



Old Catton Medical Practice

Autumn Newsletter 2024


Seasonal Vaccinations

Seasonal vaccinations are upon us once again!

At present we are offering influenza, covid and RSV vaccinations to eligible patients which are bookable at the surgery.

We also offer other vaccinations including pneumococcal and shingles, which again are available to eligible patients. These are available year round, however we usually experience increased uptake of these vaccines during the winter when illnesses are more common.

To find out more about eligibility you can visit the NHS website:

 www.nhs.uk/live-well/seasonal-health



Message from Dr Onakoya

Hello,

I'm really pleased to be writing to everyone in our second newsletter (technically first autumn letter). As we know, autumn & winter seasons bring various health challenges which are often commonly viral. Common conditions include Flu, Norovirus & Covid and vaccines are available to help fight against these. Flu & Covid vaccine programmes have started and I encourage you to book in with the surgery. Also keep warm and wash your hands frequently as this helps limit the spread. It is starting to get darker with shorter days and temperatures dropping, these can all impact our mental wellbeing, so be proactive: connect with people, remain active and get outside when you can in natural light. Finally, we are here to support you if you are struggling so please reach out to us.

Till next time, stay well and healthy

Dr Onakoya

Patient Confidentiality & Data Protection

Patient confidentiality is a critical aspect of healthcare, ensuring that sensitive information about individuals is handled with care and respect. This information can include a patient's personal information, medical information or details about appointments. Information will not be shared with anyone other than the patient unless we have explicit written consent. Once a child turns 16, if they would like a parent or carer to have access to, or discuss, their medical record they will need to provide written consent. Consent can be added or removed at any time, consent forms are available from reception.

Women's Health

Our Advanced Nurse Practitioner, Vicky Finch offers women's health appointments to discuss all things related to women's health, from hormonal issues to menopause and perimenopause. She also offers contraceptive implant appointments and will soon be offering the contraceptive coil. Please contact the surgery on 01603 415519 to arrange a telephone or in-person consultation.

Facts & Figures

Over the past few months (June - August) we:

- received 10,590 telephone calls
- processed 1,899 online enquiries
- had 288 missed appointments, totalling over 76 hours
- welcomed 230 new patients to the practice

Thank you!

Thank you to all of those patients who have taken the time to respond to the surveys we sent out, we have had over 700 responses so far.



Updates on Staffing

Sadly, we waved goodbye to our first registrar, Dr Tolani Odukamaiya, following her six month rotation with us.

This was a very positive experience from both the perspective of Tolani and the Practice, we look forward to seeing how her future develops and wish her all the best for the future. In August we welcomed our new registrar, Dr Monisha Varghese. Dr Monisha will be with us until January 2025 and she has already settled extremely well.

In addition to supporting GP registrars on their journey, we have started hosting medical students in the Practice twice a week. This consists of Year 2 and Year 3 students from the University of East Anglia.

As part of their learning, they will see patients in the practice relative to the module they are learning (diabetes, stroke etc) and conduct consultations practicing their skills in examination, consultation, and communication. We would love to hear from anyone who would be willing to help with this!

In November, PCN employed Physician Associate Fatima, who has been with us for two days a week, will be leaving the surgery to take up a full time post at another local Practice. She has been an asset to the surgery and we wish her all the best for the future.

Patient Participation Group (PPG)

At Old Catton Medical Practice, we strive to provide high quality care that meets the needs of our patients and carers. To help us do this effectively, we have a PPG that consists of patients and practice representatives who come together to discuss the work of the practice and identify any areas for improvement.

We held our first PPG meeting in September, it was great to see so many patients keen to be involved.

If you are interested in joining the PPG or finding out more, please contact Hayley or Christina on 01603 415519 or nwicb.ocmp@nhs.net

Next Meeting: **Thursday 12th December**

Community


New Routes Integration support refugees, asylum seekers, and migrants and promote cross-cultural integration and community awareness.


 01603 213539  newroutes.org.uk

Age UK Norwich are dedicated to making Norwich an age friendly city. Services start from anyone aged over 50 living in greater Norwich. The work they do ranges from clubs and trips to independent advice, support at home to keeping people safe, healthy and connected.

 01603 496333  ageuk.org.uk/norwich

 nwicb.ocmp@nhs.net

 01603 415519

 old.cattonsurgery.nhs.uk

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