



# the Millway Newsletter

Issue 18

 [www.millwaymedical.com](http://www.millwaymedical.com)



## Happy maternity

We would like announce that our Practice Operations Manager Caitriona Creaven, shortly followed by Dr Amanda Grattan and Dr Abigail Sharland, will be starting their maternity leave. We wish them all the best.



## Happy Retirement

Dr Stephanie Hall is retiring as a partner after 26 years of practice at Millway. She started her training at Millway and joined the partnership soon after in 1995. She has been an immensely dedicated GP, colleague and friend and we thank her for all her efforts in helping the Millway team provide high quality patient care. Everyone at Millway wishes her every happiness in her retirement as a partner. She will continue to offer support as a locum.

**Did you know you can upload documents/photos via our website?** - Your GP may ask you to send photographs to assist with diagnosis. As such these images will then become part of your medical record and will be treated with the same standards of confidentiality as any other part of your medical record. Visit our website or click [here](#).

**Did you know you can register with us online?** The practice is offering easy online registration to Mill Hill residents. Please visit our website or click [here](#) to find out if you fall within our newly expanded boundary which now includes Inglis Barracks and Millbrook Park. Please note that due to a technical issue our online map has not been updated to include Inglis Barracks and Millbrook Park but you can still register using our online form [click here or visit our website](#).

**Did you now you can register for online services on behalf of someone else (Proxy Access)?** Click [here](#) to apply. For verification purposes, to complete your registration you will need to attach two forms of identification to the form below. One form of photo ID (passport, driving licence) and one from of proof of address (utility bill, bank statement).

**Did you know you can self-refer to a variety of local and national organisations?** Help and support is available from many national and local organisations. You can self refer to these services without consulting your doctor. Visit our website or click [here](#).

**Did you know you can register for the NHS app without contacting the practice?** The app enables you to access your test results, order repeat medication, see your appointments and much more. To find out how to download the NHS app please click [here](#).

If you have any queries regarding your prescription please email us at [millway.scriptquery@nhs.net](mailto:millway.scriptquery@nhs.net). We aim to process all request within 72hours (excluding weekends and Bank Holidays).



## Vaccination against Covid-19 & Flu

It is very important to be fully vaccinated against Covid-19. If you are not yet fully vaccinated or have not received an invitation to attend one of our clinics please contact us on 0208 906 6075 to book an appointment; especially if you are high risk or are severely immunosuppressed.

We are offering Covid-19 vaccines to the following groups:

- Adults aged 18 and over
- All children aged 12-17
- Children aged 5 -11years (who are extremely clinically vulnerable or live in a household with someone who is immunosuppressed)

If you are eligible for a 4th dose you will need to provide proof confirming your eligibility i.e. a letter from a specialist or a text invite from Millway Medical Practice when you attend your booked appointment.

**Have you had your flu vaccine ?** Please contact us on 0208 906 6075 you can have your flu vaccine at the same time as your covid-19 vaccine if you are aged 50 and over, have certain medical conditions, are pregnant, are front-line or an adult social care worker.



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## SOCIAL PRESCRIBER

We have been working closely with Millway clinicians to provide social support to our patients and introduce them to local services. If you feel this is something you would find helpful please contact us at the surgery and we will refer you to our social prescriber.

## Social prescribing and support during Covid-19

### SOCIAL GROUP - supported by Millway

As we keep our social distance, online technology is now the preferred way to keep in contact with the outside world, which is so important to our mental wellbeing. Please contact us at [millwaymedical@nhs.net](mailto:millwaymedical@nhs.net) if you would like to receive our weekly email invitation to any of the following activities which take place via ZOOM:

**Barnet Carers support** - Monthly

**Chair yoga** - Weekly, *Tuesdays at 1pm*

**Singing group** - Weekly, *Mondays at 5.30pm*

In addition to our Zoom meeting, the Singing group also meet at St Michael & All Angels Church, Flower Lane at 5.30pm every Monday. If attending face to face please make sure you do a lateral flow test and wear a face mask.

## BEREAVEMENT SUPPORT

If you have been bereaved and would like some extra support or the opportunity to talk to someone about how you are feeling. Please email us at [www.millwaymedical@nhs.net](mailto:www.millwaymedical@nhs.net) for further information on local services.



## euro car parks

When visiting Millway Medical Practice you can park in the surrounding streets for free (please see restrictions) or use the car park next to the surgery. The car park next to the surgery is managed by Euro Car Parks who use automatic number plate recognition to time your stay by registering your car when you arrive and leave the car park. To avoid a penalty charge please make payment by cash, credit/debit card, via phone or via the RingGo app.

If you are a BLUE BADGE holder, please show your badge to a receptionist upon arrival who will assist you in how to enter your car details into the Euro car parks system. If you receive a penalty charge notice please contact Euro Car Parks directly by visiting [www.eurocarparks.com](http://www.eurocarparks.com)

## Baby checks and postnatal appointments

Between the age of 6 to 8 weeks old your baby will be due a thorough physical examination by a GP who will examine your baby's eyes, heart, hips and – for boys – testicles will be checked. Your baby will also have their weight, length and head circumference measured. You can also use this appointment to discuss your baby's vaccinations which are offered 8 weeks, 12 weeks, 16 weeks and 12 months old, and before your child starts school between 3 years 4 months and 5 years of age; immunisations will need to be booked separately with the nurse.

Please make sure you book your postnatal check for yourself at the same time; this appointment is to make sure you feel well and are recovering properly; you will be asked how you have been feeling emotionally and physically since the birth of your baby.

## NHS Health Check

The NHS Health Check is a free health check-up for adults aged 40-74 who do not already have a pre-existing health condition. It is designed to spot early signs of stroke, kidney disease, heart disease, type 2 diabetes or dementia. Please call the practice to book your appointment.

## Test results

Please note that we will not contact you regarding your results if no action is needed. If you need more information on how long your test results are likely to take to come back from the hospital please ask the nurse. Please remember, under no circumstances will you be given the results for any patient other than yourself. Please make sure your telephone number is up to date by [clicking here](#).

## Cervical Screening

All women and people with a cervix between the **ages of 25 and 64 should have regular cervical screening**, in order to prevent cervical cancer. When you receive your invite please make sure you call 0208 959 0888 to book an appointment. We are able to offer late evening and weekend appointments which locally.

## Blood test in Millway

You can only book a blood test appointment if the test has been requested by a GP or if you have been invited by the practice for a routine blood test. We have been providing a Phlebotomy Service to our patients who are aged 16 and over since September 2021.

We would like to thank all our patients who have contributed their positive feedback about the service. We are hoping that funding will be approved to continue this popular service beyond March 2022.