

# NEWSLETTER SUMMER 2022

*Hello and welcome to our Flower Show newsletter!*

The Good  
Practice

NHS

## Surgery and Health News

### LET'S START WITH MONKEYPOX

I'm sure many of you will have heard about Monkeypox in London and its transmission across parts of the UK. You may not have heard that the condition has its centre in Chelsea, with most of the cases occurring here. The virus is generally mild but can be serious for immunocompromised patients.

Obviously we do not want Monkeypox to become established here in the UK.

If you develop an unusual rash, please do contact us and send photos. We will diagnose it as soon as we can so we can treat you and you may have to self-isolate to avoid transmission.

Our e-consult service would be very helpful for this as you can easily upload photos.

**Please do not worry – just act quickly if you do experience an unusual rash.**

### CHICKENPOX AND STREPTOCOCCUS A

We are presently seeing outbreaks of both chickenpox and streptococcus A in the community and advise that everyone should be aware of this. Chickenpox, as we know, is usually a mild illness in children but in previously uninfected adults it can cause a severe infection that sometimes requires hospitalisation. Pregnant women who have not previously been exposed to chickenpox are at very high risk and so children with infections should not be in the same room as women who have not previously been infected. Please contact us if you need more information.

Streptococcus A can cause "Strep throat" and scarlet fever. Symptoms of this condition include a high fever, very sore and very red throat, swollen glands, a whitish coating on the whole tongue followed by a red "strawberry" tongue and very rough skin with rashes. This infection is spread by coughs and sneezes, and is highly contagious. It will require antibiotic treatment if suspected.

*Dr Justin Hammond*  
GP

## Staff News

We have a new member of staff; Abi Kimbati. Abi has joined reception on a part time basis whilst studying at university. It's great to have Abi in the team!

## Clinical Research



*Myra (our Health Care Assistant) and Dr Hammond*

Thank you again to everyone who is involved in our current clinical research studies. We are running one for a potentially new Covid vaccine and we are nearing the end of another interesting trial into whether active intervention by support workers can alleviate patient loneliness and depression.

The reason why we have embraced clinical research is because we passionately believe this is the way forward for finding new breakthroughs in healthcare. We will be initiating other studies in the future so please do let us know if you are interested.



# Covid and Beyond

As you know we are all adapting to living with Covid and we will continue to ask patients to wear masks in the surgery. It has been an enormously difficult time for many of our patients. Obviously we want to provide as many telephone and face to face consultations as possible but group activities can also be very beneficial.

With this in mind we are putting together a range of activities for patients over the coming weeks and we do hope you will join in – whichever one or two interest you.

All are free so please take a look.

## **RUNNING CLUB TUESDAYS 5PM**

Dr Hammond and Traci, the Chair of our Patient Participation Group will be leading a running group every week for anyone who would like to get back into running. The aim is to start gently and build up fitness and stamina.

Open to all those who feel fit enough to run.

## **COFFEE MORNINGS**

**WEDNESDAYS 10:30AM**

We will be holding our Patient Participation Group Coffee Mornings here at The Good Practice on Wednesdays for anyone who would like to come and have a chat. Please look out for our posters and come along!

## **GENTLE YOGA**

**THURSDAY LUNCHTIMES 1-1:30PM**



*Dr Alisha Khanna leading gentle yoga sessions in the surgery*

No experience is necessary. We will provide the mats and everyone is welcome to join in. If you have never done yoga before or feel you may be too old to start – please come and we will take you through it step by step. We have had a great response so far and we are sure you will enjoy the wonderfully soothing environment. Thank you to Dr Khanna and all our patients who have participated.

## **WALKING GROUP FRIDAYS 11AM**

Please come and join our first Walking Group. We will start off from the surgery at 11am every Friday for a gentle stroll. Everyone is very welcome and the idea is to get some gentle exercise and fresh air with company. There is no obligation to sign up. Just come along and see if you enjoy it.

A big thank you to our Patient Participation Group members for leading this and to Dr Geddes for joining the walkers.

## **COFFEE AND CHAT WITH THOMAS NEWLAND AND CLAIRE PEREZ**

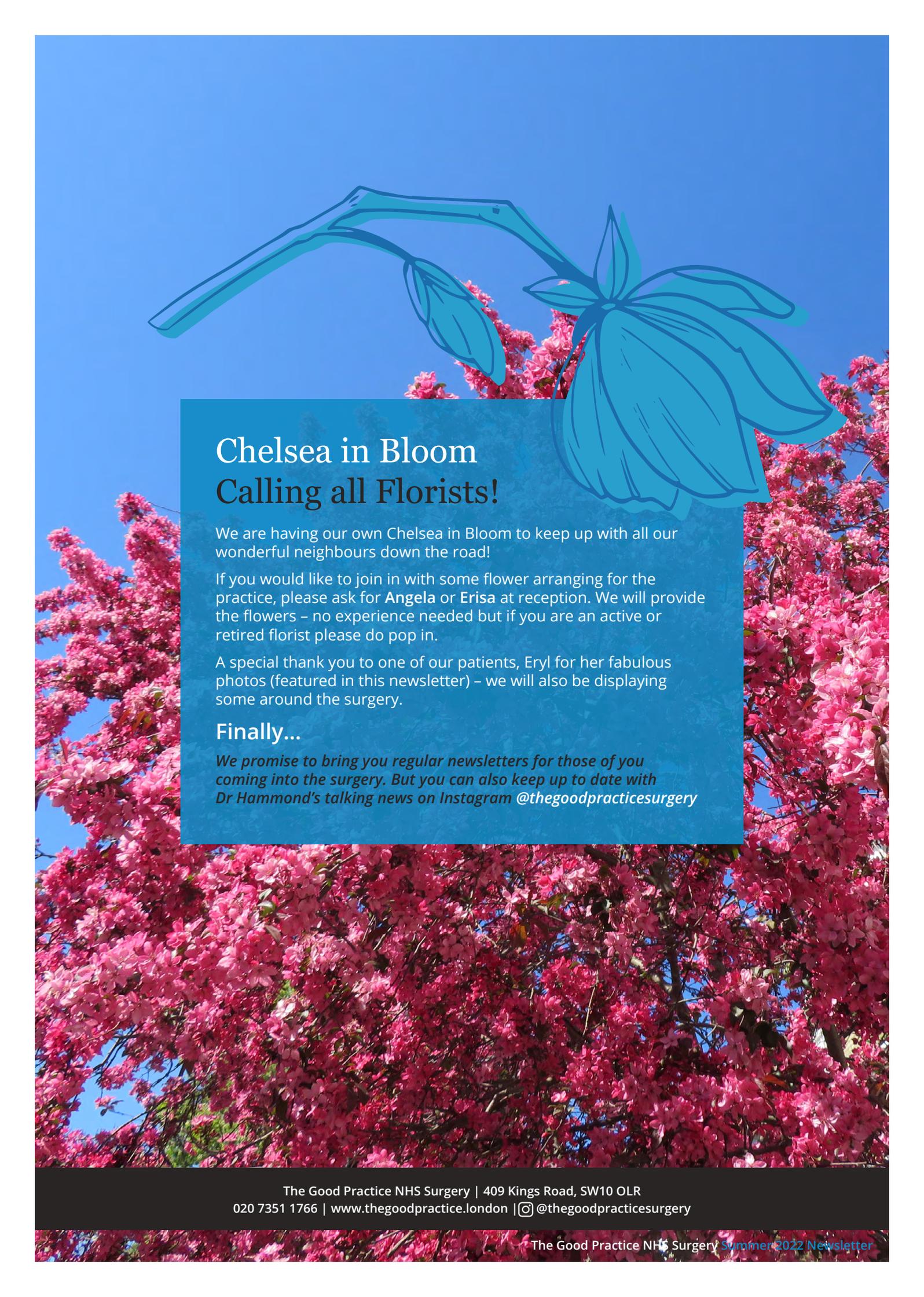
Several of our patients met Thomas, our Social Prescriber and Claire one of our experienced reception/administrators - for a coffee and chat about ideas for the surgery and what is available in and around Chelsea.

As you know the local community is vibrant but you might find it difficult to find exactly what you are looking for. Thomas has all the details and is very approachable.

It was great to feedback to Claire all your thoughts and ideas on how to improve the surgery – one of which was a regular newsletter in reception.

We hope you like this one. Please let us know if you have any suggestions. Thank you to everyone who came along. We will be holding more coffee meet and chat mornings like this so please do look out for details.





## Chelsea in Bloom Calling all Florists!

We are having our own Chelsea in Bloom to keep up with all our wonderful neighbours down the road!

If you would like to join in with some flower arranging for the practice, please ask for **Angela** or **Erisa** at reception. We will provide the flowers – no experience needed but if you are an active or retired florist please do pop in.

A special thank you to one of our patients, Eryl for her fabulous photos (featured in this newsletter) – we will also be displaying some around the surgery.

### Finally...

*We promise to bring you regular newsletters for those of you coming into the surgery. But you can also keep up to date with Dr Hammond's talking news on Instagram @thegoodpracticesurgery*