**Wellspring Medical Centre**

Address:  
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Risca  
Gwent  
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01633 612438  
  
Website [www.wales.nhs.uk/wellspring](http://www.wales.nhs.uk/wellspring)  
  
**Trainers:**  
Katy Finch & Gareth Jordan

**PARTNERS:**  
Dr Stuart Thomas  
Dr Ann Frost  
Dr Katy Finch (trainer) Katy.Finch@wales.nhs.uk

Dr Kasim Ramzan

Dr Bethan Thomas

**SALARIED GP’s:**

Dr Gareth Jordan (trainer) [Gareth.Jordan3@wales.nhs.uk](mailto:Gareth.Jordan3@wales.nhs.uk)

Dr Charlotte Curson  
  
**PRACTICE MANAGER**:  Amanda Duddridge   Amanda.Duddridge@wales.nhs,uk  
  
**PRACTICE NURSES:**  Shaunny Severn & Michelle Kibbey

**ADVANCED NURSE PRACTITIONER:** Dr Sue Thomas  
  
Wellspring surgery is situated some 5 miles from Newport and 3 miles from the M4 (Junction 28) making it easy to access from Newport and Cardiff. There are also good train links with the train station (Risca & Pontymister) only 2 mins walk away. We operate on a single site in modern purpose built and extended surgery premises. Training has been carried out in the Practice for over 40 years. Five out of the seven Doctors at the practice are ex-trainees of the practice. The practice is also involved with teaching medical students from Cardiff University and mentoring Pharmacists for independent prescribing qualifications.  
  
The list size is about 9000, the majority of patients living within a two mile radius of the surgery. We're proud of our longstanding reputation in the VTS scheme as a practice that trainees particularly enjoy working in. All the trainers Katy and Gareth undertook their training here and are keen to continue the high training standards that they gained from here years ago. Trainees are welcome and feel part of the team. Feedback from our previous trainees suggests that they enjoy the informal and friendly atmosphere and they feel supported.  
  
Risca is an urban area with local retail parks, fast food outlets and a traditional high street and park on the surgeries doorstep but there are fine views of Twm Barlwm Mountain to the North and the more gentle green fields and woodland to the South give a rural feel to the town. New housing means we have many patients who work in Newport, Cardiff and Bristol but on the whole there is a closely knit village atmosphere.  
  
Personal and continuing relationships are considered important at Wellspring. The GP trainee will need to have three skills vital to General Practice; tolerance, friendliness and an ability to chat - the rest we can usually teach!  
  
Medical Records have been kept with the EMIS Computer system since 1995 making the surgery among those in the early phase of computerized practice in Wales. Trainees will benefit from viewing GP records that span this time period and we only rarely need to look at the old cumbersome paper records. With EMIS Web software we use various customized templates which aim to simplify data-entry during consultations, enabling the GPs to spend more time face-to-face with patients. Doctors have electronic access to the BNF as well as Mentor (The Oxford Handbook of Clinical Medicine). We also use e-consult and Accu-Rx for email and text and video call consultations.  
  
The Practice also uses software that aids prescribing decisions. Patients can book their appointments online.  
  
Appointments for patients are at 10 minute intervals. Morning surgeries last from 09.00 until about 12.00.The doctors and nurses meet daily over coffee which the trainee attends (yes this really does happen!). We consider this a valuable time to debrief, offload and have a friendly chat amongst the Team. Afternoon surgeries are normally from 15.00 until about 17.30. We endeavour to see patients at their appointment time. Patients requesting urgent appointments are seen the same day. We take pride in putting patients first and have a high level of patient satisfaction rates.

There are 2 Practice Nurses within the nursing team. They undertake all aspects of clinical work, such as dressings, cervical smears, injections, vaccinations, ECGs, health promotion and much more. They are also involved in providing long-term (chronic) conditions support for patients with diabetes, asthma and COPD.

Our Advanced Nurse Practitioner (ANP) is an independent prescriber who provides a minor illness service for the practice, offers contraception and HRT support for women, and supports people with more complex diabetes who usually require focused medications management. She helps the practice achieve a range of enhanced services, including learning disability annual health checks, dementia reviews, enhanced access and QAIF etc. She also leads the nursing team, which is newly formed and still developing its ways of working.

There are 2 Health Care Assistants (HCAs) at Wellspring. They currently undertake phlebotomy and record physical observations such as BP, height and weight. They will soon be able to perform ECGs, give IM injections, undertake diabetes foot examinations and more.

Our medical secretary team will type all our dictated letters and our wonderful admin/reception staff are always pleased to provide support.

Your training with us will prepare you for GP administration but we are paper light. The administration duties are not onerous at all with a dedicated member of staff processing workflow so very few documents/ post needs to be seen by the GP’s. We also have a physiotherapist and cluster pharmacist attached to the surgery.  
  
Prospective trainees are welcome to phone or email Katy or Gareth for further information and to arrange an informal visit. We look forward to hearing from you! You can also visit our website :  
  
[www.wales.nhs.uk/wellspring](http://www.wales.nhs.uk/wellspring)