

Bexley Medical Group Newsletter

October 2009

Welcome to our first Newsletter

Welcome to the **Bexley Medical Group**. We are delighted to bring you our first practice newsletter which we hope you will enjoy reading. We aim to keep you informed of developments at the practice and will be pleased to receive any suggestions you would like to see included in future editions. We want your experience accessing and receiving treatment at the practice to be as friendly and easy as possible.

Bexley Medical Group was founded in 2005 after two local practices, Erith Health Centre and King Harold's Way merged with Hurst Place Surgery. King Harold's Way has undergone expansion which will allow us to deliver better facilities to our patients. We are now in a position to offer community services and are already housing cardiology, gynaecology, family planning, sexual health, anticoagulation and diabetic clinics, bringing treatment closer to patients.

Our team consists of two partners Dr Malone and Dr Manis, salaried GPs Dr Gopal, Dr Siva, Dr Chitambar and Dr Mitrova. We are also fortunate to have long term locums Dr Hafeez, Dr Hanner, Dr Ravi and Dr Easwar. **Dr Manis** is currently working with **Bexley Care Trust** as PBC and Cardiology Lead and is a member of the South East London Cardiology Network.

Dr Malone is our managing partner overseeing staff and doctors, HR as well as being lead GP for chronic diseases such as diabetes, COPD and chronic heart disease etc.

Dr Gopal has recently returned to the practice after a year away in India and we welcome him back. His interest is stress in the workplace and cardiology.

Dr Siva joined the practice in 2007 and her area of interest is palliative care.

Dr Chitambar joined the practice in October 2008 working at both Erith Health Centre and King Harold's Way.

Dr Mitrova is our newest recruit, she joined the practice in March 2009. She is based at King Harold's Way and her area of interest is gynaecology.

Dr Hafeez is our lead for anti-coagulation and offers a clinic in minor surgery once a month at King Harold's Way. Dr Hafeez's interest is in dermatology.

Dr Hanner is part-time locum for the practice and also works at the Urgent Care Centre at Queen Mary's.

The practice has a **diabetic** team and offers care to all type 2 diabetics and stable type 1 diabetics, as well as offering insulin starts.

Diabetic clinic/diabetic starts: please contact Margaret Cross at Hurst Place Surgery and Val Valentino at King Harold's Way. We also have a diabetic specialist nurse **Liz Meconi**, who offers a clinic at Erith Health Centre, Tuesday afternoon.



Guy Rotheram Award

2008 Dr Manis was presented by the then Secretary of State, with the Guy Rotheram Highly Commended Award for the Bexley Community Cardiology Service. Access to early intervention and treatment can greatly improve health outcomes. Bexley Care Trust, led by Dr Manis, has developed an innovative community-based approach to this problem. This project has proved successful by providing patients with care closer to home with reduced waiting times

Bexley's favourite GP receptionist

Congratulations to Chris Lipscombe of Erith Health Centre for winning in 2008 the first year the competition was held to find Bexley's favourite GP receptionist and becoming a runner up this year.

Faith Slade of Erith Health Centre was nominated along with Lucy Buckingham who works at both Erith Health Centre and King Harold way Surgery.

Well done ladies a great result for The Bexley Medical Group.

Sexual Health

Chlamydia

All three surgeries now have self-test Chlamydia kits for patients under 25 years.

1 in 10 sexually active young people who are test have Chlamydia. It is the most common bacterial sexually transmitted infection (STI) and can affect both men and women. You may not know you have it because most people do not have any symptoms. If untreated it can cause infertility.

It's easy to find out if you've got Chlamydia by doing a simple test, and is easily treated with a simple course of antibiotics.

Family Planning/Sexual Health Clinic

We now run a family planning clinic on Monday evenings between 6pm and 8.30pm at our King Harold's Way surgery. Our family planning doctor, Dr Hanna, is a specialist gynaecologist who works at Queen Mary's Hospital. He offers coil insertion, coil changes and Implanon. Also on the Monday evening the practice offers a sexual health clinic run by Nurse Sue, who will be able to advise you about STI testing and Chlamydia screening.

You can now find us at:
www.bexleymedicalgroup.co.uk

In House Services

Some of the services and clinics offered at the Bexley Medical Group:

Cervical Smears
Diabetic clinic
Coronary Heart Disease clinic
Well Person check
Phlebotomy
Child Immunization
Flu Vaccinations
Holiday Vaccination
Antenatal
Blood Pressure Clinic
Smoking Cessation
Weight Management

Stop Smoking Clinics

Barbara & Julie our Health Care Assistants run a stop smoking clinic. Julie at Hurst Place Surgery Tuesday through to Friday and Barbara at King Harold's Way on a Thursday and Friday, by appointment only. If you can't make these days we have contacts for other people that can help you.

Repeat Prescriptions Reminder!

Repeat prescriptions take a minimum of 48 hours. Do not phone the surgery to ask for a repeat, we will have to refuse. If you are unable to find your repeat write it on a slip of paper with your name address and date of birth and pop it in the basket in reception.

Anticoagulation clinic is held at Erith Health Centre on a Tuesday morning and is run by practice nurse Michelle Moore. Any patients who are on long term Warfarin and who are stable can now be monitored at the practice, which avoids the need to be seen at the hospital. The blood test is simpler as it is done as a finger prick test rather than a venous sample taken from the arm. Please contact Michelle at Erith Health Centre if you wish to have your care transferred.

Surgery Information

King Harold's Way Surgery
 171 King Harold's Way
 Bexleyheath
 Kent
 Tel: 020 8303 1127
Surgery Times:
 8.30am - 21.00 Monday & Tuesday
 8.30am - 18.30 Wednesday & Friday

Erith Health Centre
 50 Pier Road
 Erith
 Kent
 Tel: 01322 334 237
Surgery Times:
 8.30am - 18.30 Monday - Friday,
 9am - 12.20 Thursday

Hurst Place Surgery
 294a Hurst Road
 Bexley
 Kent
 Tel: 020 8300 2826
Surgery Times:
 8.30am - 18.30 Monday - Friday,
 9am - 12.20 Thursday

We also run a Saturday surgery 10am-12noon on a rota basis at King Harold's Way and Hurst Place Surgeries