

## A Review of 2023

### **Update from the practice**

2023 has been another year of change for the practice. We joined Cumbria Health on Call (CHOC) in March 2022. This has brought stability and security enabling us to provide our patients with the medical care and support we needed.

We have recently had some changes to our team since Dr Katharine Wrigley and Dr Emmanuel left the practice. Dr John McCullough has joined the team. He works every Monday and Thursday. Dr McCullough lives in Carlisle with his wife and 2 wonderful children. He also works part of the week at Haltwhistle Medical Practice

We have three advanced nurse practitioners Wendy McManus works every Wednesday, Fiona Clayton every Friday and Julie Bemrose-Hedley one Friday a month. Our ANP's are prescribers and can see patients for most medical conditions, this has been a fantastic development to our team.

Rachel Brierley also joined our team a few months ago she works most Tuesdays as practice nurse supporting Brenda and Wendy with complex dressings and annual reviews.

Katie Williamson joined the team earlier in the year she is our Health and Wellbeing Coach (HAWC) offering wellbeing support to our patients. This service is invaluable, ensuring patients needing some short term support can access the service in Alston

Dr Alex Tham is our registrar she will be with us until February 2024. Dr Alex is an enthusiastic dedicated GP trainee with boundless energy, she shows great empathy and understanding to all her patients.

We are very proud of the Social Day Unit which we started in October 2022. This was recognised at the UHUK awards when we won the Best Social Impact award. We are planning to run other programmes throughout the year including starting a group where parents and guardians can attend when they drop their children off at school to have chat over coffee there will also be provision to bring babies and toddlers with them

The rest of the team have had many challenges over the year including the continued COVID vaccination programmes. The dispensary team have had to deal with drug shortages resulting in extra work contacting patients and trying to source from other suppliers.

Please keep an eye out for updates via our newsletters which are often attached to prescriptions and which are shared via the two local Alston Moor Facebook pages.

We wish you all a very Merry Christmas and Happy New Year