

theGardenCityPractice

Drs S Gupta, T Archdeacon, R Shah, N Nury, J Hopwood & M Shah

May 2021 Newsletter

Our website address is
www.gardencitypractice.nhs.uk

You will find much useful information on our website about the practice and links to several useful NHS sites.

If you register as a SystmOnline user you can arrange repeat prescriptions online, the appointment booking option is currently not available due to covid-19. New patients can also register online.

Useful telephone numbers

Appointments 01707 321 500

24 hr health service—111

Lister /QE2 hospitals—01438 314333

Patient transport (QE2, Lister and Hertford)—03456 051 208

Opening Hours

M-F 8.30am—6.30pm

Sat 9.00am—12.00pm first 3 Saturdays every month

Usual doctor days

Dr Sachin Gupta (M, T, W)

Dr Tina Archdeacon (M, Th)

Dr Rahul Shah (M, W, Th, F)

Dr Nada Nury (M, T, Th, F)

Dr Jenny Hopwood (T, F)

Dr Meera Shah (W, Th, F)

Practice Manager:

Sandie Ince

Assistant Practice Mgr:

Natalie Cox

Please leave feedback on GOOGLE or www.nhs.uk and select GP service

Ways of working during COVID

We continue to work towards business as usual during this challenging period. As required by NHS England we are continuing with the triage first model whereby a health care professional will ring you first and will then offer a face to face appointment when needed. How we work is under constant review with the local CCG and NHSE but it is important that we continue to provide a safe and secure environment for staff and patients.

You must attend your face to face appointment wearing a face mask/covering and if you have any COVID symptoms (temperature above 37.8, new continuous cough, loss of taste/smell) you must not come into the practice.

The phone lines continue to be extremely busy, our receptionists work hard to answer the calls as quickly as possible. During the week you can submit an eConsult via our website which is quick and easy for non-urgent problems. These will be reviewed and responded to within 2 working days.

May is National Walking Month

Walking has many benefits for both our minds and bodies and has the added advantage is that it is free! Walking briskly can help you build stamina, burn excess calories and improve the health of your heart. Make sure you wear comfortable footwear and clothing before you set off. There are many websites that provide maps and routes if you want to plan ahead or just walk from your house. Hertfordshire County Council website has walking routes that you can select by difficulty, distance and duration.



Looking ahead to 14—20 June is Men's Health week and Cervical Screening awareness week. The aim is to raise awareness of preventable health issues and encourage men and boys to seek advice for health related problems.

There are approximately 3200 women diagnosed with cervical cancer in the UK each year, over half of these are in women aged 45 and under each year.

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Covid vaccination programme

The practice has now offered first vaccinations to all patients in priority group 1– 9 and is now focusing on delivering second doses when they are due.

If you are in a newly eligible age group please arrange a vaccination appointment through the national booking service website <https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination/> or by calling **119**. This will allow you to book an appointment at a local vaccination centre or pharmacy site.

If you have any questions or concerns about your vaccination have a look at the advice, information and frequently asked questions on the NHS website <https://covid.healthierfuture.org.uk>

Would like to extend our thanks to the staff and volunteers for the invaluable help in supporting our vaccination effort.

New roles in the practice

Many of you will be aware that we have extended the range of clinicians that we have in the practice to support you with your healthcare needs. These include:

Clinical pharmacist—**Gerri Douglas** (carrying out medication reviews + dealing with prescription queries)

Social prescribers—**Angela Smith** and **Louise Casey** (helping patients with non clinical support including social care support and many other tools and remedies)

First Point Physio (our first contact physio service, who can make assessments and offer support/guidance)

Mental health support worker—**Jane Bozier** (who can help patients with mental health care needs)

HealthCare Assistants—**Hannah Robinson** and **Katie Moule** (who can provide a range of nursing tasks including wound care, ECGs, shingles vaccines, B12 injections, etc..)

We have recently recruited a Physicians Associate, **Darshika Relwani**, who started with us on 1 March. Darshika will be able to see a wide range of health problems and is a welcome addition to the team.

These additional roles have proved very popular with patients and are helping us cut waiting times.