



Old Catton Medical Practice

Summer Newsletter 2024

Travel

Planning a trip? Make sure you're protected! Travel vaccines are essential to keep you safe from diseases while exploring new destinations. Ideally get your vaccines 4-6 weeks before your trip to ensure they're fully effective.



Stay healthy & travel smart!

nhs.uk/conditions/travel-vaccinations



oldcattonsurgery.nhs.uk/travel-risk-assessment

Welcome

Welcome to our first Practice newsletter!

The content is intended to be relevant, informative and helpful to the reader as well as keeping you up to date with current Practice matters. We hope to be able to reach more of our patients by emailing this out, as well as having hard copies available for patients to take away and read in the comfort of their own home (with a nice cuppa of course!)

If you have any feedback or suggestions on the type of information you would like to see from us, please do get in touch either by phone or email (on the back of this page).

Christina | Assistant Practice Manager

Hayley | Admin Assistant

Pharmacy First

This service is to free up GP appointments for patients who need them most and will give people quicker & more convenient access to safe and high quality healthcare. It includes the supply of appropriate medicines for 7 common conditions aiming to address health issues before they get worse.

- Acute otitis media 1 to 17 years
- Impetigo 1 year and over
- Infected insect bites 1 year and over
- Shingles 18 years and over
- Sinusitis 12 years and over
- Sore throat 5 years and over
- Uncomplicated UTIs Women 16-64 years

Social Prescribing

Did you know.....? Social prescribers can offer advice & guidance on the following...

- Housing
- Rights & Responsibilities
- Benefits, Budgeting & Debt
- Care
- Blue badges & Transport
- Mental Health
- Family & Relationships
- Work
- Education & Training
- Activities & Clubs

Speak to our team to arrange your support

Contraceptive Implant

We are pleased to be able to offer appointments for the removal and insertion of the contraceptive implant, Nexplanon. Did you know...? Nexplanon is just as effective (99%) as the daily pill, it works for 3 years before having to be replaced and it can be removed at any time during the 3 years. If you are interested then please contact the surgery on 01603 415519 to arrange a consultation with our Advanced Nurse Practitioner, Vicky.

Facts & Figures

Over the past few months (March - May) we:

- received 10,518 telephone calls
- processed 2,245 online enquiries
- had 292 missed appointments, totalling over 81 hours
- welcomed 63 new patients to the practice

Thank you!

A special thank you to our green-fingered patient Ann-Marie for the many plants she has donated to the practice. They have brought us all lots of joy & happiness.



Meet our team...

Clinical

Dr Anjana Rani	GP/Principal Partner
Dr Ademola Onakoya	GP Partner
Dr Adebayo Oyelola	GP Partner
Dr Simon Cooke	GP
Dr Tolani Odukamaiya	GP Registrar (until August)
Dr Monisha Varghese	GP Registrar (from August)
Fatima Patel (PCN)	Physician Associate
Vicky Finch	Nurse Practitioner
Joanna Shingler	Nurse Prescriber
Terry Pugh	Practice Nurse
Lisa Stokes	Practice Nurse
Holly Cowlard	Practice Nurse
Sarah Wilson	HCA
Jill Newman	HCA
Heejoo Bentley (PCN)	Clinical Pharmacist
Romany Neil (PCN)	Pharmacy Technician
Charlie Grisley (PCN)	Physiotherapist
Karen Soanes (PCN)	Mental Health Nurse
Sarah Mannion (PCN)	ERW

Management & Admin Staff

Mat Catley	Practice Manager (PM)
Christina Easter	Assistant PM
Victoria Whalley	Reception Manager
Elizabeth Baxter	Patient Liaison / GPA
Charlotte Davis	Care Coordinator
Hayley Anderson	Admin Assistant
Juliette Garrard	Scanner & Coder

Receptionists

Angela Browne	Denise Todd
Julie Howes	Holly Oldfield
Kelly Sutton	Sarah Pitkin
Abbie Dennis	Maya Crosier

Did you know you do not need to see the doctor for hayfever symptoms?

Community pharmacists can give you advice and suggest the best treatments



Please help us save NHS resources which could be invested in improving local healthcare services.

Community

Sprowston Youth Engagement Project (SYEP) offer youth venues throughout Sprowston & Old Catton, including one to one support and drop-ins for 18 - 24 year olds. syep.co.uk

Catton parkrun is a free, fun & friendly weekly 5k community event. Walk, jog, run, volunteer or spectate. Every Saturday at 9am at Catton Park. parkrun.org.uk/catton

The Sunshine Café is aimed at those with dementia, their carers, those suffering from memory loss, or those who want some company. First Thursday of each month, at 10:00 at The Salvation Army, Boundary Road. Many more local support services can be found via the Alzheimer's Society website: www.alzheimers.org.uk