



PARKSIDE SURGERY NEWSLETTER

WINTER 2024/25

PRACTICE NEWS

LEAVERS 😞 We said goodbye to Drs Oji, Khater and Nasr who all finished their rotation with the practice in December. Drs Akinwande and Shafique left the practice in October. We wish them all the best for the future. We are sad to say that Dr Anton Antonov retires from the practice in December. He has been with the practice since 2004 and will be missed by us all. We wish him a happy and well deserved retirement.

JOINERS 😊 We welcomed two new patient services coordinators, Rebecca and Saira in October. We have three new GP Registrars, Drs Prem Kannan, Lalit Maheshwari and Anaeto Muogbo who will be with us until April 2025. GP registrars are fully qualified doctors who are training to be GPs.

ROUTINE ADULT VACCINATIONS

- Influenza/Covid 19 vaccinations** the annual campaigns are ongoing however we have used our supply of vaccine in surgery. If you would still like either or both of the vaccinations ring 119 or online at <https://www.nhs.uk/>
- RSV vaccination**, you will only need this once and are eligible for the vaccination if you're pregnant (28 weeks +) or aged 75 to 79 on or after 1.9.24. . We will contact you when you become eligible.
- Pneumococcal vaccination**, you are eligible for this if you are aged 65 and over. Most adults only need 1 dose of the vaccine for long-term protection. You can have this in surgery, please ring to make an appointment if you have not been contacted.
- Shingles vaccination**. It is recommended for all adults turning 65, those aged 70 to 79 and those aged 50 and over with a severely weakened immune system. We will invite you to book when you become eligible.

 **PLEASE REMEMBER TO LET US** 
KNOW IF YOU CHANGE ANY OF YOUR CONTACT DETAILS SO THAT WE CAN UPDATE OUR RECORDS

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

STAFF TRAINING We will be closed from 1.30 pm on: **15 Jan 19 Feb 19 March**
Please ring 111 if you need medical advice after 1.30pm

BANK HOLIDAY CLOSURES

We will close on **Tues 24.12.24** at 16.00 and reopen on **Fri 27.12.24** at 08.00 for the festive period.

We will also close on **Tues 31.12.24** at 16.00 and reopen on **Thurs 2.1.25**

Please ring 111 for non-urgent medical attention during these times

FRIENDS AND FAMILY TEST

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

Very Good	Good	Neither good/bad	Poor	Very Poor
308	76	8	4	3

These are some of the responses:-

The check in process was quick and easy, my appointment was on time and the GP I saw was excellent

Each and every time I visit the surgery I am kept waiting long after other patients. Some patients were only waiting for a very short time before being called. I as usual am kept waiting. This as I say happens each time I visit. The doctor I saw was very apologetic, but he was very good and listened to me. The service he gave was very good, no complaints with him, but it is the long wait that is annoying me.

Smile from reception and apologies for wait time clear instructions

The staff wished me happy birthday and the nurse treated me with kindness

Unlike, according to friends, other surgeries, our surgery appears to be more available for face to face appointments and offers a good service All the staff are professional and attentive and make you feel individual, not just a number

There is a short questionnaire you can complete either on our website

www.parksidesurgery.co.uk or by asking at reception for a card to complete. If you choose to fill in a card there is a box on reception where you can put it when completed.

HEALTH AWARENESS DAY

National Grief Awareness Week is held from **2nd—8th December** to give a greater awareness of the outstanding bereavement services up and down the country.

<https://www.thegoodgrieftrust.org/ngaw/>

Cervical Cancer Prevention Week is happening **21st to 28th January 2025**. Health

Assured are proud to be supporting Cervical Cancer Prevention Week. The campaign aims to bring attention to those whose lives have been impacted by

cervical cancer, to find solutions, and to remember those we have lost, [https://](https://www.healthassured.org/blog/cervical-cancer-prevention-week-2025/)

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Dry January Take on 31 days alcohol-free with Alcohol Change UK for a total body and mind reset. From better sleep and a mental health boost, to saving money and time - there's a whole lot to gain this Dry January. <https://alcoholchange.org.uk/help-and-support/managing-your-drinking/dry-january>

Emotional Health Day is being held **24th to 28th February 2025**. It is an ideal time for us all to think about emotional health, why it's important and how we can take small steps to develop it, to enable not only us, but those around us to thrive. [https://](https://www.centreforemotionalthhealth.org.uk/emotional-health-week)

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Cancer Prevention Action Week is held during **17th—23rd February**. This years campaign is highlighting the links between alcohol and cancer. [https://](https://www.wcrf.org/preventing-cancer/cancer-prevention-action-week/cancer-prevention-action-week-2025/)

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