

[SOUTHERN MACHARS PRACTICE](#)

[PRACTICE PROFILE](#)



We are a friendly three partner practice in South West Scotland. Based at surgeries in Whithorn and Port William (dispensing branch). We cover an area of approximately 100 square miles with patients in local villages of Isle of Whithorn, Whithorn, Sorbie, Garlieston, Kirkinner, Port William, Monreith, Mochrum and Whauphill. We employ 1 full time Practice Manager, 2 part time Practice Nurses, 5 part time reception staff plus part time dispenser and two relief receptionists, and have the usual attachments of district nurses, midwives and health visitors. The remaining doctors will be Dr Christopher J Ducker, MB ChB. 1984 (Bristol) DRCOG 1988, MRCGP 1989, FPA Certificate 1988, Dr Andrew G Brown, MB ChB (1987) Edinburgh) DRCOG 1998, MRCGP 1995, DCH 1992, and Dr Christopher B Warburton, MB ChB

[SOUTHERN MACHARS PRACTICE AREA](#)

The Machars region of Galloway is a broad based triangular peninsula jutting south into the Irish Sea. It consists of a mix of farming land, forests and to the west some higher fell land. The coast has beaches, pebble/ boulder shore and to the east and south substantial lengths of cliffs. The climate is usually typically maritime with more rain and wind but less cold than much of Scotland. Logan Gardens on the adjacent Rhins peninsula is where the Edinburgh Botanical Society keeps its tender collection. The last 2 winters have been something of an exception, though we still had comparatively little snow.



The practice area occupies the lower two thirds of the peninsula with surgeries in Whithorn and Port William. The other main villages we cover are Isle of Whithorn, Garlieston, Sorbie, Kirkinner, Whauphill and Mochrum. Whithorn is the largest and boasts the site of the first Christian settlement in mainland Scotland. The others are a mix of coastal settlements and smaller inland villages which have their roots in farming. It is a farming area but people also travel to the larger Wigtownshire towns and even further for work. There are still some fishermen working inshore boats.



We are only a few miles from the former county administration centre of Wigtown which as Scotland's book town has a large collection of second hand book shops and an annual book fair. The larger towns of the area at about 18 miles and 30 miles are Newton Stewart and Stranraer. These both have more substantial shops, supermarkets and secondary schools while



the latter has the ferries to Belfast. For larger towns Dumfries and Ayr are about 65 miles away, while Carlisle is about 90 and Glasgow 100. The roads in Galloway are twisty but relatively empty. It is not too arduous to go to Glasgow for a concert occasionally or even, when the ferry time tables fit, have a days shopping in Belfast.

Our local main hospital is the Dumfries and Galloway Royal Infirmary. There is the Galloway Community Hospital at Stranraer which has inpatient beds run by staff grades and some GPs along with day case surgery and out-patients, while the health centre at Newton Stewart also has some out-patient clinics. It has a cottage hospital though we do not have beds there. Tertiary services are mainly from Edinburgh with some from Glasgow. Edinburgh consultants conduct oncology clinics in Dumfries. Psychiatric in-patient services are at The Crichton in Dumfries with the Wigtownshire community services being based in Stranraer. Out of hours is currently provided via bases in Stranraer and Newton Stewart. This is manned by a mix of staff grades with some GPs doing sessions. The geography means that during normal hours we are often the first port of call for patients with minor and some times less minor trauma. It also means that both the GPs and the District Nurses have to be generalists to a greater degree than in larger centres.



The area is an out door pursuit holiday destination for many. There are 3 RSPB reserves in Galloway; peregrines, seals, gannets and otters have all been seen while working! (The latter 2 from the Port William surgery waiting room) The Merrick Ranges provide hill walking perhaps wilder and certainly lonelier than the Lakes or even the more southern parts of the Highlands. The Galloway Forest Park

has extensive mountain bike trails as well as quiet nature walks. There are coastal cliff walks and sandy beaches locally. Luce Bay and Wigtown Bay will offer semi sheltered water for dinghy sailing and kayaking. More



substantial boats are kept at Isle of Whithorn, Garlieston and Port



William but these all dry at low tide. Angling consists of sea fishing from shore and boat while the local Lochs and rivers have trout, salmon, rudd and pike. There is also shooting. Recently Galloway Forest Park became the UK's first Dark Sky Park because of the lack of light pollution.

There is a swimming pool and a cinema at Newton Stewart. Stranraer has a leisure centre with a pool sports hall, squash courts, and a small theatre used for films, concerts and visits from organisations such as Scottish Ballet and Scottish Opera.

www.whithorn.info

www.whithorn.com

www.isleofwhithorn.com

www.isleofwhithorn.com/isleofutures.asp

www.whithorn.info/community/garlieston

www.whithorn.info/community/sorbie

www.undiscoveredscotland.co.uk/portwilliam/portwilliam.index.html

www.portwilliam.com

www.wigtown-booktown.co.uk

