and have 3 children. These days my climbs are less adventurous – but I still love all outdoor sports, cycling, running, sailing and skiing and am a keen photographer.

I have recently been trying (once again) to learn to play the guitar.

## Protected Learning Time for Staff Development

In order to allow all surgery staff to have protected time for training and development this practice, in common with most other practices in Cumbria, will close for one afternoon per month on the dates listed. The practices will be covered by the CueDoc emergency on call system between 1pm and 5pm.

## Protected Learning Time 2005

Tuesday 26<sup>rd</sup> July 2005  
Wednesday 24<sup>th</sup> August 2005  
Thursday 22<sup>nd</sup> September 2005  
Tuesday 25<sup>th</sup> October 2005  
Wednesday 23<sup>rd</sup> November 2005  
Thursday 15<sup>th</sup> December 2005

## TRAINING AT CASTLEHEAD

Castlehead Medical Centre is a long established "Training Practice" - it was one of the first in Cumbria – and is accredited to provide supervision to qualified doctors who have chosen to pursue a career in General Practice.



These General Practice Registrars usually spend an initial 4 months with the practice, then spend two years in hospital posts in Carlisle, returning for a final 8 months in the practice. All the partners are involved in providing teaching for the Registrars, whilst they are in Keswick. During term time, the Registrars meet with their peers from other practices in Cumbria & Southern Scotland for formal seminars once a week.

We are proud of this tradition in the practice and believe that our training role keeps us on our toes and up-to-date!

We also take 5<sup>th</sup> year medical students on 4 weeks placements from Newcastle University – about one or two per year.



## ARE YOU A PATIENT *patient* ?

Whilst you are reading this, you will almost certainly be waiting to hear the receptionist call your name informing you that the doctor is ready to see you. Hopefully you will be seen around the time for which you booked your appointment. However, the doctor you are seeing may have been delayed in his surgery due to a number of unforeseen circumstances, ranging from medical emergencies, patients requiring admission to hospital, an "extra" patient fitted with an urgent medical need etc.

The receptionist will inform you of any delay when you arrive to check in.

Please be aware that there is probably more than one doctor consulting at any one time and a patient who has arrived after you, may be called through before you, as they are seeing a different doctor.

A further reason for a surgery failing to run to time is a patient presenting to the doctor with more than one problem, this will undoubtedly take longer than the normal allotted slot of ten minutes. For this reason it is helpful if you know you have more than one problem, to request a longer appointment at the time of booking.



**Finally thank you for being a "patient patient" .....**

## Organ Donation: The Gift of Life

Did you know you can sign up to the NHS Organ Donor Register on-line?

[www.uktransplant.org.uk](http://www.uktransplant.org.uk)

