



PARKSIDE SURGERY NEWSLETTER

AUTUMN 2024

PRACTICE NEWS

LEAVERS 😞 We say goodbye to Drs Nihar Kothia, Ahmed Gharieb, Sanaa Malik, Debie Cherian and Mohamed Ebrahim who all finished their rotation with the practice in August. We wish them all the best for the future.

JOINERS 😊 We welcomed two new patient services coordinators, Anna Robinson and Michelle Hill in July. We are also pleased to announce that Kashmira Patel, Clinical Pharmacist will be returning in September. We have new GP Registrars who will stay with us for the next 4 months, Drs Ebitimi Oji, Margo Nasr Ahmed Khater and Reem Nasser. We also welcome back Dr Abiodun Okunlola who will be with us for 6 months and Drs Talha Syed and Mohamed Salem who along with Kezia Thomas and Sabiha Alam will be with us until August 2025 to complete their GP Training. GP registrars are fully qualified doctors who are training to be a GP.

RSV (RESPIRATORY SYNCYTIAL VIRUS) VACCINATION is a common cause of coughs and colds. It usually gets better by itself, but it can be serious for some babies and older adults. A vaccine to help protect against RSV will be available on the NHS from 1 September 2024.

You'll be able to get the vaccine if:

- ✓ **you're aged 75 to 79** we will contact you about getting vaccinated.
- ✓ **you're 28 weeks pregnant or more – this will help protect your baby for the first few months after they're born** From September you can speak to your maternity service or GP surgery about getting your RSV vaccination if you're 28 weeks pregnant or more.

You can find out more at <https://www.nhs.uk/conditions/respiratory-syncytial-virus-rsv/>

APPOINTMENT ATTENDANCE

During June and July we have had **294** missed appointments with a member of our clinical team, this equated to **68.5 hours** of appointment time being wasted.

Please make a note of your appointment rather than relying on our text message to remind you. Help us to offer a better service by cancelling any appointments you are unable to attend from your SystmOnline record, NHS app or from our website www.parksidesurgery.co.uk/appointments, so that someone else can benefit from them.

FLU VACCINATION CLINICS - We will be running clinics in the surgery from October, if you think you are eligible please ring to book an appointment. Most of our eligible patients will receive a text message to book.

We will also be offering eligible patients the covid vaccination at the same time. **KEEP AN EYE ON THE PRACTICE WEBSITE FOR CLINIC DATES**

For eligibility criteria for both vaccinations please check on <https://www.nhs.uk/vaccinations/>



FRIENDS AND FAMILY TEST

311 patients filled in the friends and family test during July. When asked how their overall experience with the practice was, they answered :-

Very Good	Good	Neither good/bad	Poor	Very Poor
237	57	9	4	4

These are some of the responses

For the first time in years I could actually see a Diabetic nurse. A lovely lady named Leanne. She had a thorough look at my records and reassured me about my progress and went out her way to help me with the only problem that was shown up. I felt so much better for having spoken to her and came away feeling my future was brighter. She made me feel at ease and never once talked down to me.

Offered appointment same day, helpful and understanding doctor

While appointments are sometimes difficult to get at a time that suits (through no fault of the staff, totally down to the local authority throwing up houses without enough facilities), the staff at Parkside have always been spot on with me.

25 mins late for my appointment with no apology or reason

I saw a student first and then a doctor they were both really nice, reassuring and put my mind at ease

I just love this practice after our last one staff very helpful nothing is too much trouble

HEALTH AWARENESS DAY

September is **Urology Awareness Month** - Throughout the month, teams of experts and patients aim to increase public awareness of all urological cancers, diseases and conditions that affect the kidney, bladder, prostate and male reproductive organs. As well as highlighting the symptoms associated with such diseases the month looks to also talk about the impact they have on all aspects of a persons life. For more info visit www.theurologyfoundation.org/

Wear It Pink 2024 18th October 2024 invites people to wear pink clothing or accessories to show their support for breast cancer awareness and research. This vibrant and positive campaign aims to raise awareness about breast cancer, encourage early detection, and raise funds for breast cancer research and support services. Visit <https://breastcancer.org>

Movember 2024, also known as Men's Health Awareness Month, is an annual global campaign that encourages men to grow mustaches and participate in various activities to raise awareness about men's health issues. This month-long event focuses on promoting physical and mental well-being among men, addressing issues such as prostate cancer, testicular cancer, mental health challenges, and suicide prevention. Movember provides a platform for men to discuss their health openly, seek support, and take proactive steps towards a healthier and happier life. For more info visit <https://uk.movember.com/>



DON'T FORGET TO "PUT YOUR CLOCKS BACK" BY ONE HOUR ON SUNDAY 27TH OCTOBER

STAFF TRAINING - We will be closed from 1.30 pm on: 18 Sept 16 Oct 20 Nov

Please ring 111 if you need medical advice after 1.30pm