



Nevels Road Surgery Patients Newsletter

Issue 7 – December 2018

Welcome

This newsletter is produced by volunteers on the Patient Participation Group (PPG). We hope you will find it useful and interesting.

If you have any suggestions for future editions, please let us know. You can leave a message at Reception or email us at nevroadppg@gmail.com.

Meet the Doctor

In this edition we feature Dr Faaria Beebejuan who says:

I was brought up in London speaking both French and English and most of my family live in France now.



I did most of my training at St George's University in south London where I was also in the women's hockey team. After my GP training in Bedfordshire I joined Nevels Road Surgery in October 2014 and I love working here because it's a great team with a strong work ethic.

Apart from my two days per week here, I also work as an out of hours doctor at weekends. This helps me to spend lots of time with my children, aged 16 months and three years.

I am currently trying to decide whether to go back to A&E part time or to start my sub speciality training.

I enjoy swimming and travelling and I'm currently training for the 5k Park Run. If you're interested in taking part too, visit www.parkrun.org.uk/letchworth - I'd love to see you there once I'm ready!

Flu vaccine

Good news! The surgery has now secured enough supply of flu vaccine to give to any patient who is eligible and still needs one.



This INCLUDES the people aged 65 to 74. So please book an appointment with reception if you haven't yet had your flu jab.

Vitamin D supplements

Most of our Vitamin D is made by the action of sunlight on our skin. In this country we often don't get sufficient sun exposure to produce adequate Vitamin D, and it's difficult to get enough in a normal diet.

This means that many people would benefit from taking supplements, for the good of their muscles and bones, as follows:

1. **From birth to 4 years old** - 10 micrograms (mcg) of Vitamin D supplement to be taken all year round (except formula fed babies, as the formula contains the supplement already)
2. **Everybody aged 4+** should take a supplement of 10mcg of Vitamin D a day from October to the end of March.
3. You are advised to take the supplements all year round if you:
 - aren't often outdoors – for example, if you're frail or housebound
 - are in an institution like a care home
 - usually wear clothes that cover up most of your skin when outdoors
 - have dark skin from an African, African-Caribbean or Asian background.

Vitamin D supplements should be bought at the pharmacist and are not available on NHS prescription.

Extended access service

A new 'extended hours' service has been set up across Hertfordshire, offering routine GP appointments in the evening and Saturdays at twelve different locations.

These appointments can be booked through Nevells Road Surgery up to 2 weeks ahead.

Our nearest location uses the surgery premises at Letchworth's Sollershott surgery although it draws its staff from many other surgeries and health care providers.

But remember, this is for routine appointments. If you need urgent help when the surgery is closed, call 111.

Patient Participation Group

Would you like to be part of a team of patients helping to improve services at the surgery? The patient participation group is made up of lots of patients who are willing to spare a little time either in person or online. And more people are always needed.

Currently we are focussing on the services for carers, and the appointments system.

You can take part by email only, or you can come to meetings held in the surgery every three months. The next meetings are at 6.30pm on Mondays 14 January, 8 April, 8 July and 14 October 2019.

To find out more, please leave your name and contact details at Reception or email nevroadppg@gmail.com

Get in touch - online

Have you visited the Surgery's new website at www.nevellsroadsurgery.co.uk lately? It is packed with lots of useful information and new features. For example, you can send an email to Reception, a nurse or doctor at the surgery. You can request a sick note online. You can even complete a self-assessment for around 15 health conditions!

So, for simple, non-urgent enquiries and assessments, go to the surgery's website at www.nevellsroadsurgery.co.uk and click on "ONLINE REQUESTS" at the top of the home page. Scroll down and you will be amazed at how much you can do from your own home!

Surgery on the move

Talks are still going on to find premises where some or all of Letchworth's surgeries can be together.



There have been various problems but we are still hopeful that a solution will be found, as our current premises are becoming rather cramped and in need of repairs.

The latest location under discussion is the former Argos shop in Commerce Way. But there are snags with this option so the picture remains uncertain for now.

New address or contact details?

While you are waiting for your appointment, take a moment to check at reception to see if they have the right address for you and your latest phone number and email address.

Surgery opening hours

Monday to Friday: 08.00 - 18.30

Closed for staff training 1-2pm on Tuesdays.

Health visitors: 01462 684731 9am – noon

Antenatal clinic on Wednesdays. Make an appointment via reception.

For community midwife advice at other times call 01438 314333.

Some nurse appointments are available out of hours - on Tuesdays 6:30 - 8:20pm and one Saturday per month 8:30 - 10:30am.

Medical team

Appointments

Dr Tim Ramsbottom	M, T, W, F
Dr Melanie Lacy	M, T, Th, F
Dr Andrew Young	M, T, W, Th
Dr Lisa Abbas	M, T, Th
Dr Ashwini Alva	T(am), W, F
Dr Helen Davies	M, Th
Dr Faaria Beebeejaun	W, F