



# Kingfisher Practice



## WELCOME

Welcome to the Summer edition of our GP Practice newsletter! We're excited to keep you informed about the latest updates, health tips, and services available at our practice.

## Meet Our New Team Members

We are delighted to welcome Dr. Rebecca Carey to our practice. Dr. Carey specializes in family medicine and brings a wealth of experience in patient care. At the moment she works all day on a Tuesdays and Wednesdays.

We are also delighted to welcome Mrs Gracelyn Fallorina, Practice Nurse. Gracelyn works on a Wednesday morning and all day Thursdays & Fridays.

They look forward to meeting you and providing exceptional care.

### GP REGISTRARS

Dr Jayesh Narayanan & Dr Nicholas Burstow joined Kingfisher Practice in August 2023; they will be with us until August 2024 when we will have two new registrars.

## HEALTH TIPS: BEAT THE SUMMER HEAT

With temperatures rising, it's essential to stay hydrated and cool. Here are some tips to help you enjoy a healthy summer:

- Drink plenty of water throughout the day.
- Wear light, breathable clothing.
- Avoid excessive sun exposure; use sunscreen with at least SPF 30.
- Incorporate fruits and vegetables into your diet



## DID YOU KNOW?

We offer various services beyond general consultations, including:

- health check-ups and screenings
- chronic disease management
- travel vaccinations
- mental health support
- first contact physio

# Screening

## BOWEL SCREENING

Bowel cancer is the third most common type of cancer, screening can help prevent bowel cancer or find it at an early stage when it is easier to treat. Everyone aged 60-74 will automatically be sent a faecal immunochemical test (FIT) every two years. The programme is expanding so that everyone between the ages of 50-59 can be screened. If you have not received your bowel screening test kit or have any queries, please contact 0800 707 6060.

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## CERVICAL SCREENING

Cervical screening, also called a smear test, is a test to check the health of the cervix and help prevent cervical cancer. It's offered to women and people with a cervix aged 25 to 64.

Cervical screening checks a sample of cells from your cervix for certain types of human papillomavirus (HPV). If abnormal cells are found, they can be treated so they do not get a chance to turn into cervical cancer.

All women and people with a cervix between the ages of 25 and 64 should go for regular cervical screening.

25 to 49 - Every 3 years

50 to 64 - Every 5 years

You'll get a letter in the post inviting you to make an appointment.

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## BREAST SCREENING

NHS breast screening uses X-rays, called mammograms, to look for cancers that are too small to see or feel.

You'll automatically get your first invite for breast screening between the ages of 50 and 53. Then you'll be invited every 3 years until you turn 71.

If you have not been invited for breast screening by the time you are 53 and think you should have been, contact your local breast screening service, which is West London Breast Screening Services:

Appointments Hub: 020 3758 2024 Further Screening/Assessments: 020 3311 1268 High Risk Screening: 020 3313 0333

You will not automatically be invited for breast screening if you are 71 or over. But you can still have breast screening every 3 years if you want to. You will need to call your local breast screening service to ask for an appointment.

## Friends and Family Test (FFT)

The NHS Friends and Family Test (FFT) was created to help understand whether patients are happy with the service provided, or where improvements are needed.

Every week we send a text, to all patients that have had an appointment at the surgery the previous week, inviting them to tell us of their experience. These are anonymous replies so if you would like an answer please include your name and date of birth.

Results of how many responses we receive and the percentages of categories (good, very good, poor etc.) are added monthly and can be seen on our website.

## FEEDBACK AND SUGGESTIONS

As with Friends and Family your feedback is crucial in helping us improve our services. Please feel free to share your thoughts and suggestions by emailing us at [kingfisherpractice@nhs.net](mailto:kingfisherpractice@nhs.net) or speaking directly with our practice manager.

## CHILD IMMUNISATIONS

BABY, 1YEAR IMMUNISATIONS AND PRE-SCHOOL BOOSTERS

The NHS stresses the importance of timely child immunisations according to the programme in protecting children throughout childhood and into later life.

The programme recommends immunisations at or just after 8 weeks of age, 12 weeks of age, 16 weeks of age, 1 year of age, 3 years and 4 months of age (PSB).

The reason for the pre-school booster (PSB) age 3 years 4 months is because immunity from the vaccines administered in the first year of life will be diminished by that age.

Please make sure your child has their vaccinations at the appropriate time. Any questions or doubts please speak to a nurse or doctor as there is a lot of dubious misinformation on the internet. <https://www.nhs.uk/conditions/vaccinations/nhs-vaccinations-and-when-to-have-them/>

## FLU VACCINATION

Our annual flu vaccination clinics will start September/October; we will advertise dates around the surgery when they have been determined. At risk patients protect yourself by booking your vaccination appointment early.

## ANNUAL HEALTH REVIEWS

For long term conditions, whilst we realise that receiving repeated messages to book an appointment can be an inconvenience, it is extremely important that you attend your reviews when invited, once you have done so, the invites shall stop. The Practice has a duty of care to review you and is audited on this. They allow us to check that you are physically well as well as the opportunity to review the effectiveness and dosage of any medications you might be on. Please do book in if you are contacted for review.

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## ROUTINE REPEAT PRESCRIPTIONS

Please use the On-line Access, Patches or in writing. We have now reverted to not taking requests over the phone unless prior agreement for very elderly housebound, or palliative care situations.

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## CONTACT DETAILS

The majority of people now have a mobile phone and email address. Please can you make sure we are updated with any changes so we can contact you if needed.

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## PRIMARY CARE NETWORKS

Over the last few years GP Practices have been working with other local practices in 'Primary Care Networks' known as PCNs. Economies of scale in this way has enabled the delivery of Covid Vaccines, extended hours opening, and employment of additional staff such as Physiotherapists, Pharmacists, Social Prescribers, Physicians' Associates, Mental Health Specialist Nurses along with other and upcoming Specialists. The Pharmacists in particular have been working in Maswell Park, helping with medication reviews, asthma reviews etc.

This has been positively received and saved GP appointments for patients for whom seeing the GP is the most appropriate action.

Our Reception staff are trained to deliver Care Navigation therefore if you request assistance and are offered an appointment with a specialist care provider such as above rather than a GP, please be reassured that this can often save you having to be referred by the GP which can cause delays in treatment by the most appropriate specialist.

**Thank you for being a valued member of our practice. We look forward to continuing to provide you with the best possible care.**

**Stay healthy and enjoy the summer!**