

Welcome to our Newsletter

Reminder to all as we approach the winter months- stay warm, eat well and take daily exercise. Try to take a short walk each day to get fresh air and gentle exercise.

ASSOCIATE MEMBER OF PPG

We always like to hear from you about your experiences with the practice and how we can all help to improve the services provided.

If you feel you would like to get involved with the practice's Patient Participation Group (PPG) but do not have time to attend meetings every six weeks, you might like to become an Associate Member.

As an Associate PPG Member we would contact you from time to time by email to ask you your views on certain topics and sometimes to invite you to participate in occasional online meetings. Your experiences as a patient would provide invaluable input to our future plans for the practice. You may have topics relating to the practice which you would like us to discuss and we would welcome your suggestions.

Please email: CLCCG.PPG@nhs.net to tell us if you are interested. We would particularly like to hear whether you could represent specific communities or patient groups.

(Judith Morris Chairman)



FLU- Currently a lot of patients contact us with Flu

symptoms-if you are aged 65 and over, have a long term condition, or are a carer, or pregnant then make sure you have a flu vaccine this winter

Children aged 2-3 can have a nasal fly spray.

The vaccines/nasal spray can reduce the severity of your symptoms or prevent you catching flu!



All registered patients and their carers are members of the

Patient Partnership Group (PPG)

2025 Meetings dates:

Marylebone Patient Partnership Group

Meeting dates 2025

6pm-8pm@ the health centre and virtually

27th Jan

10th March

28th April

9th June

21st July

1st September

13th October

24th November

Please come along

we are always grateful for new members and if you want to attend virtually please let us know so we get your

MEASLES, MUMPS AND RUBELLA

UK Outbreak of measles

As you are aware there has been both national, London wide and local outbreaks of measles., which is highly contagious. This was a disease that had largely disappeared in the UK because of the high uptake of the Measles, Mumps and Rubella (MMR) vaccination programme. The MMR vaccine gives lasting protection against measles, mumps and rubella (german measles) illnesses.

These 3 infections spread easily between people and can lead to serious problems including meningitis, blindness and hearing loss.

If you're pregnant, getting measles can cause premature birth, miscarriage or still birth. And getting rubella can cause serious problems for your baby such as damage to their sight and hearing.

2 doses of the MMR vaccine gives you long-term protection.. Getting vaccinated also helps protect people who cannot be vaccinated, such as unborn babies, new-born babies and anyone with a weakened immune system.

Who can/should have the NHS vaccine?

all babies and young children, but older children and adults can have it if they were not vaccinated when they were younger.

Babies and young children are given 2 doses of the MMR vaccine as part of the [NHS vaccination schedule](#). They're given a dose at 1 year old and 3 years 4 months old

Babies between 6 and 12 months can have an extra dose of the MMR vaccine before this if they need it to protect them

if: they're travelling abroad to an area with a lot of measles they've been close to someone with measles there's an outbreak of measles

Children over 5 and Adults- The MMR vaccine can be given at any age and if you were born before 1970 and have not had measles, mumps or rubella (german measles) or their vaccines, you can ask your GP surgery for the MMR vaccine. If you did not have it as a child, you only had 1 dose or you're not sure if you've been fully vaccinated please call to speak to the practice Nurse who can advise you.

It's especially important to make sure you're vaccinated if:

- you're a child, teenager or young adult you could become pregnant

- you're travelling to, or living in, a country where there is a higher risk of getting measles, mumps or rubella you're a healthcare worker

- you were born between 1970 and 1990 (as you may not have been vaccinated against all 3

infections) Please visit [MMR \(measles, mumps and rubella\) vaccine - NHS \(www.nhs.uk\)](#)

for more information

Call and arrange to speak to/see one of the Nurses@ Marylebone if you would like a vaccine or to discuss having/arranging one! [The BBC Radio 4 programme 'Inside Health'](#) has been asking Professor Paul Duprex, head of vaccine research at the University of Pittsburgh, how and why measles is so particularly infectious. The discussion starts at 21 minutes into the broadcast the broadcast

COVID booster vaccines

COVID is still very much in our local and national community, we still receive calls from patients with COVID symptoms, which now present with a much wider variety of symptoms from rashes, coughs, colds, sore throats and upset stomach. The COVID-19 vaccination is an important part of protecting yourself if you're at increased risk from severe COVID-19.

You or your child may be offered a seasonal COVID-19 vaccine if you are:

- aged 65 years old or over
- aged 6 months to 64 years old and are at increased risk
- living in a care home for older adults

You can book your COVID vaccination on the NHS website, find local walk in COVID-19 vaccination sites. You can call 119 free of charge to book over the phone if you cannot book online. You can speak to a translator if you need to.

[A guide to the COVID-19 autumn vaccination - GOV.UK](#)

Data Sharing— The NHS uses information about patients (known as patient data) to facilitate treatment and care safely. For example we may share your information when we refer you to a hospital.

Central NHS through [NHS Digital](#), can get data from your GP surgery, hospitals and other healthcare providers. To help improve services, NHS Digital shares this data with researchers from organisations such as universities or hospitals. This type of data-sharing has been happening for many years.

All data that is collected and shared is protected by strict rules around privacy, confidentiality and security. The NHS never sell patient data or share it with insurance or marketing companies. Find out more about how NHS Digital is [looking after your data](#), by visiting www.nhs.uk and searching NHS Digital or visit the practice website

Opting out of sharing your data- You can choose whether or not your data is used for research and planning. There are different types of data-sharing you can opt out of. You can opt out, or opt back in again, at any time. To find out more information please visit:

[Opt out of sharing your health records - NHS \(www.nhs.uk\)](#)
(www.nhs.uk)

Please help us keep our telephone lines **free between 9am and 10am** each day for patients who call and are unwell-

We find people who are very unwell and need to see a GP call us first thing so its

important we keep our lines free for them to call us.



Do you have asthma?

If so we invite you to attend an Annual Review

At the surgery we like to be sure that your treatments are still working well and that they are being used to good effect.

If you attend A and E because you have had an exacerbation, we will contact you 3 days after we have been informed and check you are well

RECEPTIONISTS

YOUR RECEPTION TEAM ARE:

KATIE (MANAGER)

MELISSA

BUSHRA

LILY

SHELAN

REJIA

THEY ARE THERE TO HELP YOU ACCESS THE RIGHT SERVICE, FROM THE RIGHT PERSON IN THE RIGHT TIME AND SAFE TIME FRAME

THEY RECEIVE & DEAL WITH HUNDREDS OF CALLS A DAY AND PROCESS HUNDREDS OF PRESCRIPTIONS, LETTERS AND RESULTS.

PLEASE ASK THEM IF YOU NEED ASSISTANCE AND THEY WILL DO – PLEASE THEIR LEVEL BEST TO HELP YOU

Keeping well and maintaining good mental health:

Reframe unhelpful thoughts

The way we think, feel and behave are linked. Sometimes we develop patterns of thoughts or behaviors' that are unhelpful so recognising them, and taking steps to think about things differently, can improve your mental health and wellbeing.

Be in the present

If we take time to be aware of ourselves and be in the present moment, noticing our own thoughts and feelings, and the world around us, we can gain a better perspective. Sometimes this is known as being more mindful.

Get good sleep

Good-quality sleep makes a big difference to how we feel mentally and physically, so it's important to get enough.

Connect with others

Spending quality time with friends or family, talking to someone about how we are feeling or finding ways to help other people can all help stop you from feeling lonely and improve your mental health and wellbeing. This can be online, by phone or seeing someone in person.

Live a healthy life

Being active, enjoying the outdoors and having a healthy, balanced diet all impact how we feel. Also, binning bad habits like smoking, and cutting down on alcohol and caffeine can have a positive effect on our mood.

Do something for yourself

*From enjoying your favorite hobby, learning something new or simply taking time to relax, it's important to do things that make you happy, like trying a new hobby or learning a new skill. **Write a letter to future you***

When you're feeling good, think about what you would want to tell your future self if things get harder and you find you need more support. Re-minding yourself of what's keeping you feeling positive right now can help you through those more difficult times in the future.



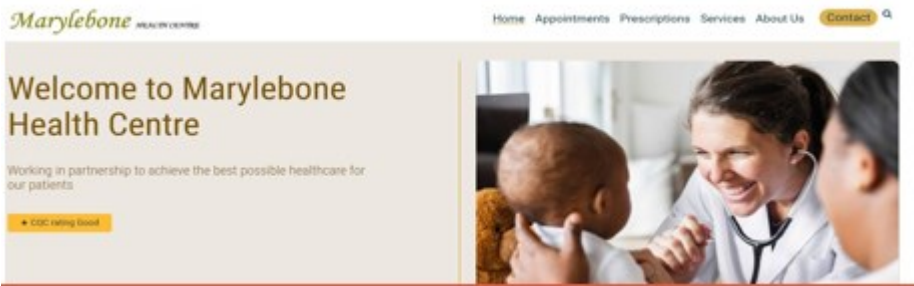
Click Here to Contact Your GP Online

Answer 4 simple questions and PATCHS will get you help quickly.
Health advice, fit notes, medication, and more...

If you are able to visit our website- PATCHS is the E consultation system which can be accessed through our practice website.

You can expect a response within 24 hours Monday-Thursday, although this may not be from a GP.

The system is perfect if you're asking for certificates/forms or private referrals, or if you feel you would like a general health check– the GP can assess your request and arrange tests you need to have before you attend to see a GP.



MHC Website. We have a new and much improved website. The website contains lots of information for our patients about external services as well as MHC services. Please do let us know if you think we can add more information which would be helpful for other patients. Please visit:

Chaperones are available to all patients at any time. You do not need to book one in advance. All our staff are trained as chaperones; clinical and non clinical-Please ask at reception if you want a chaperone.

If you make an appointment and then do not need it, please cancel it so it can be offered to someone else. You can cancel via PATCHS, or by using your system-

on line appointment booking account or by telephone

This is also the case for hospital appointments

Practice Pharmacists

We have 1 in house clinical pharmacist Ms Zainab Abbas

Zainab offers a mix of telephone and face to face appointments

She provides medication reviews and gives advice about medication

If you have questions about the medication you take please make an appointment with them through reception (we are expecting an additional pharmacist in the new year)

Drs timetable	AM clinic	PM clinic
Monday	Andy Goodstone Emma Coore <i>*Lisa Drew</i> Puja Verma	Andy Goodstone Emma Coore <i>*Lisa Drew</i> Puja Verma
Tuesday	Ravi Parekh Andy Goodstone Kevin Patel Puja Verma	Ravi Parekh Andy Goodstone Puja Verma
Weds	Andy Goodstone Emma Coore <i>*Lisa Drew</i> Puja Verma	Andy Goodstone Emma Coore <i>*Lisa Drew</i>
Thursday	Foteini Tsipou Kevin Patel Emma Coore	Foteini Tsipou Kevin Patel Emma Coore Marta Vala
Friday	Foteini Tsipou Harry Wyatt <i>*Lisa Drew</i>	Foteini Tsipou Harry Wyatt Lisa Drew



Marylebone Health Centre

Telephone: 020 7935 6328

Email
CLCCG.PPG@nhs.net

Out of hours: 111 or call the

Appointments- We have a wide range of appointments available for our patients and the re-

ception team are very skilled at helping you find the right appointment to meet your needs.

Same day appointments-are for more urgent medical problems which should be dealt with on the day

Routine pre-bookable –these are available from between 2 weeks and 4 weeks. These can be booked ahead and enable you to book and see your own or preferred GP. They support continuity in your care.

Blood Tests– reception can only book blood tests if one of our GPs has requested them. We do not provide blood tests at the request of private or hospital consultants.

Annual Review/Care Plans– you may be invited to see/speak to your own GP for an annual review. This gives time for your GP to discuss and understand your health needs and you can agree a plan for looking after your health together.

Nurses offer long term conditions appointments (Diabetes/asthma) , Cervical Smear Tests, Contraception advice and prescribing, Adult and childhood immunisations (including a travel advice and immunisation service) wound care and health checks such as blood pressure reviews. You can arrange one of these appointments by calling reception. They also provide ECG (tests for the heart)and 24 hour BP tests at the request of a GP.

Clinical Pharmacists– offer medication reviews or advice on medication. You can arrange an appointment through reception.

Healthy Lifestyle/dietary advice and stop smoking– We have regular clinics run by dieticians, healthy lifestyle experts and a stop smoking advisor. Call reception to book into these clinics

Physiotherapy– we have access to physio appointments, although due to a change of NHS contract ap-

If you make an appointment and then do not need it, please cancel it so it can be offered to someone else. You can cancel via PATCHs, or by using your system-on line appointment booking account

This is also the case for hospital appointments