**Drs Jeyam & Jesudas**

 **February/March Newsletter 2024**

**Staff Surgery Update**

Last month we were joined by our new trainee doctors

Dr Chris Sefton – GP ST3 fully trained in his final year – he will be with us until February 25

Dr Sara Cavallo - GP ST3 fully trained in her final year – she will be going on maternity leave in May

Dr Mustafa El-Lami - GP ST2 full trained in his 2nd year – he will be with us until August 24

Janine, our practice nurse has gone on maternity leave and we will have Nicole helping us until she returns

Sadly Mollie is leaving us next week to a new role

**Annual Reviews**

If you have a long term condition, such as Diabetes, Coronary Heart Disease (CHD), asthma, COPD, chronic kidney disease (CKD), dementia, learning disabilities, history of stroke or mental health, you will be invited in to the practice each year for an annual review and health check with one of our nursing team. During the appointment, we can check how you are managing your condition and how we can support you. We will send you an appointment in your birth month.

**It is really important that you attend your reviews so that we can monitor your condition, carry out physical health checks like blood pressure, blood tests, BMI etc.**

**We will also arrange an annual review with one of our practice pharmacists to monitor any medications that you may take for your condition.**

**Medical Students**

Being a training practice we sometimes have 1st, 2nd, 4th & 5th year medical students sitting in with the clinicians. It is a good learning experience for them to be here. If for any reason you do not want them sitting in when you attend your appointment, please let us know.

**Baby imms/Preschool imms**

It is important that you bring your child for their immunisations. You will be contacted by the surgery who will book an appointment to suit yourself. It is important that you keep these appointments, however if you cannot make it, please contact the surgery and rearrange it.

**NHS Health Checks, High CVD Risk Reviews and Carer Health Checks**

The NHS Health Check is a free check-up of your overall health. It can tell you whether you're at higher risk of getting certain health problems, such as - heart disease, type 2 diabetes, kidney disease and stroke.

During the check-up we will discuss how to reduce your risk of these conditions. *If you’re aged over 65, you’ll also be told about symptoms of dementia to look out for.*

If you’re aged 40 to 74 and **do not have a pre-existing health condition**, you should have received an invite to an NHS Health Check in the surgery. We do send an appointment self-booking link with the invite so that you can book your own appointment via the link to suit your availability. You will be invited in every 5 years.

**It is really important that we work with our patients to help prevent you developing a long term condition. For more information visit - https://www.nhs.uk/conditions/nhs-health-check/**

**If you have not yet responded to our invite, please contact the surgery to make an appointment today!**

**High CVD Risk Annual review**

If you have been identified as being at high risk of developing a cardiovascular disease (CVD) – 20% higher risk – you will be invited into the practice every year for an annual health check. The practice will send you an invitation each year. It is important that you attend these annual reviews so we can monitor your risk and help with ways on how to reduce this risk.

For more information on the types of cardiovascular disease, visit - <https://www.nhs.uk/conditions/cardiovascular-disease/>

**Carers Annual Health Checks**

A carer is anyone, including children and adults who looks after a family member, partner or friend who needs help because of their illness, frailty, disability, a mental health problem or an addiction and cannot cope without their support. **The care they give is unpaid.**

If you have informed us that you are a carer you will be offered an annual health check and flu vaccination. The health check is about **looking after you as a carer.** It will focus on your own health and wellbeing and whether there are any areas you need support with. It is a chance to talk about your concerns and hopes for the future. The check covers the questions which Carers have told us are important.

**You should have received an invite for a carer annual health check already and if you have not yet had this, please contact the surgery to book an appointment.**

**If you are a carer and have not informed the practice, please contact us to let us know so we can record this in your record and add you to our carer register.**

**PPG (Patient Participation Group)**

We are hoping to start this group up again so if you are interested please inform reception. We will contact the existing members to see if they still wish to be involved.



**Contact Details**

It is important that you let us know if you change address contact details.