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## *Hello & Welcome to our Spring Newsletter*

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Firstly, I hope you have all been keeping well over the lockdown period. It has been a long haul but thankfully there is an end in sight if we all continue to be careful and follow the rules.

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## *Vaccine Progress*

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Thank you to you all for supporting the vaccine rollout. It is enormously important that all of our patients are vaccinated.

Over the past week we have been calling those patients who are carers or have long term conditions. If you are one of these people but haven't heard from us, please do give the surgery a call. We are VERY KEEN to reach all our patients and ensure you have the opportunity to be vaccinated.

The vaccination clinic is at the Violet Melchett Clinic on Flood Street so we hope reasonably convenient for most of our patients.

We have succeeded in reaching over 80% of our over 70s and 80s group but if you know anyone who has yet to be vaccinated or is still not sure please do ask them to ring the practice.

Of course the Good Practice is open to everyone (see below) so if you know anyone outside the practice who needs to register with a doctor again just ask them to call us. **Thank You!**

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## *Lockdown Easing*

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Following on from the Prime Minister's announcement for easing out of lockdown I want to reassure you that we will be opening our doors to patients as soon as NHS England gives us and our fellow surgeries the green light. We will continue to use telephone consultations and e-consultations, which have opened up more convenient ways to contact us for many people.

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## *New GP*

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The team at the practice are delighted to welcome a new trainee GP Roya, who will be joining us from March to June. Dr Roya is very experienced and is already a very well qualified teacher at Imperial University. She will be taking calls on Tuesday and Thursday and some patients may see her face to face.

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## *Congratulations*

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Dr Hammond and all the team at the Good Practice would like to congratulate one of our patients for her fantastic work with the homeless. Gloria Gardner has been recognised by Her Majesty, the Queen's personal representative, HM Lord Lieutenant of Greater London for her volunteer work and exceptional contribution to Londoners during the pandemic.  
***Well done Gloria.***

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## *PPG – Patient Participation Group*

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We would like to introduce our new co-chairs of the Patient Participation Group; **Suzanne Bourner and Nancy Sykes.**

A huge thank you to both Suzanne and Nancy for taking on the role. They will be posting ideas and patient information on our website in the PPG section so please do take a look.

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## *Coffee Mornings*

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Thank you to all our patients who have contributed to the patient virtual coffee morning. Everyone is most welcome. We hope to make these mornings face to face before the end of the year if it is possible.

Please join us every Wednesday @11am via Zoom. The zoom link is on the front page of our website. Please click below.

<https://www.thegoodpractice.london>

Nancy and Suzanne would love to hear from patients – any ideas you may have for the virtual coffee morning or an evening discussion forum. Ideas do not have to be health related and if you know anyone local or not who might like to be a guest speaker please do get in touch.

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### ***Get Walking!***

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One of our patients is very kindly mapping out some interesting local walks. These will go up on the PPG section of the website. We hope they inspire you and I'm sure help over the next few months of lockdown.

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### ***Couch to 5K***

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If you want to step up from walking please remember there is the Couch to 5K course you can follow. If you are struggling with motivation this may just help but do take it carefully at first. [Please click here for the details](#)



Dr Justin Hammond  
Principal GP The Good Practice

## If you're looking for a new NHS GP, you are very welcome at The Good Practice.

With telephone and online consultations as well as face-to-face,  
our team of doctors and nurses are closer than you might think.

We are open to everyone no matter where you live  
or where you're from.



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