



## Thatcham Medical Practice

### Autumn Newsletter. October 2020

#### Practice news

**Meet our team**

**Flu vaccination clinics**

**Breast cancer awareness**

**Kennet PCN**



#### **As Autumn approaches we are busy preparing for**

**winter pressures.** In our last newsletter we asked all patients not to delay in seeking medical advice if they have a medical condition they are worried about or feel may need treatment, and the good news it is business as usual!

#### **Between 31st May and 31st August our GP's**

- Held 12,316 booked telephone calls (we will continue to help you remotely where possible).
- Saw 1306 patients in subsequent face to face consultations
- Received 84 house visit requests.
- Completed 124 minor operations.

*"Flu jab arrangements excellent. Well planned."*

#### **Flu vaccination clinics**

- If you are aged 65 years or over, or in 'at risk group' i.e. pregnant women, living with a long term medical condition, a carer, or have a learning disability, please book your flu jab now, either online [www.thatchammedicalpractice.com](http://www.thatchammedicalpractice.com) or call 01635 867171.
- Adult flu clinics are being held at the Catholic Hall and Thatcham Medical Practice.
- Children's flu vaccination is usually given via a nasal spray. Clinics are being held at Thatcham Medical Practice for children aged 2-3 years, or those in an 'at risk group'
- We follow strict COVID preventative guidelines and social distancing measures– please do not attend if you have any COVID type symptoms. Thank you!
- **If you need help to book an appointment please let us know.**

#### **Meet our team.. Who does what ?**

##### **GP's**

**Nurses :** Minor illness, long term conditions monitoring, health promotion ,treatment room.

**Clinical pharmacists:** help with medication reviews and prescription queries

**Social prescriber:** non clinical issues can affect people's health; explore these issues together to find a way forward.

**Physicians associate:** minor illnesses, home visits

**Mental health practitioner:** help with anxiety and depression

**MSK:** musculoskeletal physiotherapist

##### **See our website**

[www.thatchammedicalpractice.com](http://www.thatchammedicalpractice.com) or ask our receptionists who would be best able to help you.



## Thatcham Medical Practice

### Prescriptions

Between 1st May and 31st August

We processed 18,527 prescription items and our prescriptions team held over 622 booked telephone calls.

Prescriptions can be requested online and are now sent electronically to your designated pharmacy.

The good news is that we have recruited an additional clinical pharmacist to help us, Gameelah El-Shinnawi will be joining Sarah Gray and our prescription team next week!

**October is breast cancer awareness month. Early detection of breast cancer saves lives!** Common breast cancer signs and symptoms include:

- a lump or swelling in the breast, upper chest or armpit – you might feel the lump but not see it
- a change to the skin, such as puckering or dimpling
- a change in the colour of the breast – the breast may look red or inflamed
- a change to the nipple, for example it has become pulled in (inverted)
- rash or crusting around the nipple
- any unusual liquid (discharge) from either nipple
- changes in size or shape of the breast

It's important to check your breasts regularly and see your GP if you notice a change. Also please attend your routine mammogram appointment when invited!

<https://breastcancer.org/>



During lockdown we contacted our 400 plus shielding patients to offer additional welfare support. This work doesn't stop now, we are noticing more and more patients presenting with anxiety and depression and many more are struggling with financial difficulties.

**The following websites can be a helpful resource**

<https://www.mind.org.uk/>

<https://talkingtherapies.berkshirehealthcare.nhs.uk/contact-us/>

<https://directory.westberks.gov.uk>

<https://www.citizensadvice.org.uk/about-us/contact-us/contact-us/contact-us/>

**or free call Samaritans – on 116 123 anytime 24/7**

Stay safe ...

**Our clinics are open** for baby immunisations, cervical smears, family planning, coil and implant fitting, minor operations, joint injections, blood tests, wound care and chronic disease management. Clinicians wear PPE for all 'face to face' consultations and additional time has been allocated for infection control measures



**Kennet Primary care Network-** we are pleased to announce Dr Rudgley and Dr Sylvester have been appointed as joint Clinical Directors. They are supported by Executive Board members who can be contacted directly as follows, Kamal Bahia [kamalbahia@nhs.net](mailto:kamalbahia@nhs.net) Burdwood Surgery, Mark Betkowski [mark.betkowski@nhs.net](mailto:mark.betkowski@nhs.net) Falkland Surgery, and Linda Lawson [lindalawson1@nhs.net](mailto:lindalawson1@nhs.net) Thatcham Medical Practice. Watch this space for the Kennet PCN Newsletter!