

**A MESSAGE FROM DR FOSTER**

After over 32 years as a GP at the Ridgeway Surgery I will be retiring at the end of this month.

Looking back, medicine has changed a lot during my time here, but what has stayed the same is how much I’ve enjoyed being part of the Ridgeway community and helping people in any way I can.

A big thank you to my patients, the amazing team at the Ridgeway and everyone who has made my time here so memorable. Your trust and support have meant the world.

As I move into my next chapter, I’m excited to spend more time travelling, with my family and generally taking a breather from the daily grind.

I’ll also be looking to spend more time doing some fundraising, with my first challenge being the Macmillan Half Marathon Hike in July.

I’ll definitely miss the work, but I’m sure the surgery will continue to thrive and care for everyone just as well as ever.

Thanks for everything - it’s been an absolute pleasure being your GP.

All the best

Helen



**There is a retirement book at reception if anyone wishes to leave a message for Dr Foster please speak to a member of the team.**

**Thank you.**