

12/2016

Primary Health Care
<http://www.bristol.ac.uk/primaryhealthcare>



Teaching Newsletter

Canynge Hall, 39 Whatley Rd, BS8 2PS Tel 0117 33 14546
phc-teaching@bristol.ac.uk

Merry Christmas and a Happy New Year



from your Primary Care teaching team at Canyng Hall

Thank you very much for all your teaching and support of our Bristol medical students

New website for student well being service

<http://www.bristol.ac.uk/students/wellbeing/>

Have you considered applying for **Honorary Teacher status**?

For 2017

Always wanted to teach on our exciting **WPC course**?

More on page 2

Still time to make your **Christmas pud**—no added fat or sugar! Really?

see Kirsten's mum's recipe on page 3

Brilliant student quote about GP teaching

"Love the positivity! Always feel like I can take on the world after these sessions!"

Teaching Survey results —Thank you

to all our practices who took the time to complete the teaching survey. We had a phenomenal 94% response rate from our teaching practices and a 12% response rate from non-teaching practices. I am still hoping to increase the latter figure! The main findings from the survey were:

1. Many practices felt funding needed to be increased. Most felt a level of around £300 per session (for no routine patient appointments) was about right as this would cover the cost of locum back-fill (if a locum can be found!). We are campaigning nationally and locally for an increase in funding for community teaching.
2. Second to an increase in funding, practices felt that a contract to enable better financial planning was important. We are looking at ways to enable practices to commit to longer periods of teaching, so that it can become part of a job role, rather than having to be back-filled.
3. Expanding our reach – some practices commented that they used to have students from Bristol but no longer do as they felt the university had contracted its borders. These practices still have the option of taking year 4 residential students, and we are looking at introducing the option of students going to practices across the UK as part of the new curriculum.
4. Utilising locums. Some who replied are now working as locums with a will to teach but nowhere to do it. We are exploring ways to involve locums in teaching.
5. The issue of teaching space seemed to not be a barrier for most, but for those who felt it was, it was a very important barrier.

Simon Thornton

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Honorary Teacher Status—Send in your application now



This honorary position entitles the holder to a Bristol University email address and access to all of the University's library facilities, including e-journals, and staff and sporting facilities (fees apply). There is a certificate for display in GPs' surgeries and of course the kudos of official University recognition. This may be useful for your appraisal folder. You are also entitled to apply for a U-Card which will enable entrance to University buildings.

If you feel you may be eligible to apply, please check out the entry criteria and the application procedure here <http://www.bristol.ac.uk/primaryhealthcare/teachingtutors/>

The deadline for application is Friday 6th January 2017.

Whole Person Care: A Unique Teaching Opportunity in 2017

Are you a medic eager to inspire tomorrow's doctors? Next term we are running the last ever outing of our award-winning "Whole Person Care" course, for first year medical students, at the University of Bristol. The course comprises 5 one-hour lectures and 4 two-hour tutorials (no tutorials in half-term week, 14 February). The exact dates and times are as follows – tutors need to be available for all dates (though the second lecture can be viewed on-line):

Tuesday 7 February, 2 – 5 pm

Tuesday 14 February, 9 – 10 am (lecture only, no tutorials this week)

Tuesday 21 February, 2 – 5.30 pm

Tuesday 28 February, 9 am – 12 noon

Tuesday 7 March, 2 – 5 pm

Tutors are supported with a detailed handbook and a more experienced 'buddy'. There are 13 students in each group.

Whole Person Care is an exceptionally varied, practical and dynamic course with an application to medical practice at the coal face. Students particularly value the presence and experience of practitioners, both as facilitators but also as role models for their future personal development, especially in resilience and self-care. Tutors tell us they learn more than they teach.

If you are interested, please contact trevor.thompson@bristol.ac.uk



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Xmas pud Kirsten's mum's recipe

Note, no fat or added sugar in this recipe.

This serves 8-10 very generous portions.

Take a large mixing bowl, plastic/stainless steel

- 8oz fresh Wholemeal Breadcrumbs
 - 8oz Lexia Raisins, roughly chopped
 - 8oz Sultanas, roughly chopped
 - 8oz Soft Apricots, roughly chopped
 - 4oz Soft Prunes, roughly chopped
 - 2oz Amaretti Macaroons, crushed
 - 2oz Flaked Almonds
 - 2oz Ground Almonds
 - 1 Apple peeled and grated
 - 1 tab Orange Zest
 - 1 tsp ground Cinnamon
 - 1 tsp ground Mace
 - ½ tsp Cardamom Seeds (crush your own if necessary)
 - ½ tsp ground Clove
 - ½ tsp ground Allspice
 - 2 tabs Seville Marmalade
 - Juice of 1 Orange
 - 4 eggs
 - 1 mini bottle Brandy
 - ¼ pint Sherry, Port or similar
- *Add more juice or sherry if the breadcrumbs were on the dry side



Method

Assemble all the ingredients, then prep each in turn and add to the large bowl.

Mix thoroughly, cover and leave to mature overnight. Meanwhile decide on your cooking basins, butter/oil each one and prepare the silicone paper and foil for the tops. Divide/fill leaving 1 inch space at the top for expansion. Cover; folding the top closely around the top of the basin. Put basins to simmer in gently bubbling water in a saucepan. Cook for 4-6 hours depending upon size plus 4 more later and then 2 more on the day you eat and enjoy.

Can be made the week before eating.

Do not allow to boil dry!!