



NEWSLETTER

Amersham Health Centre



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I'm delighted to have settled into life at Amersham Health Centre, where I've been practising for nearly a year now.

I graduated with Distinction in Medicine and a Bachelor's degree in Reproductive Medicine from Imperial College London, before specialising in General Practice. Over time, I've further specialised in Women's Health and Sexual Health - areas that I'm passionate about. My particular interests include contraception and hormone replacement therapy (HRT), and I also fit contraceptive implants and coils here at the practice.

In addition to my work at Amersham, I practise at London Gynaecology and serve as a Medical Advisor to Femtech startups, such as Flo Health, a menstrual tracking app.

Outside of work, I enjoy immersing myself in novels, travelling adventurously and indulging my competitive spirit in Ballet and Latin ballroom dancing.

October 2024

Why should you have your flu vaccine at the surgery?

We want to make sure you're fit, healthy and ready for the winter season.

Coming into the surgery to have your annual flu injection allows us to check whether you are due any reviews or any other vaccinations like pneumococcal/shingles/RSV.

You can also use our Surgery Pod to update your blood pressure and BMI.

FLU VACCINE CLINICS

Saturday 5th and 19th October

All patients 65+ are eligible for a free flu vaccination. If you are under 65, to check your eligibility [click here](#).

Children's Nasal Flu

School-age children will receive this in school. For children aged 2-3 and 6 months – 17 years with certain [long-term conditions](#), the vaccine will be administered at the surgery on 19th October.

To book any of these clinics please use [Ask First](#) - select "Routine appointment" then "Nurse appointment"

What Services does our PCN Offer?

Our [Mid Chiltern Primary Care Network](#) has a population of over 43,600 patients and is made up of 5 practices – us, Hughenden Valley, John Hampden, Rectory Meadow and Prospect House. We share a multi-disciplinary team consisting of clinical pharmacists, social prescribers and health & wellbeing coaches.

Social Prescribing

If you need support with issues surrounding housing, debts, benefits, mental health or loneliness, or you feel lost trying to navigate the health and social care options available, please consider contacting one of our social prescribers. Email the team on mid-chiltern.socialprescribers@nhs.net or self-refer by filling in their [online form](#).

Health & Wellbeing Coaching

Do you want to improve your health, but need some motivation, support and accountability? From weight and stress management to guidance on how to increase physical activity or reduce alcohol intake, our H&W coaches are here to help. Email them on mid-chiltern.health-wellbeingcoaches@nhs.net or self-refer by filling in their [online form](#).

Our NEW Surgery Pod



Our new Surgery Pod is located where our stand-up coin-operated one used to be.

It can be used to take blood pressure readings, weight and height measurements, update your alcohol and smoking status, as well as allowing patients to complete questionnaires like annual asthma reviews, contraceptive pill-checks and general health checks.

AND all the information will be directly recorded onto your medical record.

For this to happen, PLEASE use the screen to log in (using your name, surname and date of birth) and select which service you would like to use the pod for, BEFORE you start taking any measurements.

Our Reception team would be happy to assist you should you need any guidance.



Due to the rising costs of SMS messages, we have been left with no choice but to primarily communicate with you via email.

Please use our Ask First app to send us your most up-to-date details.

