

NORTHGATE MEDICAL PRACTICE

WITH CHARTHAM AND BLEAN surgeries

PATIENT PARTICIPATION GROUP

NEWSLETTER

Autumn 2024



Welcome to the Autumn Newsletter produced by the Patients Participation Group as part of the efforts made by NMP to keep patients informed about all aspects of the work of the practice and health issues generally. The group also organise activities to support the practice in its work. One innovation from last year will be repeated

A CAKE SALE FOR MACMILLAN CANCER SUPPORT

At Northgate Medical Practice

MONDAY SEPTEMBER 30TH FROM 8.30am

Bake a cake and bring it along to sell, or just come and buy one. They're delicious!

Vaccinations

The Autumn/Winter COVID and Flu vaccination programme commences on Thursday 3rd October.

COVID-19 AND FLU

Appointments for a new variant COVID 19 vaccination are now being offered by the Practice and patients who are eligible are being contacted. These appointments are at present for the elderly and those who are immunosuppressed or at increased clinical risk from infection. As before, these vaccinations are being delivered at the Sea Cadets' Hall in Vauxhall Road, Canterbury CT1 1ZN from October 3rd every weekday 8.30-5pm until mid-November. To make an appointment now contact the Surgery. The general public bookings open on the NHS National Booking System on September 23rd for an appointment from 3rd October. It will also be possible to have a flu jab at the same time if you are eligible.

As requested by patients, if you are not eligible for an NHS COVID-19 or flu vaccination but require the vaccination for travel or other reasons NMP are able to provide a private Pfizer

new variant JN1 COVID or a flu vaccine. A walk-in is also available at the Sea Cadets but please note that the first two weeks are usually extremely busy.

RSV (Respiratory Syncytial Virus)

RSV is not usually serious but can cause problems for some babies and older people. A vaccine against the virus is available at the surgery to protect those who are at risk, that is people aged 75 to 79, and women who are 28 weeks or more pregnant. The surgery will contact those eligible starting from September 2nd if you are in this group and have not received an invite please contact the surgery to book an appointment.

Audiology Clinic

Northgate MP has set up an additional private Audiology Clinic for those who do not qualify for NHS services. It is available on Saturday mornings.

Check That Mole/Minor skin blemish

Following two successful clinics at Northgate and Blean earlier this year, there will be a third clinic at the Chartham surgery on Tuesday 12th November ²⁰²⁴ between 8.30 and 12.00. To make a timed appointment please contact Alison Clarke at alison.clarke72@nhs.net

Diabetes Support Group

In the Summer Newsletter we announced the setting up of a Diabetes Support Group. The formalities to be completed before the group can function are now in progress. A small committee of willing and enthusiastic diabetic patients, practice staff and PPG members has been organised to have oversight and plan activities for the support group in partnership with Diabetes UK. The Diabetic Support Group meetings are free and will be open to all diabetic patients and their families / carers. It is the plan to hold six meetings a year on a Wednesday lunchtime at Northgate Medical Practice from 12.30 to 2.30pm. The aim is to have a key theme with guest speaker at each meeting, an opportunity for patients to share their experiences, ask questions and socialise. The first Diabetic Support Group meeting will be held on Wednesday 20th November, if you are diabetic or are caring for someone with diabetes and would like to come along you will be very welcome. If you are interested in attending, or would like more information please contact the Patients Participation Group email at alison.clarke72@nhs.net

Do You Know What a Health Pod Is?

A new health pod is about to be installed at the Chartham surgery imminently. It is a secure, user-friendly system situated in the reception area, which assists patients and saves clinicians time by enabling patients to take their own measurements such as weight and blood pressure. It is being installed in the reception area and records the results data straight into the clinical system. A more advanced piece of kit than the blood pressure machine we have been used to, so give it a try!

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The Walk and Talk Group



The Walk and Talk group is now well established with, at the time of writing, four outings. They take place once a month usually on a Thursday morning. The idea is to walk at a gentle pace to a particular objective (a place of interest or attractive spot) within the city, to chat along the way, and to find a café or resting place for a breather. So far our objectives have included the Westgate Gardens (see picture) a riverside walk, the King's School gardens and the St Augustine's gardens. With stops included the walks are 60-90 minutes. There is information about the next walk on the PPG banner display in reception. The idea is that these walks

will eventually become self-organised, so if there is anyone who would like to take on the task of organising them, please contact the group at alison.clarke72@nhs.net.

Meet IRIS, the travelling advice centre from Kent Association for the Blind

There will be opportunities to visit the free of charge mobile clinic run by the Kent Association for the Blind on three dates in the near future. Packed with equipment, resources and technology, the vehicle travels around the county to provide services to partially sighted and those with sight issues in rural communities, schools, summer fairs, libraries, fundraising events and more. Iris and its staff and volunteers will provide help and advice to new and existing clients with a sight impairment. Iris will also raise awareness of the importance of good eye health, including having regular eye tests. They hope that more people will learn about their work, particularly carers, professionals and people who are sight impaired, but will also stress the importance of looking after your eyes. The clinic will be at Northgate surgery on Friday September 20th, Friday October 18th and Friday November 15th from 9.00 am to 4 pm.

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Changes of Personnel at the Practice

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We are excited to announce several changes within our team. Recently, we have welcomed 4 new Care Navigators, 2 Healthcare Assistants (HCAs), and 1 GP. However, we have also said goodbye to some valued team members. One of our Care Navigators has returned home to India, and one of our secretaries has left to pursue a medical degree and secured a place at university to train as a Doctor. Additionally, one of our Advanced Care Practitioners is moving on to work closer to home.

In other news, one of our GP's and two of our HCAs are currently on maternity leave after welcoming new babies this year. We are also thrilled to share that one of our GPs has recently become engaged! Lastly, one of our GPs has left to return to London.

We wish all of our departing staff the very best in their future endeavours and congratulate those with exciting life milestones!

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