



### STAFFING UPDATES

We have welcomed a new doctor who we are so pleased has agreed to join our team.

DR Hannah Worthington, who was our ST3GP Trainee, is now our newest salaried GP. Dr Worthington brings a vast amount of experience which she acquired before starting general practice and has expertise in medicine and emergency care.

### New Practice Manager!

Mark Adkins has joined as our team. Mark brings lots of experience from various sectors, as he finds his feet in health care he will be supervised by Christian Ellwood, a Consultant Practice Manager.

### Access to your GP

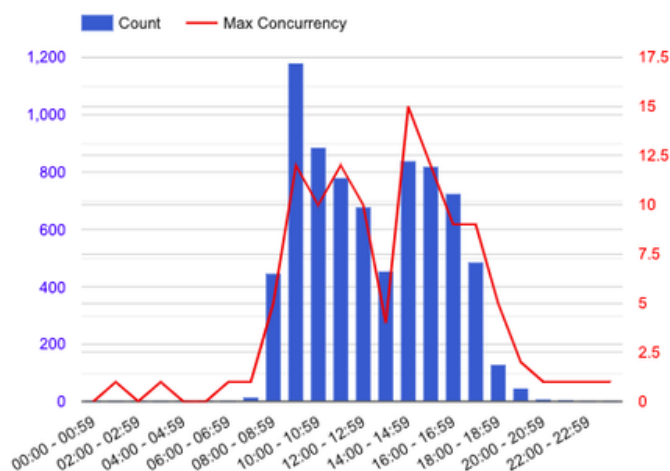
This has been an ongoing concern for the surgery, thank you for your help with the clinical triage and reuse of your triage links.

We are keen to allow everyone to get through easily and when you need to.

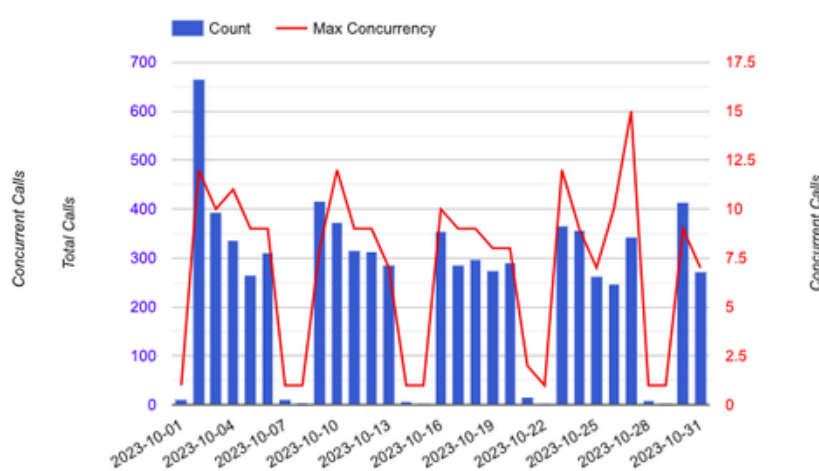
It would help the surgery to improve access if you:

1. Consider avoiding peak times.  
See the graph of call times.
2. Reuse your triage link to relieve pressure on the phones.
3. Using the Medicines re order on line function.

Calls per hour



Weekly calls



## COVID UPDATE

In recent weeks there has been an increase in covid and flu cases presenting at the surgery. If you have any flu-like symptoms, cough, sneezing, sore throat, fever or any other symptoms which are potentially infectious, we would be grateful if you would wear a mask whilst in the building to protect other patients and staff who might be vulnerable. You may be seen in the hot room and we hope you understand this is protect you and others. We need our staff to remain healthy in order to continue to provide a service to you. We therefore really appreciate your cooperation with this.

### Covid Vaccines

- Richmond Road Medical Centre continue to host regular on-site COVID clinics over the next 10-12 weeks as follows:

Mondays 4pm-7pm (Coffee & Tea Catch-up)

Wednesdays 10am-2pm (Coffee & Tea Catch-up)

Saturdays 9am-12pm

- Patients that have not declined the booster and have not booked an appointment yet should receive text reminders with a self-book link via Accubook. These appointments are also live on NBS.
- Provided they meet the eligibility criteria, patients can also attend as walk-ins at any of the above clinic times.

## **Walking for health**

- Walking is simple, free and one of the easiest ways to get more active, lose weight and become healthier.
- Sometimes overlooked as a form of exercise, walking briskly can help you build stamina, burn excess calories and make your heart healthier.
- You do not have to walk for hours. A brisk 10-minute daily walk has lots of health benefits and counts towards your 150 minutes of weekly exercise, as recommended in the physical activity guidelines for adults aged 19 to 64.
- Aim for walking at 3mph
- Download the following active apps - Get active - Better Health - NHS ([www.nhs.uk](http://www.nhs.uk))

## **Patient Participation Group October 2023**

We would like to thank the patients who attended our Patient Participation Group meeting hosted at De Beauvoir Surgery.

We appreciate your feedback and strive to improve our services for our patients.