

The Bedford Park Surgery Autumn Newsletter

Dear Patients

Hope you are all safe and well. Please have a read of our newsletter to keep abreast of current activities at the surgery.

COVID AUTUMN BOOSTERS

We are now well into our 5th set of Covid vaccines / boosters for patients and the population is being asked to book themselves for their Autumn boosters via the NHS Online portal website. The link can be found below.

<https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination/>

The criteria for booking for any Covid vaccines is below. For the Autumn booster, this is now open to patients aged over 65 years.

- 1st and 2nd doses for people who are 5 years old and over
- additional primary doses for people with a severely weakened immune system aged 5 years old and over
- 1st booster for people aged 16 years old and over, plus at-risk children aged 12 to 15 years' old
- a seasonal booster (autumn booster) for some people, including people over 65 and some who are at higher risk (see **1st booster and seasonal booster** to find out who can get seasonal boosters)

For patients who are housebound, a special roving team will come out to you at some point over the next month or so. They will be administering the Covid vaccine if you are eligible.

The surgery will not be administering the vaccine on site.

FLU JABS

A gentle reminder to all patients who have yet not booked their flu vaccines, please make an appointment with the nurse or HCA to get this done.

There is a high risk this winter with both Covid spreading and Flu so if you are eligible please do book your appointment with us.

We have run one very successful flu clinic already and will continue to offer patients the opportunity to be vaccinated with us.

The criteria of eligibility are below and we have a clinic for our 50 – 64 general non risk population on **27 Oct 2022** with the nurse.

- are 65 and over (including those who will be 65 by 31 March 2023)
- have certain health conditions
- are pregnant
- are in long-stay residential care
- receive a carer's allowance, or are the main carer for an older or disabled person who may be at risk if you get sick
- live with someone who is more likely to get a severe infection due to a weakened immune system, such as someone living with HIV, someone who has had a transplant, or is having certain treatments for cancer, lupus or rheumatoid arthritis
- are frontline health workers
- are social care workers who cannot get the vaccine through an occupational health scheme at work

Starting from mid-October, people aged 50 years old or over (including those who will be 50 years old by 31 March 2023) can have a free NHS flu vaccine. This is so at-risk groups can be offered vaccination first.

POLIO BOOSTERS

We have started to invite our eligible children aged 1 – 5 years old for their polio booster vaccines with the nurse over the last month. If your child is in that age group and has not received an invite, it may be because they have recently had their set of immunisations and would have to wait 12 months before the booster is given.

Please wait for the invite and then book your appointment if not done so already.

For the children ages 5 – 9, if you wish to have your child vaccinated, you will need to book via the hubs.

The link for this is below.

<https://www.nwlondonics.nhs.uk/your-health-services/your-health/polio-vaccinations>

MenACWY VACCINE

Many young people will be attending colleges and universities for the first time in the coming weeks. The UKHSA and meningitis charities are urging students to ensure they are protected against serious disease such as meningitis and septicaemia before the term begins, as many of these illnesses arise at the start of the academic year. Anyone from the age of 14 – 25 requesting a MenACWY vaccine can book this at our surgery with the nurse.

CLINICAL PHARMACIST

We have recruited a clinical pharmacist, Ramin, through our PCN (primary care network) who will be working alongside our team on Monday half days. He will be seeing or calling patients for their routine structured medication reviews and will be looking at helping the surgery to optimise our prescribing methods to ensure we are prescribing within the guidelines. He will also be reviewing high risk drug / prescriptions for patients and ensuring relevant blood tests or other checks are being booked.

FCP (FIRST CONTACT PRACTITIONER)

We have also recruited through our PCN an FCP which is a First Contact Practitioner. This clinician works in physio and he will be working with our neighbouring practices to see or speak to patients who have musculo skeletal problems or bone, joint or muscle pain.

When you call the surgery, if you are deemed to be someone who would benefit from speaking to him, you will be referred to his clinic and he will then call you for a telephone or face to face appointment.

The physio will:

- Assess you and diagnose what's happening.
- Give expert advice on how best to manage your condition
- Refer you on to specialist service if necessary

We hope that you find this service useful.

PARAMEDICS

We have a team of paramedics who are working in our primary care network who have been recruited to see patients at home for emergency home visits. If the GP on duty feels that a particular patient warrants the need of a home visit by a paramedic, they will do the referral and you will be seen at home by someone who can perform in depth checks and look after your emergency need at home. The paramedics will only be sent by the direct order of the GP and cannot be requested ad hoc by patients to the reception team.

CARERS IN CASE OF EMERGENCY CARD (ICE)

If you are a carer then you can be entitled to the **In Case of Emergency Card**. This logs the details of the person you care for with the Social Services so that if something happens to you as the carer, the person they care for will be looked after.

If any carer would like an ICE card, we can do the referral form for you and send this off.

Please come and speak to reception and ask about this or email the surgery on admin.bedfordpark@nhs.net

CRANIOSACRAL THERAPIST

We have a private therapist who works from the surgery on an ad hoc basis, to see patients privately for Craniosacral therapy.

Please read a short excerpt from her below with a link to her website for more information.

“Are you feeling out of sorts, run down, anxious, overwhelmed? My name is Madeleine. I am a Craniosacral Therapist, offering sessions on Tuesdays at Bedford Park Surgery. Please feel free to visit my website www.TheCraniosacralPractice.co.uk which has a short film “What is Craniosacral Therapy” alongside some reviews. Please get in touch to see how CST can help you. My number is 07970174502 or email me Madeleine@TheCraniosacralPractice.co.uk I look forward to speaking with you.”

CPCS (COMMUNITY PHARMACY CONSULTATION SERVICE)

We are now offering the option for our patients to be referred to our local Pharmacist Alisha Pharmacy for medical issues that can be dealt with by a Pharmacist outside of the surgery.

On the odd occasion when you call the surgery and cannot be given an appointment on the day for something urgent, you will be given the option to be referred to see someone at Alisha Pharmacy on the day.

This is going to be more helpful to ensure access for our patients to someone with minor ailments, a list of which includes things like UTI, coughs, colds, sore throats, acne, constipation, diarrhoea, earache, vomiting, wound problems, headaches and many more ailments.

The reception staff will book you in with the pharmacy on the day you call, if you have a minor ailment and you will then be contacted by Alisha Pharmacy for a telephone or face to face consultation. They will then help you with your medical issues and send the surgery a report on the outcome of the consultation which will be saved on your medical records.

This will help increase access to appointments with the GP for more critical long term conditions sooner than later.

NEW EXTENDED HOURS HUBS

From 1 Oct, our surgery will cease to open on Saturday mornings for what we called our “extended hours” service.

The reason for this is that there has been a request from the Government to ask PCN’s (primary care networks) in each locality to be responsible for the provision of the extended hours service.

Acton PCN has had discussions as a group and we have a new hub which will be operating from Crown Street Surgery in Acton for all our patients.

This hub will be offering Nurse, GP, HCA and Clinical Pharmacist appointments Monday to Friday from 18.30 – 20.00 and Saturdays from 08.00 – 20.00.

This is due to start mid-October and once this takes off, we will be able to book patients who need to be seen when we are closed for urgent issues.

We hope that this new system will run well for our patients and give them that additional access to a clinician in primary care in hours that suit them best.

PARSONS GREEN WALK IN

Parson’s Green Walk-in Centre has re-opened for walk in services

The walk-in service at Parson’s Green NHS Walk-in Centre at 5-7 Parsons Green, London SW6 4UL (provided by Central London Healthcare NHS Trust (CLCH) re-opened on Thursday 01 September 2022.

Parson’s Green Walk-in service is a nurse led service for minor injuries and illnesses and will provide access for same day care without an appointment.

Parsons Green Walk-In Centre criteria

[Click here to view the walk-in centre criteria.](#) Please note the acute booked dressing appointments will stop and this can be accessed via the walk in pathway.

General exclusions

- The walk-in centre is unable to see pregnant women or children under 12 years old.
- Anyone requiring the following: Repeat prescriptions, reports for insurance/fit to fly, medical certificates, routine referrals, blood tests, chronic disease management (inc asthma review, BP checks/hypertension management, oral contraception/LARC etc).

Opening times - Monday to Friday 08.15-18.00

YOUR NEXT POO COULD SAVE YOUR LIFE

We are supporting a London-wide campaign to encourage more patients to do their free NHS bowel cancer screening home test, which checks if you could have bowel cancer.

People who are the right age are sent a free NHS FIT (Faecal Immunochemical Test) kit every two years. You use it to collect a small sample of poo and post it back to an NHS lab.

The campaign by NHS London, “Your next poo could save your life”, urges more people to use their kit – a message we wholeheartedly endorse.

Screening can help prevent bowel cancer and find it at an early stage when it’s easier to treat. People who complete their screening are 25% less likely to die of bowel cancer.

The kits are for people with no symptoms and most people get the all-clear.

If you are aged 56, 58 (on or after 16 May 2022) or 60 to 74 and we have your correct address, you will be sent a kit every 2 years. Please use it. By April 2025, bowel cancer screening kits will be for everyone aged 50 to 74 in England.

To find out more and hear from other Londoners about their experience of bowel cancer screening, visit www.healthy london.org/bcs

If you have [symptoms of bowel cancer](#) which last for three weeks or more, please contact the practice and ask for an appointment.

PATIENT HEALTH TALKS

We host patient health talks to our patients (alongside patients from neighbouring practices) once a month. These are hosted by HCA Healthcare who have been working with us for the last 18 months to provide Consultants for very useful talks.

You can see some of the you tube videos of past talks on our website, link below:

<https://www.bedford-park.co.uk/practice-info/patient-health-talks/>

We are very proud of this initiative as our patients do benefit from talking directly with a Consultant specialist in the specific clinical domain and answer personal questions too.

Past topics have includes child allergies, Women’s health, Menopause, Diabetes, Asthma and respiratory system, Rheumatology and Love your liver.

We would love our patients to take this opportunity to enhance their knowledge on their clinical conditions and welcome recommendations for future talks.

Future health talks:

5 Oct 2022 at 18.30 – 19.30 is Bowel and Digestion

2 Nov 22 at 18.30 – 19.30 is IVF and Fertility

NEW STAFF

We have had quite a changeover of staff and would like to welcome the below members to our surgery team. We hope you have already or will get to meet them when you come in.

Amran (Vicky) Chester – Practice Nurse on Tuesday

Theresa – Practice Receptionist

Juliet – Evening Receptionist

Charlotte – Receptionist has returned from maternity leave.

Nadia – (Podiatrist Private only)

MATTHEW JEWERS

It has been a sad time for the surgery as we have lost a very long term and well-loved member of the team. Matthew Jewers, our Chiropodist / Podiatrist who had been working with patients at the surgery sadly passed away over the summer earlier this year. We would like our patients to know that he was very much loved by the team and his patients alike and will be missed greatly by us all.

CHRISTMAS OPENING HOURS

Monday 26 Dec 22	CLOSED
Tuesday 27 Dec 22	CLOSED
Wednesday 28 Dec 22	OPEN AS NORMAL
Thursday 29 Dec 22	OPEN AS NORMAL
Friday 30 Dec 22	OPEN AS NORMAL
Monday 2 Jan 23	CLOSED
Tuesday 3 Jan 23	OPEN AS NORMAL

We would like to wish all our patients and their families a wonderful few months ahead for Halloween, Diwali, Christmas and New Years and hope for good health.