

# THE MUSWELL HILL PRACTICE

## WINTER 2018 NEWSLETTER

[WWW.THEMUSWELLHILLPRACTICE.CO.UK](http://WWW.THEMUSWELLHILLPRACTICE.CO.UK)

We have an active patient group – let us know if you'd like to be more involved.

### ONLINE ACCESS

Have you signed up for Patient Access? You can view, book and cancel appointments online as well as order repeat prescriptions. In addition to this you can also access your results and investigations. Bring in a form of photographic ID to reception and they will give you a code to enable you to access the site to do this.

With the use of electronic prescribing, this amazing service allows you to request your prescriptions online and for it be sent directly to your pharmacist. Ask one of receptionist to update your record with your nominated pharmacy. It helps to reduce paper and queues at reception and it is quicker for you.

### KEEP HEALTHY OVER WINTER

- If you are eligible for a flu, pneumovax or shingles vaccination, please book in now! Our 'flu day on Saturday 29th September was a huge success with 282 adults and children vaccinated against flu. We're particularly keen to vaccinate those who are pregnant and under 65 in an at risk group.
- NHS England recommends the following on how to stay well this winter...
  - ✓ Stay warm – Both inside and outdoors. Keeping warm over the winter months can help to prevent colds, flu and more serious problems such as heart attacks, strokes, pneumonia and depression.
  - ✓ Stay active – Keep active when you're indoors. Try not to sit still for more than an hour or so. Wear several layers of light clothes. They trap warm air better than one bulky layer.
  - ✓ Stay informed – Make sure you're receiving all the help that you're entitled to. Learn how to make your home more energy efficient, improve your heating and keep up with your energy bills at [www.gov.uk/phe/keep-warm](http://www.gov.uk/phe/keep-warm)
- Do you smoke? Book in to an appointment with Carrie for smoking cessation support and advice.

For more tips on keeping healthy, including exercise, diet and reducing alcohol intake, see this excellent resource: check out the Livewell pages at <https://www.nhs.uk>

# TEXT MESSAGING SERVICE

The Muswell Hill Practice is looking to improve communication and how we relay information to patients in an efficient and eco-friendly manner by the use of text messages. In line with the GDPR legislation changes we invite you to opt in to this service. We can only offer this service once you have opted in and this is recorded in your medical record. We kindly ask that you update your mobile phone number and email addresses so we can get in touch now!

## STAFF UPDATES

We are sorry to announce that Dr Shymaoli Burman-Roy will be leaving the practice on the 1st April 2019. Dr Burman-Roy was a GP Registrar and then became a valued salaried GP practitioner. We have very much appreciated Dr Burman-Roy contribution to the team over the past 2.5 years and we will miss her. We wish her all the best at her new practice.

We also wish Dr Jenny Hopwood well who is on maternity leave. We welcome back Dr Lucy Jones – who you may remember was one of our registrars. Dr Jones will cover Dr Hopwood's maternity leave till April and then will be a permanent member of staff after that.

Dr Alexander Goss has joined us as a registrar and will be with us until August 2019. Dr Jimmy Lam has moved on to his next post and will return to the practice in August 2019.

We are currently in the process of recruiting new members to the reception team and will introduce them in our next newsletter.

## OUR NEW PREMISES...

It's not a very well-kept secret that the partners have been looking for new premises for the last twenty years. We are glad to say the search may soon be over...

We are closer than we have ever been and we will inform you as soon as we have confirmation that the new plans have been given the green light. Stay in the loop and share your interest by joining our patient group.

## QUICK NOTICES



- Please use our pod to update your blood pressure, weight and health information.
- Contact our pharmacist Helen for any medication queries or reviews.
- We have supplies of condoms that can be given out by our nurses.
- Do you care for someone else? Please let reception know if you are a carer.
- Sign up to receive this newsletter via email - give your name to reception or sign up via our website.