

Cator Medical Centre

www.catormedicalcentre.nhs.uk

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A Shot in the Arm!



We would like to thank all our patients, and all our colleagues and partners in local healthcare for what has been an incredibly successful vaccination programme so far. If you wish to receive any of your covid vaccinations please call 119 or visit: www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination to arrange an appointment at one of your local vaccination centres.

Booster Jabs

You are now eligible for a booster jab if you are:

- Living in a residential care home for older adults
- Aged 50 or over
- A frontline health or social care worker
- Aged 16 to 49 years with underlying health conditions
- An adult household contact of an immunosuppressed person

Remember being fully vaccinated is important to protect you, other people and the NHS.

Flu Vaccinations

With a lower level of immunity to flu amongst the general population, it is vitally important that those eligible take up the flu vaccine this year. Your invitation to book an appointment will be sent to you as a letter which you must bring with you to the clinic. The clinics will be walk-through, entering via the front main entrance and leaving via the rear. We look forward to seeing you.

GPs

Dr Christopher Holdridge
Dr Jiten Kalyan
Dr Sivaja Sithamparapillai
Dr Deepali Patel
Dr Charmaine Ribeiro
Dr Namita Panicker
Dr Thuwa Logeswaran

Nurse Practitioner

Helen Andrews

Diabetic Specialist

Ruth Allinson

Practice Pharmacist

Anne-Marie Kitchen-
Wheeler

Physiotherapists

Rebecca Wilkinson
Chris Collins

Practice Dieticians

Georgina Goss
Hannah Gerard

Nurses

Michele Fox – **Lead Nurse**
Victoria Gosling
Sally Binge
Janet Weaver
Zoe Leroy
Elizabeth Eastham

Management

Natalie Phillips
Linda Whitehead

Important Prescription Information

Due to Covid-19 we ask that you try not to visit the practice or telephone for repeat medicines. Instead:

1

If you do not already have one, email BROCCG.CatorAdmin@nhs.net to nominate a local pharmacy who can then order your medicines for you

2

Register for **Patient Access** from the Cator Centre homepage. This allows online prescription requests

3

If you have a stable repeat medicine with annual reviews, use the admin email above to request **batch prescriptions** which can be collected at regular intervals all year from your pharmacy without the need to order at all!

PPG

This newsletter is produced by the Patient Participation Group. The PPG meets quarterly and is currently looking for new members under the age of 30 to better represent our population.

We:

- Provide feedback on services
- Act as an advocate for the practice
- Build relationships with other PPGs
- Support the practice in helping patients

If you are interested in joining please see reception for an application form.

Newsletter

We want your input! The newsletter is a new idea and we want it to be as successful as possible. Any **comments and suggestions** should be sent to the email address at the head of the newsletter.

Appointment System Changes – 22/11/21



Face to face consulting

Under new guidance from NHS England, we are now accepting direct patient booking for face to face GP consultations. This is now being done without prior telephone discussion. If you wish to be seen face to face, please let the receptionist know.

As of **Monday 22nd November** the following system will be adopted:-

Routine Pre-bookable Appointments

Patients may telephone the practice to book face to face routine appointments in advance. Appointments will be available 4 weeks ahead.

Same Day Appointments

Appointments can be booked the same day by telephoning the practice between 8:00am and 11:00am only.

We will try to accommodate requests to see specific doctors, but please bear in mind that this may not always be possible.

For acute problems you may also be booked in to see one of our Advanced Nurse Practitioners or a Physician Associate. Receptionists will ask the nature of your problem to ensure you are booked in with the most appropriate person.

You will not be able to arrange appointments the same day if you telephone the practice after 11:00am.

Telephone Appointments

These may be booked in advance online using the Patient Access system via the practice website. Telephone reviews are most suitable for problems where a physical examination is not required, such as a medication review or test result follow-up.

E-Consults (Online Consultations)

The e-consult facility is available Monday to Friday in line with our opening hours.

For Self-referral

Please also note, there are 2 very important self-referral pathways you may not be aware of:-

- For **musculoskeletal problems**, patients can self-refer for assessment and management with the VitaHealth team on 01689 88 77 10.
- For **counselling and other talking therapies**, you can visit <http://www.talktogetherbromley.co.uk>, or call 0300 003 3000 for Talk Together Bromley.