

NEWSLETTER

Amersham Health Centre – March
2025



Dr Nagra GP

Hello, I'm Dr Nagra and I'm pleased to introduce myself as one of the salaried GP's working at Amersham Health Centre. I studied medicine in Belfast and then moved back home to Birmingham to do my junior doctor and GP training years.

I moved to Buckinghamshire last summer and started at Amersham health centre shortly after. It is coming up to my first year of working here and I have thoroughly enjoyed it as the patients and staff have been supportive and welcoming. I enjoy being a GP as it gives me variety and a level of continuity of care.

Outside of work I like keeping fit by going on walks and exploring the countryside. I also enjoy travelling and finding out about new cultures and cuisines.

FUN HEALTH FACT

Gratitude is a Mental Health Superpower!

Gratitude isn't just a feel-good emotion, it's a powerful tool that can reshape the way your brain functions.

When you express gratitude, your brain releases dopamine and serotonin (the "feel-good" neurotransmitters). Daily practice strengthens neural pathways in the brain associated with positivity and emotional resilience. Not only will it lift your mood but also strengthen your ability to find happiness in everyday moments!

Practicing gratitude can help with:

- ❖ Reducing Stress & Anxiety
- ❖ Improved Sleep:
- ❖ Lower blood pressure
- ❖ Reduce inflammation.
- ❖ Strengthens Relationships and social bonds.

3 Simple Ways to Practice Gratitude:

- ❖ Write down 3 things you're grateful for each day.
- ❖ Take 2 minutes daily to reflect on something that brought you joy—like sunshine, coffee, or a kind word.
- ❖ Tell someone you appreciate them. (boosts happiness for both of you)

Help Us to Help You!

Missed appointments cost **more** than just time, they are a financial burden too. On average they cost us and the NHS **£30 each!**

Missed appointments over the last two months:

	Jan	Feb
Doctors	81	65
Minor Illness	23	16
Nurses	51	35
Total	155	116

Help us get these numbers down!

If you cannot make your appointment, please cancel it as soon as possible.

By doing so we can offer it to another patient on our waiting list, ensuring we can see as many patients as possible in need of care.

How To Cancel Appointments

Using the **NHS App**

1. Find the appointment you want to cancel
2. Select Cancel this appointment

Using the **Ask First App**

1. Go to 'manage my appointments'
2. Find the appointment and select Cancel

Cancel By **Phone**

1. Call your GP surgery
2. Cancel your appointment

Please Cancel at least 1 to 24 hours before your appointment time.



Have You Seen Our Latest Tech?

Our new SurgeryPods allow patients to take readings such as blood pressure and BMI (Body Mass Index, a measurement based on height and weight), and answer questions about smoking and alcohol use, mental health, new patient registration and contraceptive pill check. All results file directly into their GP patient record.



Staff News:

We would like to welcome our new GP Dr. Hasmeet Khambay, who joined the surgery on the 17th of February and will be working Mondays and Fridays. Watch out for her bio on next month's newsletters!

Dr Alisha Esmail will no longer be working on Thursdays and instead will now be working on Tuesdays and Wednesdays.