

# Killick Street Health Centre

NEWSLETTER

Welcome to the Killick Street Health Centre newsletter! This newsletter is here to share important news and updates from our practice. We aim to keep you informed about what's happening and provide you with helpful health tips.

We hope you enjoy reading it! Your thoughts and ideas are important to us, and we'd love to hear from you. Is there a topic you'd like us to cover? Tips or resources you'd find helpful? Let us know!

## Support Our Christmas Hygiene Bank Collection

As part of our commitment to supporting the local community during the festive season, Killick Street Health Centre are launching a collection drive for the Islington Hygiene Bank.

We invite all patients and staff to contribute essential hygiene items to support individuals and families in need.

Collection Dates: 02/12/2024 - 18/12/2024

Location: Killick Street Health Centre

We are seeking donations of the following items:

- Toiletries (e.g., shampoo, soap, toothpaste, deodorant)
- Period products (e.g. towels, tampons)
- Baby wipes and nappies
- Household cleaning products
- Incontinence pads

Your generous contributions will help ensure that vulnerable members of our community have access to basic hygiene products during the winter months. Thank you for your generosity, and let's make this Christmas season a little brighter for our community!



## Armed Forces veteran friendly accredited GP practice

We are proud to support our Armed Forces community as a veteran-friendly GP practice, committed to understanding and addressing the unique needs of those who have served.



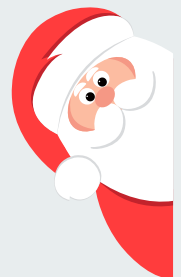
Armed Forces veteran  
friendly accredited  
GP practice

As a veteran, you may have specific health concerns related to your service, such as physical injuries, mental health challenges, or conditions that require specialised care and support. By informing us of your veteran status, we can ensure you receive tailored care, including access to dedicated services and support networks.

## Christmas and New Year

Please note that the practice will be closed on the following bank holidays:

- Wednesday, 25th December
- Thursday, 26th December
- Thursday, 1st January



Please remember to order your medications in advance.

## Spotlight on Our Staff: Dr Trevor Yellon

Dr Trevor Yellon has been a dedicated GP at Killick Street for 21 years, serving as a partner for 19 of them. He has a strong passion for training the next generation of GPs, contributing significantly to the NHS workforce over the years. Dr Yellon is committed to continuity of care which means ensuring patients have a named GP who gets to know them well and oversees their health needs.

His interests include managing mental health, teaching medical students, and collaborating with our Primary Care Network (PCN). Through the PCN, we work with six other practices in South Islington to tackle health inequalities and support patients with long-term conditions.

Now for something fun: Two of these facts about Dr Yellon are true, and one is a lie. Can you guess?

- He is tone deaf.
- He speaks four languages.
- He won a national dancing competition in 2001.



### Patient Participation Group

We are proud to have an active and engaged Patient Participation Group (PPG) that plays a key role in shaping the services we offer and providing valuable feedback on plans for future services.



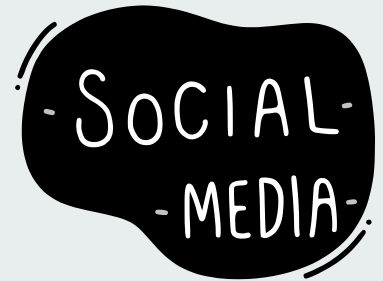
Our group meets regularly to review and discuss changes, whether they are within our practice or in the broader context of NHS Islington, and how these developments might affect patient care.

We are always eager to welcome new members to our group. If you are interested in joining, please reach out to Jackie Early, our receptionist.

For those who may not be able to attend regular meetings but still wish to contribute, we offer the option to participate via email. If this sounds suitable, please click the link below to register: <https://www.killickstreet.co.uk/patient-participation-group/>

### Connect with Us on Social Media

Did you know that we are on social media? Follow our Facebook and Instagram pages to stay updated with the latest health tips, service updates, and important announcements.



You can find us at:

<https://www.facebook.com/KillickStreetHC/> & <https://www.instagram.com/killickstreet>

### October Performance

Telephone Calls: <b>7,114</b>	Face to Face Appointments: <b>1,714</b>	Telephone Appointments: <b>1,667</b>	Flu Vaccinations Given: <b>235</b>	Prescriptions Processed: <b>2,491</b>
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## Stay Well This Winter

As winter approaches, it's important to be mindful of the additional health risks the season can bring. Cold weather can worsen existing health issues, increase the risk of falls, and make respiratory illnesses more likely. Those aged 65+, or with conditions like heart or kidney disease, COPD, asthma, or diabetes, are at higher risk.

Simple steps can help:

- Wash your hands regularly.
- Use tissues for coughs/sneezes and dispose of them properly.
- Rest, stay hydrated, and try steam inhalation for colds.

Most colds and coughs improve within a few weeks and can be managed at home. If symptoms persist for over three weeks, worsen quickly, or include high temperature, chest pain, or difficulty breathing, contact your GP.


For more tips and to protect yourself from winter illnesses, visit:

[https://assets.nhs.uk/nhsuk-cms/documents/Stay\\_well\\_this\\_winter.pdf](https://assets.nhs.uk/nhsuk-cms/documents/Stay_well_this_winter.pdf)








## Art in Practice: Collective Creations

Exhibition Curators: Simon Hodgkinson, Kings Cross Slash Art and Hannah Imhoff, Artist and Curator.

 Killick Street Health Centre, N1 9RH

Discover a unique exhibition that integrates art with medicine in the heart of a medical environment, celebrating creativity and community. Featuring works by local artists and groups, including those with dementia and neurodiversity, the exhibition showcases how art can promote wellbeing and combat stigma.

Highlights include:

-  Birdsong – A multimedia installation by Muriel Street Care Home artists, led by Monika Drabot, Richard Cook and Pooja Tanwar
-  Colour Curtain – A vibrant textile collaboration by Artbox London led by Simon Hodgkinson
-  Photos in the Attic – Tapestries inspired by the past, created by Claremont Project artists, led by Martine Charambolou
-  Before and After – An interactive piece exploring emotions through sketching, led by Ruben Pinhot
-  Some Things are Always Free – A serene sound installation by Global Generation, led by Nina Oltarzewska

For more details, visit Killick Street Health Centre and explore this celebration of art and community.



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

Best regards,

Your GP Practice Team  
Killick Street Health Centre