

The Northwick Surgery  
36 Northwick Park Road  
Harrow, Middlesex, HA1 2NU  
Tel: 0208 515 1300 Fax: 0208 515 1301



The Northwick Surgery Newsletter  
Welcome to Autumn Edition 2019  
“Every Person Matters”

**PRACTICE NEWS:**

**FLU VACCINATION UPDATES:** We are currently experiencing delays with deliveries of flu vaccination and do apologies to all our patients for the concern and inconvenience that this may be causing you. We very much want you to come to the surgery for your vaccination.

**Vaccines for Under 65:** Vaccines will be available at the surgery from mid-October. Please check practice website for further updates.

**Vaccines for Over 65:** As some of you may be aware we have had the over 65 year old vaccine in stock and many patients have now had it. We will have further delivery of this by October 8<sup>th</sup> 2019. Please check practice website for further updates.

**Children, at risk groups and 2-4 year olds:** Vaccines will be available at the surgery from mid-October. Please check practice website for further updates.

Mid October is the ideal time to be vaccinated and you will be protected by the time Flu is most active. We are doing our utmost to get the vaccine to you and more clinic dates will follow as soon as possible. Please keep checking practice website for further updates.

**The Next flu walk-in clinic will be on Saturday, October 12, from 9:00am - 11:00am for over 65 years old ONLY.**

**HARROW GP ACCESS CENTRE UPDATES:**

**BELMONT HEALTH CENTRE:** We have received communication from Harrow Clinical Commissioning Group to inform us that from 1 November 2019, Belmont Health Centre will change from walk-in and wait service to a GP Access Centre. Patients in Harrow will now need to book their appointment before arriving at Belmont Health Centre. GP appointments will be available from 8am-8pm seven days a week. Booking is easy as patients can simply contact their GP surgery

or call NHS 111 who will find them the next available appointment, avoiding the need for a long wait before being seen.

The changes to a GP Access Centre is in line with national NHS guidance, which aims to see everyone receive improved access to GP services including appointments at evenings and weekends by 2020. The change also follows a similar transition at Alexandra Avenue Health Centre last year.

#### **Harrow GP Access Centre**

<b>SURGERY NAME /ADDRESS:</b>	<b>OPENING HOURS:</b>
Alexandra Avenue Health Centre 275 Alexandra Avenue, Harrow, HA2 9DX	8AM - 8PM Mon- Sun
Belmont Health Centre 516 Kenton Lane, Harrow, HA3 7LT	8AM - 8PM Mon - Sun

#### **THE CERVICAL SCREENING PROGRAMME:**

The aim of the NHS Cervical Screening Programme is to reduce the number of women who develop cervical cancer and the number of women who die from the condition.

Since the screening programme was introduced in the 1980s, the number of cervical cancer cases has decreased by about 7% each year.

All women who are registered with a GP are invited for cervical screening:

- Aged 25 to 49 - every 3 years
- Aged 50 -64 - every 5 years
- Over 65 - only women who haven't been screened since age 50 or those who have recently had abnormal tests

Being screened regularly means any abnormal changes in the cells of the cervix can be identified at the early stage and, if necessary, treated to stop cancer developing. But cervical screening isn't 100% accurate and doesn't prevent all cases of cervical cancer.

Screening is personal choice and you have the right to choose not to attend.

Read about:

[why cervical screening is offered](#)

- [when cervical screening is offered](#)

### **MEDeQUIP:**

Local NHS services lose thousands of pounds each year due to missing equipment. Loan equipment such as Hoists, Hospital Beds, Chair raisers, Riser Recliner chairs, Bed Levers, Mattresses, Perching stools, Cushions, Trolleys, Wheeled adjustable frames, Bath seats/lifts, and shower chairs/stools, which are issued to the community, should be returned when no longer used. Whatever it is, whatever state it is in, all items will be assessed and safety tested and either repaired and reused, or stripped down to be recycled.

You can contact Medequip to arrange free collection on:

Call: 0208 750 1580 OR Email: [customerservicesheathrow@medequip-uk.com](mailto:customerservicesheathrow@medequip-uk.com)

If you prefer to return equipment to Medequip yourself, you can take it to their distribution center at :

Heathrow Depot, Unit 2 The Summit Centre, Skyport Drive, Harmondsworth, West Dryton, UB7 0LJ

Opening hours: Monday to Friday from 8:30am to 5:00pm

### **BREAST CANCER NOW - THE RESEARCH AND CARE CHARITY:**

Breast cancer is the most common cancer in the UK. It mainly affects women, but in rare cases men can get breast cancer too. Breast cancer can cause symptoms such as a lump. However, a lump is not the only symptoms of breast cancer: <https://breastcancernow.org/information-support/have-i-got-breast-cancer/signs-symptoms-breast-cancer>

The earlier breast cancer is diagnosed, the easier it is to treat. This means it is important for women to check their breast regularly (<https://breastcancernow.org/information-support/have-i-got-breast-cancer/checking-your-breasts>) and report any unusual changes to their GP.

### **FAX MACHINE:**

Please note, The Northwick Surgery will cease to use a Fax machine, effective from 31<sup>st</sup> December 2019. We request that any correspondence which may have previously been sent by FAX, is now sent electronically to the following email address:

[Haroccg.northwicksurgery@nhs.net](mailto:Haroccg.northwicksurgery@nhs.net)

Please send your prescription request to the following email address:

[haroccg.prescriptionnws@nhs.net](mailto:haroccg.prescriptionnws@nhs.net)

## DNA (DID NOT ATTEND) REPORT FOR SEPTEMBER 2019

Did you know that from 1<sup>st</sup> September to 30<sup>th</sup> September 2019, total 88 patients did not attend GPs appointments? This means approx. 14.5 hours of GP's time has been wasted.

Also total 66 patients did not attend their nurse appointments. This means approx. 11 hours of Nurse's time has been wasted.

Practice will notify you by letter if you have missed three consecutive appointments and you will be at risk of removal from the patient's list. You can cancel or re-arrange your appointment via Patient Partner, Online, and Telephone or via Reception.

## HELP US TO IMPROVE OUR SERVICES: JOIN OUR PATIENT PARTICIPATION GROUP:

The aim of this group is for patients and staff to work together to help improve the services that are offered. This group is composed of patients who wish to take a more active interest in their local GP surgery and in developing local health services. We are proud to announce that now we have more members in this group. The Chairperson of this group is Ms. Priti Bodani and secretary is Ms. Sheila Lowe. The other members are Ms. Helen Shorter, Mrs. Sania Sehbai, Mrs. Margaret Bristow, Ms. Sylvia Farooqi, Mrs. Daphne Sutherland, Mrs Barbara Whyley, Mrs Saroj Kale, Ms Alice Gran, and Mrs Anjuman Khanam. We are keen to welcome new members (Male, Female, Teenagers and Young mothers) to engage with all patients and staff. If you are interested in joining this group, please contact the reception for details as well as please see our website on how to register with the group.

## DOCTORS CLINICAL HOURS

Dr A Zaidi:	Monday, Tuesday, Wednesday and Friday (All Day)
Dr G Varghese:	Monday, Wednesday, Thursday and Friday (All Day)
Dr F Margo:	Tuesday and Thursday (All Day) & Wednesday (AM only)
Dr M Bayraktar:	Monday, Tuesday, Wednesday and Friday (All Day)

**We welcome any constructive feedback from our patients.**

Mrs Vinita Patel  
Practice Manager