

**The Good Practice Newsletter**

AUTUMN 2019

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# Welcome



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**Hello and Welcome to Autumn!**

I am sure like me you are hoping for many more crisp sunny days rather than the endless rain that we have been having! Whatever the weather we are here to look after you and urge everyone who is eligible for the flu vaccine to pop in to have it as soon as possible. Please see details below. Please also take a moment to read about my fellow doctors here at the Good Practice. They are excellent and will look after you just as well as I do, and we have plenty of appointments. Thank you! Dr Hammond

**Flu Vaccinations**

We are running a drop-in clinic every day 9-5pm and are keen to ensure all our patients who are eligible are vaccinated. The vaccine is very effective, and it will only take two minutes to administer. We want a really good season for maximum protection for all. We are aiming to protect the whole of our community to prevent the influenza virus entering and spreading around. So please do come in. It is free!

We are still waiting for the vaccine for children aged 2 to 3 years old and we will let you know as soon as it arrives. School children will be offered the vaccination at school.

# Have your say!

# Come and join our Patient Participation Group

Would you like to join our patient participation group? We are looking for a range of patients of all ages and backgrounds to work with staff here in the practice to improve our services. This is your opportunity to voice your opinions directly to clinical and admin staff and chat to other patients about anything you want. Details of the next meeting will be posted on the website and on the noticeboard in the surgery. Please speak to Jan or Cameron or reception about joining. Or Email: [thegoodpractice2@nhs.net](mailto:thegoodpractice2@nhs.net)

The meetings are very friendly and productive. Tea is always served!

# Organ Donation – The Law is Changing

From Spring 2020, all adults in England will be regarded as agreeing to their organs and tissue being donated when they die, unless they ‘opt-out'.

The law is being changed to help save and improve more lives. Every day across the UK, someone dies waiting for a transplant

It is hoped the change in the law will prompt discussions as to whether someone would like to be an organ donor or not and to make sure their families and friends know their wishes.

Most people support organ donation in principle and would be willing to donate their organs after their death. However, many people do not make this decision clear either by signing on to the [NHS Organ Donor Register](https://www.organdonation.nhs.uk/register-your-decision/register-your-details/) or telling their family.

Donating organs and tissue after death can help save or improve the lives of others, with one organ donor generously and significantly improving the lives of up to nine people, plus many more if they also choose to donate tissue.

The new law will not apply to children and young people under 18 and a number of other groups of people. For further information please go to <https://www.organdonation.nhs.uk/uk-laws/organ-donation-law-in-england/>

**Who are the doctors here at the Good Practice?**

Dr Hammond is grateful for having such a loyal patient following. He is the principal GP here at the Good Practice but has three excellent colleagues who are also working hard to look after your health and wellbeing. We do not want anyone to be waiting unnecessarily for an appointment so please do come and see all our doctors. They are here to help you.

**Dr Camelia Menolache**

Hello I am Dr Camelia Menolache. I qualified in medicine in Greece in 1991 and completed my GP training in East Midlands Deanery. My core training is in Psychiatry with West London Mental Health. My other special interests include Paediatrics, Women’s Health and Cardiology. I am also a NLP (Neuro-Linguistics Programming) Master Practitioner. I like to embrace a positive outlook in life and try to encourage this with colleagues and everyone around me!

**Dr Vikas Mehta**

Hello I am Dr Vikas Mehta. I am at the surgery two days a week and hope to gradually get to know you all. My medical background is extensive having worked in Kenya, the USA and England. Before completing my GP qualification in the Oxford Deanery I specialised in Plastic Surgery, Orthopaedics and Sports Injuries as well as ENT Surgery. I have worked in many developing countries all over Africa, South and Central America as well as working as a private doctor to leaders in business, entertainment and philanthropy. I am passionate about equal access to healthcare for all and empowering patients as you know more about your body than anyone else. I look forward to caring for you.

**DR Dan Hogan**

Hello I am Dr Dan Hogan and am principally look after patients during the evening surgeries at The Good Practice. I qualified in medicine in 1985 at King’s College, London. My interests range across ENT, Orthopaedics and Psychiatry. Should you ever need an evening appointment here at the surgery I will be here to care for you.

# Flu Vaccinaions 201