



### Staff News:

We are happy to welcome our new GP registrar to the surgery, **Dr Amy Crofts**. She started working here in the summer and is replacing Dr Raza who has left to get married and continue her career as a GP in Canada. A new receptionist has joined our team, her name is **Maz**. She is very experienced in customer care, but new to the busy world of GP surgeries, however she is settling in quickly. **Lucy**, our receptionist, is currently training to be a Health Care Assistant. She has successfully completed her training as a phlebotomist and now has regular clinics at the surgery taking blood. We are very pleased that **Petimat** our experienced Health Care Assistant is now able to work for us on Mondays as well as Thursdays, which will allow for more appointments for some vaccinations, simple wound care, ECGs, 24 hour blood pressure monitoring and ear syringing amongst other things.

**Apprentice:** In January we hope to take on an apprentice in business administration as part of Ealing Council's "100 Apprentices in 100 days" initiative.

### Flu Vaccinations:

**We strongly recommend you have a flu vaccination if you are:** 65 and over, a child of 2, 3 or 4 years old (this is a nasal spray and not an injection), pregnant or a carer **or if you have any of the following conditions:** chronic respiratory problems, diabetes, heart disease, kidney or liver disease, a neurological or stroke condition or if you are immunosuppressed. **You can phone the surgery to book an appointment or just walk in between 12 and 12.30 Mon to Fri.**

### Upcoming Self-Care Week 14<sup>th</sup> - 18<sup>th</sup> November 2016:

Self-Care Week is a national awareness campaign that focuses on raising awareness of how people can take care of their own health whether it is to prevent disease or illness, understand how to look after minor ailments or how to manage long term conditions.

You can collect suitable resources about this from the surgery or your pharmacy. You can also go to <http://www.selfcareforum.org/resources/> and download your own resources.

### Training for Patient & Public Partners and Lay Representatives:

There are still places available on the training programme being provided by NHS England for patients & carers who want to be more involved in shaping their local health and social care services. Training is available from November 2016 to March 2017, in groups of 10-20. The course lasts for one full day or could be split across two evening sessions. To register interest <https://www.surveymonkey.co.uk/r/FHKWNDK> or contact 078916972349

### Premises:

Our patient numbers are growing rapidly and we are finding it increasingly difficult to manage with the space we have. To this end we have been negotiating with NHS England to support us to rent more space in the flats upstairs. This will allow us to move the administration up there and add an additional consulting room at the surgery. However, details of this haven't been finalised yet.

### Ear Care Lab:

We now have a private "Ear Wax Removal by Micro-Suction Clinic" at the surgery. Appointments are available Mon-Sat for £55 for one or both ears. For more information and to book an appointment on-line go to [www.earcarelab.co.uk](http://www.earcarelab.co.uk) or phone **0208 004 7808**