



Chief Officer's Corner

No "Democratic deficit" please!

All Devon GPs, whether Principals in GMS or PMS or Non-Principals on a "Supplementary list" should have received a letter from me enclosing nomination papers for proposed membership of the soon to be re-constituted Devon LMC. The new electorate consists of 972 doctors and we genuinely hope that the new members will represent them all faithfully and fully whatever "brand" of doctor they are. The profession needs now, more than at any other time in the last 54 years, to be united. We cannot afford division that implies that one type of GP is better than another so I hope that nominations will be made of Non-Principals by Principals and PMS GPs by GMS GPs and so on. The profession has enough challenges without fighting amongst ourselves!

The LMC Secretariat has never differentiated in the service it provides to any GP qualified doctor in the county. We care for all without exception and I believe that is the way we must continue. I trust that the new members when they are elected will continue in that tradition. Perhaps one of those members could be you? The role is rewarding in terms of member's personal development and we help with an induction process that helps new members understand more of the political context in which LMCs operate. We have found that attendance as an observer at the Annual Conference of LMCs is particularly interesting and helpful. Members' attendance is funded in such a way as to mean that there should be no financial cost to the member or their partnership from their membership. Put your head above the parapet and have a go!!

LMC Executive Officers

Perhaps the most important development in the way that the new LMC will work with the eight PCTs in Devon is the anticipated appointment of two new WTE posts each covering four PCTs. The new post holders will provide an ongoing proactive means of working with PCTs to assist them in their forward planning and in the implementation of agreed ideas by being available to give representative views from General Practice at the earliest possible moment. This should help in the formulation of better plans and processes where the standard pitfalls can be avoided before they are even dug! The Executive Officers will work with both the Secretariat and elected members to support the democratic view of GPs in each of the PCTs. It is an exciting opportunity for anybody with experience and skills within primary care and we anticipate a keen interest in the posts. Please see the full advert below.

LMC Lay Executive Officer (x2)

An exciting opportunity has arisen to join the LMC team. We are looking for two Lay Executive Officers to establish, maintain and then continuously develop effective working relationships with PCTs and successor organisations in Devon. The post holders will be required to be flexible in developing the role in accordance with changes in the NHS, and with the changing agenda and policies of the LMC.

There are 972 GPs and non-principals working across eight PCTs in Devon caring for a total population of 1.1million people. Each Lay Executive Officer will be expected to lead for four PCTs within a full-time post. Job sharers will be considered.

Salary c. £30,000 according to experience.

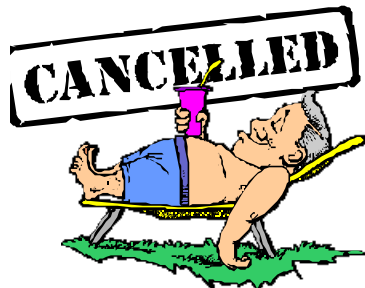
For a job description or an informal chat please contact Dr Jolliffe at the LMC Office on 01392 834020 or via email on peter@devonlmc.org

Devon LMC Working Party on Asteroid Strikes and Primary Care in Devon



In July 2002 It was announced that a “2.6 kilometre asteroid may hit the earth in 16 years time”. LMCs have been informed that their ‘asteroid plans’ will be a key factor in their star ratings for 2003. This article highlights the 4 key issues, priorities that we have identified:

1. How will ‘48-hour access’ be maintained after asteroid strike?



Proposal: All holidays should be cancelled for 2 years before a predicted strike. For 1 year before all Primary Care staff should work twice as hard as normal. This should leave enough free appointments in the week after Armageddon to ensure 48-hour access targets are met.

2. Will GP appraisal be affected?

Proposal: In the year before all GPs should be appraised twice with particular attention being paid to their ability to ease patients’ worries and concerns about the destruction of the earth.



3. How will patients be able to assess the quality of their local health service after Armageddon?

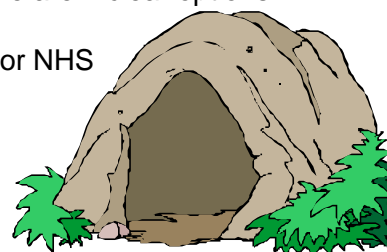


Proposal: Priority should be given to this essential area. It is possible that local newspapers and television may be disrupted as well as the collection of key indicator data. We propose that each NHS organisation should form a pub quiz team and that the resultant league table be communicated to the public through a return of town criers (a pilot study has shown that this will be at least as accurate as the current star rating system).

4. What will happen to NHS Direct?

This key question caused the group the most concern. There are 2 clear options:

- To invest significant sums of money to create a bunker for NHS Direct deep in the earthy crust.
- To adopt the slightly more philosophical approach that ‘every cloud has a silver lining’.



Dr Nostra Damus MBChB (Madrid), Dip. Survivor Studies

Comings and Goings August 2002

Welcome to:	Goodbye to:
Dr Claire Isham, Chatto Road Surgery, Torquay Dr Rajendra Patel, Wycliffe Surgery, Plymouth Dr Ian Goodrick, Sampford Peverell, Exeter	Dr John Robinson, Chatto Road Surgery, Torquay Dr Alison Clegg, Eastern Road Surgery, Ashburton

Child Protection – Follow Up Correspondence

Dear Peter

I was fascinated to read the report by Jane Richards on Child Protection in the LMC newsletter.

I sit on the Policy Group for Police surgeons and I had just been talking to the Police Surgeon Liaison Officer when I read the newsletter. The police are facing considerable problems because there are several paediatricians throughout Devon and Cornwall who refuse to attend child abuse cases. They argue that they do not have the expertise and do not wish to attend Court. This means that children may have to travel a considerable distance to be examined.

I am sure Jane is correct. There may well be areas in which our communication could be improved but to pick out Primary Care and A&E as being the sources of the problem is like asking a man with a pneumatic drill to stop whistling to reduce the noise. We do not have the option of refusing to deal with the case.

For over twenty years I have found communication from Social Services inadequate. In the most recent case of child abuse in my practice neither myself nor my Health Visitor were informed. The first time that either of us heard of the allegations was when I was phoned by the Crown Court asking whether the child had had chickenpox. The case was actually in Court and the defence were arguing that the scars were chickenpox and not cigarette burns.

Please don't think I am simply complaining about my consultant and Social Service colleagues.

I just feel this whole area needs to be reviewed. The police desperately need guidance as to who to call when they have a child abuse case and are faced with paediatricians who are refusing to come. I entirely agree that training courses would be helpful but this must be multidisciplinary and must involve Social Services and paediatricians who feel they do not have the expertise to deal with child abuse cases as well as GPs.

The problem, as I am sure you are aware, is that I could spend all day on courses as suggested by "experts" and never see any patients. Perhaps the LMC could then run a course on how I could provide more appointments when I am on a course.

Many thanks
Dr Peter Moore



RCN, NHS Direct Learning Resource Centre

NHS Direct in the West Country has established a first to be proud of with the launch of the only NHS based RCN Learning Resource Centre in the South West Region and, not only that, the first ever LRC based at a NHS Direct Site. Nurse Manager Charles Biscoe whose idea for the Resource Centre resulted in the partnership between NHS Direct and the RCN says:

"This is a golden opportunity for us to develop our relationships with the wider local nursing community and have access to the largest and most comprehensive nursing library in Europe. It's all about personal and professional development that will inevitably impact on patient care."

"We are the first and only NHS Direct based resource centre in the country, and we're the only NHS based LRC in the southwest".

Users of the LRC are able to borrow videos, order leaflets and access the Internet for individual learning and development. It is based in a quiet room off the main NHS Direct call centre in Exeter, which is an ideal study area for those without access to computing facilities at home. It will be open to all registered nurses Monday - Friday, 0930 - 1600 by prior appointment. Please book your slot in advance by calling 01392 441200 and speaking to Martin Cornish or Paul Bennett. Other times may be accommodated by special arrangement.

News from the Peninsula Medical School – July 2002

“Our aim is to produce the best clinically skilled doctors in the country” Prof John Tooke, Dean

The first students arrive on the 30th September. Up to 130 students will be starting their studies either in Exeter or Plymouth, and the group will be divided equally between the two university sites.

They will spend their first two years, Phase One, learning in different settings. Working in Problem Based Learning (PBL) groups they will use carefully structured stories to promote self-directed learning of basic science and medical knowledge. In Clinical Skills sessions they will learn and practice all the skills required by a modern doctor, and this includes an emphasis on communication skills. At plenary sessions, core issues around health and basic science will be learnt and in workshops specific learning needs will be addressed.

Community Placements

Every two weeks students will have a clinical attachment. This is designed to give their learning relevance to the ultimate goal of their studies and place specific learning in context. The placements will be geared to match the PBL case of the fortnight. The student will spend time, mainly in the community – in a general practice or other health care provision – talking to healthcare professionals and patients, having opportunities to practice newly learned skills with “real people” and make connections between their theoretical learning and health care. Every other fortnight the students will reflect on their Community experience in groups with clinical teachers in what we call Jigsaw sessions – bringing the pieces together - and thus ensure the fulfilment of explicit learning outcomes.

Already placement sites have been identified in the Plymouth and Exeter centres for the first year; they need to be no more than 30 minutes from the university bases. As the medical school progresses there will be a constant need for more settings for undergraduate learning.

Opportunities

This is an exciting programme and an opportunity for many of us to be involved in the learning of medical undergraduates. Should you want more information please get in contact with any of us on

Community Clinical Teachers

Hilary Neve
Amanda Beasley
Tony Lewis

Later Years

In years three and four - Phase Two - the students will change their base and will either be in Exeter, Plymouth or Truro. They will follow a “Pathways of Care” model of learning, six pathways over the two years with a Community Track running throughout the phase. The Community Track will consist of a regular placement in a general practice for a day every week. We are looking to give the student continuity of experience, developing a relationship with the healthcare team and with some patients. They will continue to have small group reflection sessions to relate their experience with their theoretical and clinical skills learning.



In the final year, Phase Three, the learning will take the form of shadowing PRHOs in practice either in hospital or the community. Here they will hone their skills, and apply their knowledge so that by the end of the year and qualification they will indeed be able to fulfil the boast of being the “best clinically skilled doctors in the country”.

Special Study Units (SSUs)

30% of the student's learning and marks is based in non-core areas. These SSUs give the student an opportunity to study areas of particular interest or explore new area of knowledge. They are designed to encourage, enhance and test the student's skills of critical reasoning and for each unit they will be expected to present a well-reasoned report on the activity. There will be between three and four SSUs per year lasting around 2 weeks in which the student will immerse him/herself in the subject before writing a report.

Many of you have already submitted proposals for SSUs, and we now have a menu of around 150 from which the student can choose. If you are interested in submitting a proposal please visit our web-site for further information – www.pms.ac.uk

the Community Team here at the Peninsula Medical School via our secretary,
Karen.Waudby@pms.ac.uk

Community Clinical Sub Deans

David Leeder
Adrian Freeman
Steve Watkins

BMA – Reporting of Flu and Meningitis Claims

The BMA would like to remind GPs of the need to correctly record flu and meningitis claims. At present, it appears that GPs record such claims as general vaccines rather than them being properly identified. As a result the information available to the Technical Steering Committee (TSC) (which feeds into the DDRB pay process) is incorrect and hence the calculation of GP pay is distorted. The TSC has advised that flu and meningitis claims should be recorded in the “Notes” field as follows:



- for flu : first three characters of Notes must = 'FLU'
- for meningitis : first four characters of Notes must be 'MENn' (where n is 1 to 7).

I hope this information means something to you all!

Julie Goodway, GPC Policy and Negotiations

This Year's Midsummer Medical Ball (Update)

The first joint GP and consultant ball at Powderham Castle was a huge success (despite the dreadful weather!). We raised £830 for The Hospice. Thank you to everyone who attended - it was such fun that we are already thinking about next year's event. In order to secure a great band and venue we need to start organising again fairly soon and we would really appreciate some feedback on the following points:



1. **Timing** - Midsummer or Valentines?
2. **Venue** - Powderham was great but expensive and we can't get everybody into one room. We would like to keep the venue special, and as close to Exeter as possible but if anyone has any other suggestions please let us know.
3. **Band** - Does anyone know of a fantastic band? Some of the popular bands on the events circuit are very expensive and get booked a year ahead.

ANYWAY - PLEASE SEND YOUR IDEAS TO:

Dr Pip Hayes (St Leonards Medical Practice)
Dr Tania Davis (Budleigh Salterton HC)

Dr Marina Morgan (Microbiology Dept. RD&E Hospital)

VACANCIES

<p>North Road West Medical Centre 167 North Road West Plymouth PL1 5BZ Tel: 01752 662780</p>	<p style="text-align: center;">E/F Grade Practice Nurse</p> <p>A new part-time (14 hours per week) post is being developed. We are looking for an enthusiastic and flexible fifth person to join an innovative and happy nursing team. Practice nurse experience preferred. For job description and application form please contact Pauline Jeffery, Reception Manager. Closing date: Friday 6 September</p>
<p>Sid Valley Practice Sidmouth Health Centre Blackmore Drive Sidmouth EX10 8ET Tel: 01395 512601</p>	<p style="text-align: center;">PMS Pilot Salaried GP – 8 sessions per week</p> <p>We require an enthusiastic, committed doctor to join our team for this exciting new venture. No Out-of-Hours “on call” responsibility. “Golden Hello” payment payable (where eligible). NHS superannuation. For informal discussion please ring Dr Ross Dell or Rob Spargo. Apply with CV to Rob Spargo, Practice Manager.</p>

<p>Channel View Surgery 3 Courtenay Place Teignmouth TQ14 8AY. Tel. 01626 774656 Email: susan.hedley@gp-L83120.nhs.uk</p>	<p style="text-align: center;">Partner - Teignmouth</p> <p>Seaside-based Practice requires full-time Partner (part-time, job-share or salaried applications welcomed) to complement existing team of 4 Partners and a Retainer supported by a strong PHCT. We can offer:</p> <ul style="list-style-type: none"> ❖ PMS Pilot from October 2002 ❖ 3-site Practice ❖ Out of hours co-operative ❖ Community Hospital ❖ EMIS (nearly paperless) ❖ Attracts £10,000 "Golden Hello" <p style="text-align: center;">Contact Susan Hedley, Practice Manager. Closing date: Tuesday 3 September 2002. Interviews during w/b 16 September 2002.</p>
<p>Bramblehaies Surgery College Road Cullompton EX15 1TZ Tel: 01884 33536</p>	<p style="text-align: center;">Part-time Practice Nurse – Cullompton</p> <p>We are a friendly committed 4-partner practice and require a part-time nurse to join our primary healthcare team.</p> <p>The nurse would be required to work 11 hours a week and undertake the full range of treatment room duties and responsibilities with flexibility to increase hours to cover colleagues leave. Salary will be according to qualifications and experience, with access to the NHS Pension Scheme. The practice will be going PMS in October 2002, with the intention of implementing CHD clinics, therefore CHD skills would also be an advantage.</p> <p style="text-align: center;">Please apply in writing with CV and covering letter to Tracey Pratt, Practice Manager.</p>
<p>Norton Brook Medical Centre Cookworthy Road Kingsbridge Devon TQ7 1AE Tel: 01548 853551</p>	<p style="text-align: center;">Practice/Business Manager (Full-time or Job Share)</p> <p>To work in a large, friendly, semi-rural practice in the South Hams. Salary to be agreed and dependent on experience. NHS and GP management experience preferable but not essential. Must have excellent communication, personnel, financial, IT and analytical skills.</p> <p style="text-align: center;">Please telephone for more information and an informal chat. Handwritten letter of application with CV to Mrs Justine Payton, Business Manager. Closing date for applications 20 September 2002.</p>
<p>Knowle House Surgery 4 Meavy Way Crownhill Plymouth PL5 3JB. Tel: 01752 793383.</p>	<p style="text-align: center;">Full-time salaried PMS Doctor – Plymouth</p> <p>Thriving 3rd wave PMS practice in prosperous suburban area in Northern outskirts of Plymouth, seeks full-time salaried PMS Doctor (Job Share considered). We pride ourselves on our high standards of medicine and commitment to quality of care for our patients. We are looking for an enthusiastic and energetic Doctor to join the team. We are 6 doctors working from our own modern purpose built premises.</p> <p style="text-align: center;">Enquiries to Craig Smith-Avery, Practice Manager.</p>

<p>Caen Medical Centre Braunton North Devon EX33 1LR. Tel: 01271 812005</p>	<p style="text-align: center;">Full-time GP Partnership Offer - North Devon</p> <p>We are looking for an enthusiastic, innovative 7th partner to join this training practice with an opportunity to contribute fresh and exciting ideas, in a friendly and stimulating environment.</p> <p>Working from a modern purpose built centre, we are paper light, fully computerised (EMIS) and serve approximately 10,700 patients with out-of-hours cover provided by the local GP cooperative.</p> <p>Braunton is a village 3 miles away from some of the most stunning surfing beaches in Britain and close to Exmoor, giving ample opportunity to develop outdoor pursuits together with a paid sabbatical every 3 years.</p> <p>Apply for a job description/practice profile etc or send CV directly to Ms Julie Tanton.</p> <p style="text-align: center;">Final closing date for CVs is 20 Sept 2002.</p>
<p>Caen Medical Centre Braunton North Devon EX33 1LR. Tel: 01271 812005</p>	<p style="text-align: center;">Full-time Practice Manager</p> <p>Required for a North Devon Medical Centre to replace our existing manager who retires at the end of Dec 02.</p> <p>The practice operates from a modern purpose built centre, with 7 partners and an enthusiastic experienced staff. We are paperless and fully computerised (EMIS) and look after 10,700 patients in a very busy environment.</p> <p>The ideal applicant would be a current Practice Manager or Practice Administrator, although consideration would be given to others with a minimum of two or three of the following: payroll, pensions, accounts, basic health and safety issues, computer systems administration, knowledge of the NHS, managing budgets and finally managing people.</p> <p>Apply for a job description & practice profile or send CV directly to Eric Griffiths.</p> <p style="text-align: center;">Final closing date for CVs is 12 Sept 2002 to allow some overlap time with the outgoing Practice Manager.</p>
<p>Boutport Medical Centre 110 Boutport Street Barnstaple EX31 1TD. Tel: 01271 324106</p>	<p style="text-align: center;">Part-time or Job Share Partner – Barnstaple</p> <p>3-Partner market town practice with 4,980 patients in a beautiful coastal area to the west of Exmoor with sailing, surfing and walking require a part-time or job share partner as one doctor is looking to reduce her commitment. Rented premises recently extended and update. Full computerised (EMIS) and NHSnet connection. Out-of-Hours cooperative and full complement primary health care team. Must be eligible for Obstetric list, CHS, Minor Surgery and Family Planning and be committed to developing the practice further while retaining the best of traditional family medicine.</p> <p style="text-align: center;">Our practice profile is available on request.</p> <p style="text-align: center;">Please send handwritten letter and CV to Mrs S M Beeney, Practice Manager. To arrange for an informal visit please telephone the practice.</p>

<p>College Park Surgery College Road Cullompton EX15 1TG Tel: 01884 831301 Email: nicola.heywood@gp-l83092</p>	<p style="text-align: center;">GP Retainer Required</p> <p>For friendly 10-Partner Practice in rural Devon town</p> <ul style="list-style-type: none"> ➤ 3 midweek sessions per week ➤ Flexible hours ➤ Fully equipped surgeries ➤ Good local nursery facilities ➤ Computerised ➤ Clinical support with mentoring ➤ PGEA Approved Learning Programme provided ➤ Existing retainer recommends <p>We pride ourselves on our team communication, our commitment to self-development, innovation and a supportive, friendly working environment.</p> <p style="text-align: center;">For further details please contact: Nicola Heywood, Practice Manager.</p>
<p>Withycombe Lodge Surgery 123 Torquay Road Paignton TQ3 2SG Tel: 01803 525525</p>	<p style="text-align: center;">Part-Time Practice Nurse</p> <p>We are a small, friendly single-handed practice that became a 3rd wave PMS site in April 2001. We require an experienced and flexible RGN Grade-F/G to join our team on a permanent contract. Responsibilities to include: Family Planning, Cytology, Asthma & CHD clinics, Phlebotomy, Ulcer Clinic, ECGs, and Immunisations & Health Promotion.</p> <p>We are looking to employ a Nurse for up to 16 hours per week to cover 4 sessions a week on Tuesday PM, Wednesday PM, Thursday AM and Friday AM, if possible.</p> <p style="text-align: center;">Please apply in writing & enclose CV to: Ms Lesley Jones, Practice Manager. Closing date: 31st August 2002.</p>
<p>Roborough Surgery 1 Eastcote Close Southway Plymouth PL6 6PH Tel: 01752 201414 Fax: 01752 201410 Claire.hansell@gp-l83048.nhs.uk</p>	<p style="text-align: center;">Full-Time or Three-Quarter Time Partner</p> <p>Location! Location! Location! Join the burgeoning exodus to the civilised South West! Stake your claim near the brand new Peninsula Medical School while the ink on the contract is still wet. We are looking for a replacement three-quarter or full-time partner for our thriving 6-doctor practice (5.5 WTE) situated on the outskirts of Plymouth close to the Dartmoor National Park. Stable list of 10,500 with branch surgery at University College of St Mark and St John. We are a progressive practice with research links to the Peninsula Medical School, applying to start PMS in April 2003. Enthusiastic, forward-thinking and committed partner sought to develop new ideas. There are superb leisure facilities with easy access to beaches, rivers and moorland. Practice profile available. Please send CV to Practice Manager, Claire Hansell, or phone for informal discussion.</p> <p style="text-align: center;">Closing date: 27 September 2002</p>
<p style="text-align: center;">FOR SALE</p> <p style="text-align: center;">Two good quality examination couches</p> <p>One is a three section and the other is a 2 section - £100 each. Please contact Elaine Boardman, Budshead Health Centre, 433 Budshead Road, Whitleigh, Plymouth PL5 4 DU. Tel:01752 206002.</p>	

<p>Dr Archer-Koranteng Estover Health Centre Leypark Walk Plymouth PL6 8UE Tel: 01752 789030.</p>	<p>Half-time (0.5) PMS Salaried GP From 1st October 2002. Salary £55,000 WTE (This post will also attract, should criteria be met, up to £5K under the "Golden Hello" scheme) I am seeking a half-time salaried GP (5 sessions per week) to join my friendly, innovative single-handed practice in the north of Plymouth. The surgery operates from a purpose built PCT owned Health Centre and the practice is committed to quality care and has an excellent and integrated Primary Care Team and support staff. A practice profile, job description and further information from Mrs Lynn Darke, Practice Manager.</p>
<p>College Park Surgery College Road Cullompton EX15 1TG Tel: 01884 831301 Email: nicola.heywood@gp-l83092</p>	<p>GP Retainer Required For friendly 10-Partner Practice in rural Devon town</p> <ul style="list-style-type: none"> ❖ 3 midweek sessions per week ❖ Flexible hours ❖ Fully equipped surgeries ❖ Good local nursery facilities ❖ Computerised ❖ Clinical support with mentoring ❖ PGEA Approved Learning Programme provided ❖ Existing retainer recommends <p>We pride ourselves on our team communication, our commitment to self-development, innovation and a supportive, friendly working environment.</p> <p>For further details please contact: Nicola Heywood, Practice Manager.</p>

Conferences, Courses and Information

Medicine and Law for Doctors and Lawyers

Peter Chalk Centre, University of Exeter – 27 September 2002

Professional Development International

A Day designated to keep Doctors out of Court

Tuesday 10 September 2002 - St James Centre, Exeter - £90

Come and hear what a Barrister, Lawyer and Doctor have to say to prevent litigation against you.

Topics include: Latest on employment law; Keeping accurate records; Discrimination, negligence, employer's liability and much more. Suitable for GPs and Practice Managers

Introduction to Study Skills

Wednesday 2 October 2002 - Buckfast Abbey, Buckfastleigh - £80

Topics include: Planning the assignment; Referencing; Critical awareness; Reading and writing skills.

Calling all Nurses – Are you confident that you can't be sued?

A Day designated to keep you out of Court and keep you in your job

Wednesday 13 November 2002. St James Centre, Exeter - £80

Topics covered: Keeping accurate records; Your rights; Patients' rights; Your employer's rights; Avoiding being sued.

Details of the above courses: Alison Parnall, PDI House, 19 Ross Close, Exeter EX1 3UE.
Tel/Fax: 01392 468643.

South Western Deanery GP Trainers Conference

"The Spirit of Discovery" – Thursday and Friday 21 and 22 November 2002
Saunton Sands Hotel, Nr Braunton, Devon

The Conference will be financially supported by the Deanery and pharmaceutical sponsorship. It is anticipated that attendance at the conference will be **free** to all attending trainers in the South West Deanery.

Further details: Mandy Hall. Tel: 0117 975 7046.
Email: mandy.hall@swndeanery.swest.NHS.uk

Pfizer

The Launch of an Organisational Toolkit for the Performance Management and Evaluation of PMS Pilots

Thursday 19 September. 1.00 – 4.30pm
The Webbington Hotel, Somerset

For further information please contact Caroline Connett, the work-life partnership,
14 Pridhams Way, Exminster EX6 8TA. Mobile: 07771 937725

The South West Informatics Learning Network

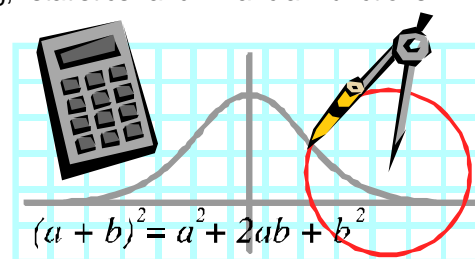
Evidence Based Healthcare – Wednesday 16 October 2002
Holiday Inn, Taunton – PGEA accredited

For further information please contact Daniel McCarthy 01392 207304.

Email: Daniel.mccarthy@nedevon-ha.swest.nhs.uk or click on: www.ecommunity.nhs.uk

Free Scientific/Engineering/Stats/Financial Calculator

Calc98 is a scientific calculator with extensive scientific/engineering, statistics and financial functions. In addition it has a very comprehensive range of units conversions and physical constants and properties. Amongst the many enhancements the new version introduces improved user customisation, matrices and arrays, and new display modes, as well as a built-in periodic table of the elements. The good news is that it is British, totally free and a full copy can be downloaded from - <http://www.calculator.org>



Simple, Free Undelete & File Restoration

Normally when a file is deleted or erased, the operating system just marks the file's space as available for reuse. Until the data is actually overwritten with new data, it's still there on your hard drive, and can be recovered. Windows goes a step further; most deleted files aren't even deleted to that level, but are instead moved to a special folder called the "Recycle Bin." Until the Bin is emptied or fills up, the files can be still available for recovery.



What happens when you accidentally empty the recycle bin or use the **shift+delete** keys (which bypasses the recycle bin), there are a number of tools to help you recover lost data. I have been trying out a small, free piece of software called **Restoration**, this has proved to be simple and robust in operation and files, which I thought had been lost, have been totally recovered. **Restoration** can be downloaded from - <http://hccweb1.bai.ne.jp/~hcj58401/>