

Canterbury Medical Practice News

Winter

Bridge Health Centre

Tel: 01227 831900

Cossington House Surgery

Tel: 01227 763377

Littlebourne Surgery

Tel: 01227 721515

Dispensary: 01227 721561

London Road Surgery

Tel: 01227 463128

GP Partners:

Dr Julian Thompson

Dr James Hinksman

Dr Tina Crook

Dr Eddy Rossini

Dr Will Davies

Dr David Gregory

Salaried GPs:

Dr Kim Gardner

Dr Alia Faruqui

Dr Kate Peirce

Dr Melissa Russell

Dr Jim Cole

Dr Adrian North

For the full practice team please visit our website:

<https://www.canterburymedicalpractice.nhs.uk/team?category=doctors>



In this Issue:

- Welcome – Pg 1
- Surgery Updates- Pg 2
- Coronavirus Vaccinations – Pg 3
- Primary Care COVID-19 Vaccine Study Network- Pg 3
- Looking after your health and wellbeing – Pg 4
- Staff Update – Pg 5

Welcome to the Canterbury Medical Practice Newsletter

On behalf of all the Partners at Canterbury Medical Practice I would like to take this opportunity to wish you and your families a very Merry Christmas and a Happy and Healthy New Year!

There is no doubt that 2020 has brought major challenges for us all, and we would like to say a huge thank you to all our staff, clinical and non-clinical alike, who have worked tirelessly and selflessly throughout the year to tackle and overcome these challenges.



And to our patients also, a big thank you for your tolerance, understanding and stoicism through such difficult times. We hope you all have a refreshing and well deserved Christmas break!

Dr Thompson, Senior Partner. Primary qualifications: MB BS MRCPG DRCOG DFFP (London 1993)

Dr Thompson qualified at Guys Hospital Medical School in 1993; Partner at Cossington House Surgery since 2001; School Medical Officer for both Kent College and St Edmunds Schools; Medical Officer of Kent County Cricket Club His special interests are in Clinical Trials and Sports Injuries.

Email: KMCCG.CMP@NHS.NET

Website: <https://www.canterburymedicalpractice.nhs.uk/>

Surgery Updates

Surgery Closures/Out of Hours:

In the case of urgent need when the practice is closed please call NHS 111. Your needs will be assessed and advice offered or arrangements made to meet a Doctor.



Upcoming Surgery Closures:

**Wednesday 17th
February 2021**

Patient Participation Group (PPG)

The members of the PPG provide a voice on behalf of the population registered at the practice. Also by working collaboratively with the practice to improve services for patients.

The group meets three times a year and comprises of patients from Bridge Health Centre, Littlebourne, London Road & Cossington House Surgery. If you would like to sign up to the Patient participation Group please visit our website. The next virtual meeting is **Thursday 7th January.**

Canterbury Medical Practice would like to thank all of our patients and staff whose actions have helped to reduce the transmission of the Coronavirus in our community, in what has been a particular difficult time.

We ask our patients continue to adhere to the Government regulations of social distancing & hand hygiene.

Please note the surgery doors are currently closed due to COVID-19 Government guidance. All patients invited by a clinician to attend a booked appointment will be provided entry to the surgery by a member of the reception team.

Ethelbert Road – New Premises Update

We are very excited to inform you that our new GP surgery at Ethelbert Road (adjacent to Kent & Canterbury Hospital) is on target to be ready in early February 2021.

We would like to thank our patients and our patient participation group with their support in the development of this surgery.

Our new surgery will replace the outdated Cossington House & London Road Surgeries with a single state-of-the-art building.

For more information please visit our website:

<https://www.canterburymedicalpractice.nhs.uk/>



In the last **three months** Canterbury Medical Practice has:

GPs:

- Triaged over **1500** patients for urgent on the day advice
- Seen over **980** patients in routine appointments
- Over **3040** telephone calls
- Issued over **7800** repeat prescriptions
- Visited over **170** patients at home

Nurses:

- Over **5300** nurse appointments have been attended
 - Carried out over **2000** blood tests
- Carried out over **340** blood pressure checks.

Reception/Admin Team:

- Processed over **20,000** clinical documents
- Answered over **19,000** phone calls

Email: KMCCG.CMP@NHS.net

Website: <https://www.canterburymedicalpractice.nhs.uk/>



FLU Vaccinations

You are eligible for a flu vaccine if you:

- Are aged 65 or over
- Have a chronic respiratory disease
- Have chronic heart disease
- Have chronic renal disease
- Are diabetic
- Have chronic liver disease
- Are a carer
- Currently pregnant

We have clinics at all of our surgeries primarily on a Saturday morning to assist with social distancing measures.

If you are aged 50-64 and are not in a clinical risk group, more information will be provided later in the Autumn as we wait to hear about National vaccine stock levels.

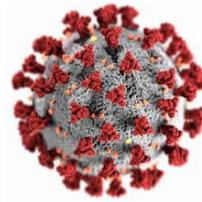
PROTECT YOURSELF

PROTECT THOSE AROUND YOU

PROTECT THE NHS



Coronavirus Vaccinations - Latest Information



NIHR | National Institute for Health Research

Primary Care COVID-19 Vaccine Study Network

There has been some positive news over the past week with regards to the development and announcement of the Coronavirus vaccination. The Pfizer vaccine has been approved and has started to be rolled out across the UK, with alternatives anticipated to shortly follow.

Covid-19 vaccinations will be provided through a range of local NHS services. The vaccines will be available to everyone over 18 years old. People will be invited for vaccination based on a nationally set priority list. The **elderly** and **most at risk** from Covid-19 will be vaccinated first.

You do not need to contact the surgery until you receive a letter, text or phone call about getting the Covid-19 vaccines. Our phone lines are very busy and we would appreciate your support to keep phone lines open for people needing to make appointments for other health matters. The vaccination programme will take several months to work through everyone, so it could be some time before you are contacted.

Please help protect yourself, friends and loved ones by getting vaccinated when you are invited. In the meantime, it is as important as ever to maintain social distancing, handwashing and wearing face coverings in public spaces.

What's involved?

You will need to visit the hospital or a research site a few times over a period of 6-12 months.

At these visits you will:

- Be told about the research study.
- Have the chance to ask any questions
- Undergo blood tests.

Who runs COVID-19 Studies?

In England, the research partner of the NHS is the National Institute for Health Research (NIHR). It is working with equivalent NHS research partners in Northern Ireland, Scotland and Wales on vaccine studies.

You can sign up online at:

<https://www.nhs.uk/sign-up-to-be-contacted-for-research>

To participate in this study you will need to:

- Have an email address
- Be aged 18 or over
- Live in the UK

You will be asked some questions about yourself and then with your permission the researchers of the vaccine studies will contact you.

Email: KMCCG.CMP@NHS.net

Website: <https://www.canterburymedicalpractice.nhs.uk/>



E-Consults

Are you having trouble getting through to the practice?

Did you know we offer e-consulting?

This service enables GP practices to offer online consultations to patients. Allows you to check symptoms and provides around the clock NHS self- help information.

To submit an econsult please visit our website, where you will see a link on our homepage. Once you have submitted your econsult, the practice will review the information and get back to you.

NHS COVID-19 App

If you haven't already please download the NHS COVID-19 track and trace app.

The App will notify users if they have come into contact with someone who later tests positive for Coronavirus – helping us to all keep safer.



Staff Update:

Canterbury Medical Practice would like to introduce some new members of staff who have joined us recently:

Reception Team:

Tim & Rose have both recently joined the practice.

Clinical Team:

Dr Oluwamayowa Adewole has joined the practice as a ST3.

Dr Tony Onuchukwu

Dr Jim Cole joined the practice on 21st September and will be based in the city hub.



Dr Jim Cole

Dr Cole completed his medical degree at the University of Birmingham and his first hospital jobs in the West Midlands, before moving to east London to undertake GP training. He worked as a GP in Tower Hamlets for 8 years and has relocated back to Kent with his family.

On the days he is not in the practice, Dr Cole works at Queen Mary University of London as a Clinical Quality Improvement Fellow - supporting east London practices to manage patients with long term conditions.



Dr Adrian North

Dr North qualified at Manchester University and completed his Medical Training in Wakefield, West Yorkshire. He had been a GP partner in a Wakefield practice for 19 years before joining Canterbury Medical Practice to be closer to family.

He has special interests in Minor Surgery, Joint injections and Dermoscopic examination of skin lesions.



And lastly please join us in wishing the staff listed below good luck and best wishes in their future endeavours:

Laura (Receptionist)

Vicki (Receptionist)

Dr Nabita Rai (GP Registrar)