

Phoenix Family Practice

Newsletter

Our website – <https://www.phoenixfamilypractice.nhs.uk/>

Has full information about the Practice

01932 – 504450

Issue 1 – December 2024

Welcome to the 1st issue of our practice newsletter

In this issue:

- Introduction to the GP partners
- Introduction to the clinical team
- Patient Feedback
- Flu Season
- Christmas & New Year – Opening times / Prescriptions
- Screening campaigns
- Pharmacies
- Patient Participation Group (PPG)
- Facebook page
- Action for carers
- Warm Hubs
- Food Banks



GP partners

- **Dr Jakubowski** – Wednesday, Thursday & Friday
- **Dr Bumrah** – Monday, Tuesday, Wednesday, Thursday & Friday (alternate Mon & Fri)
- **Dr Langton** – Monday, Tuesday, Wednesday & Thursday
- **Dr Styles** – Monday & Thursday
- **Dr Wilding** – Tuesday, Wednesday & Friday
- **Dr Scott** - Monday, Tuesday, Wednesday, Thursday & Friday (alternate Mon & Fri)
- **Dr Dhariwal** – Monday, Tuesday, Thursday & Friday

Clinical Team

- Dr Manukyan
- Dr Almond
- Dr Grocock
- Dr Alexander
- Dr Cappelluto
- Dr Gupta
- Dr Pillai
- Dr Maher
- Dr Drakou
- Dr Pylypchyk

- **Sister Whitcher** - Advanced Nurse Practitioner
- **Sister Riordan** - Nurse Prescriber
- **Nurse Barnes** - Practice Nurse
- **Sister Jameson** - Nurse Prescriber
- **Nurse Jeffreys** - Nurse Prescriber
- **Nurse Gardner** - Practice Nurse
- **Nurse Roper** - Practice Nurse
- **Miss Walsh** - Nursing Associate (Currently on maternity leave)
- **Miss Douglas** - Paramedic
- **Miss Naidu** – Health Care Assistant
- **Mrs Rainbow** – Phlebotomist
- **Mr Sudera** - Clinical Pharmacist/ Sp. Diabetes
- **Mr Shen** – Pharmacist
- **Mrs Patel** - Pharmacist (Currently on maternity leave)

Patient Feedback

Thank you for all your continued & valued feedback, concerns which we share with the team and take into consideration.

Flu season

This year's flu season has set off to a good start, we still have vaccines for anyone that is eligible and has not had their vaccine yet. Please contact reception to book an appointment with a nurse.

Christmas & New Year – Opening times / Prescriptions

We are open as usual from 8:30 – 6:30 apart from on the following days

Wednesday 25th December - Christmas Day - **Closed**

Thursday 26th December - Boxing Day - **Closed**

Wednesday 1st January – New Year's Day – **Closed**

For help outside of these days & hours you can visit

NHS 111 - Online or by phone

Urgent Treatment Centre - St Peters Hospital

Walk in Centre - Woking Community Hospital & Ashford Hospital

Please remember to order your repeat medication in time for the Christmas and New Year break.

Patient participation Group (PPG)

Thank you to our PPG for their continued contribution to the practice since we have relaunched the group before the practice merge.

If you are interested in joining the group please get in touch via our website.

Screening campaigns

We recently ran an evening cervical screening clinic for pre-book appointment which went very well. With the good response for the later appointment times, in the New Year we would like to run some more evening clinics for cervical screening.

Bowel screening – If you have received a bowel screening test kit in the post please take this up as it's very important. If you would like to know more about the bowel screening process please see the website below.

<https://www.nhs.uk/conditions/bowel-cancer-screening/>

Pharmacies

Advice from a pharmacist

Pharmacists can offer advice on a range of illnesses, such as coughs, colds, sore throats, ear infections and aches and pains.

They can also give advice about medicines. This includes how to use your medicine, worries about side effects or any other questions you have.

If they cannot help you themselves, they can refer you to a GP or other health professional.

Treatment from a pharmacist

Pharmacists can suggest treatments that do not need a prescription for a range of conditions.

Most pharmacies can also offer prescription medicine for some conditions, without you needing to see a GP or make an appointment. This is called Pharmacy First.

For further information on what help pharmacies can offer please visit – <https://www.nhs.uk/nhs-services/pharmacies/how-pharmacies-can-help>

Facebook Page - <https://www.facebook.com/Phoenixfamilypracticeweybridge>

You can use the QR code to access the Facebook page.
(Open your camera on your phone as if you are taking a photo of the QR code and a link will appear)



Action for carers

Do you know about action for carers? Read about them below

We exist to help Surrey's unpaid carers, aged 5-95, giving advice, support, information, and a little time out, to help people feel more in control of their lives and less alone.

We can support you by phone, through face-to-face meetings, support groups and workshops. We can help with benefits advice, advocacy, give practical guidance on moving and handling, and provide a wealth of information and free resources. We can also signpost you, and the person you care for, on to relevant specialised sources of support.

<https://www.actionforcarers.org.uk/> Telephone: 0303 040 1234

Are you registered as a carer with the practice?

If you care for someone who is disabled, has a learning difficulty, a chronic or terminal illness, mental health problems or is elderly and you would like to be registered as a Carer, please complete the form available from Reception and return it to us.

Warm Hubs

The warm welcome scheme has started for 2024/25 this is a place you can go to get warm, have a hot drink & some food. Depending on location some hubs offer games, events and activities.

The most local hubs are located in Walton, Addlestone & West Byfleet library.

To find your local hub and what they offer please visit the website below – <https://www.surreycc.gov.uk/health-and-welfare/support/welfare-support/everyday-living/warm-welcome-venues>

Food Banks

Food banks provide emergency food and practical support to people who have been left without enough money to live on.

They can also offer emotional support, and a reminder that you are not alone and someone understands. The volunteers at food banks offer a friendly face and basic kindness.

To find your local food bank that suits your need please see the link below –

<https://www.trussell.org.uk/emergency-food/find-a-foodbank>

Wishing all our patients a very Merry Christmas and a peaceful and healthy New Year!

