

JANUARY 2021 NEWSLETTER



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Dear GP

Happy New Year!

Although we are facing a new lockdown, 2021 brings us hope that we can return to our normal lives at some point now the UK vaccination programme is in progress.

I am pleased to say that Liffield House Medical Centre is fully open for business and we continue to adhere to strict Hygiene and UK Government protocols to keep patients and staff safe.

We also start the new year with a new programme of Zoom GP CPD lectures. I know everyone is busy, but we are determined to offer this free service to you ongoing. I hope you will be able to join us on one of the dates specified in the Upcoming Events section of this Newsletter.

A big thank you from all of us on what I know is an incredibly challenging time for GP's, we more than appreciate all you are doing for the UK.

Trisha Tanner
Practice Manager

Consultant of the Month



Dr Peter Walker is a Consultant Clinical Psychologist and a Cognitive Analytic Therapist. Since qualifying as a Clinical Psychologist in 2002, he has worked within NHS and private settings across a broad range of clinical contexts, including older people, adult and adolescent forensic populations, child and family services and Court settings. Dr Walker has a keen interest in providing quality psychological assessments and expert witness services to the Family, Criminal and Civil Courts as well as delivering individualised therapeutic interventions to clients. Dr Walker also has a special interest in Neuropsychology.

More recently, Dr Walker has undertaken specialised training and has become a Cognitive Analytic Therapist. This is a relational time-limited therapy that focuses upon difficulties in relationships with others and with self that typically derive from unhelpful interactions with primary carers during childhood. The therapy aims to help clients pay non-judgmental attention to the dynamics within relationships and to develop a shared understanding about their origins. Through the process of the therapeutic relationship and the client's efforts both within and outside of therapy sessions, the client is encouraged to recognise when they are pulled into familiar and unhelpful patterns of relating and to consider what their alternative choices might be.

Dr Walker also offers other forms of therapeutic intervention such as Eye Movement Desensitisation and Reprocessing (EMDR) and Cognitive Behaviour Therapy (CBT). Dr Walker can be contacted via Liffield House Medical Centre Tel: 0117 973 1323.

Upcoming Events

We are pleased to announce our first series of zoom lecture programme for 2021s:

21st January 2021 @ 7pm

Speaker: Dr Kathryn McCarthy, Colorectal Surgeon

Topic: The Heartsink Anus – Update on Pelvic Floor Disorders

Sponsor: THD (UK) Ltd

4th February 2021 @ 7pm

Speaker: Aileen Fraser – Lead Inflammatory Bowel Disease CNS

Topic: Update on Inflammatory Bowel Disease for General Practice

Sponsor: Chiesi

11th February 2021 @ 7pm

Speaker: Professor Raj Persad – Consultant Urological Surgeon

Topic: The Prostate – The Gland Which Punches Well Above its Weight

Sponsor: Dermal

25th February 2021 @ 7pm

Speaker: Denise Hunt – PSPA Volunteer Educator

Topic: PSP and Corticobasal Degeneration

Sponsor:

4th March 2021 @ 7pm

Speaker: TBA

Topic: TBA

Sponsor: TBA

These free lectures are certified, and you will receive a certificate, which will give you points towards your Continual Professional Development. Email

marketing@liffieldhouse.co.uk

to confirm your space.

Consultants and Surgeons

Liffield House Medical Centre Home Page:

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

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