

**Issue 5 May 2025**

Marylebone Team and Patient Partnership Group  
Newsletter

Welcome to our Newsletter Judith Morris –PPG Chair

National Association for Patient Participation (N.A.P.P).

Our PPG is a member of the National Association for Patient Participation. Founded in 1978, N.A.P.P is the sole independent, umbrella, organisation supporting and encouraging the development of patient participation groups (PPGs) in UK general practice. Although the 2015 GP contract stated that all GP surgeries must have a PPG, it did not specify how the PPG should be set up and maintained.

The N.A.P.P's main objective – as stated in their constitution - is to foster the highest possible standard of primary care through the medium of patient participation. In its view never in the history of the health service has the need been more important for the patient voice to be heard by policy makers, managers, and professionals.

The N.A.P.P. strives to meet its aims by:

- Promoting the benefits of PPGs to individual practices, Integrated Care Boards (ICB) and Primary Care Networks (PCNs).
- Publicising the achievements realised by individual PPGs.
- Working with policy makers at the UK level including NHS England, professional bodies including the Royal College of General Practitioners, the General Medical Council, the Care Quality Commission (CQC), the British Medical Association (BMA) and the Practice Management Network (PMN) focusing on the importance of listening to the patient voice within general practice.

**Help us to support N.A.P.P objectives– contact me on  
[clccg.PPG@nhs.net](mailto:clccg.PPG@nhs.net)**

Staff are entitled to be safe while carrying out their duties-please do not shout, swear, intimate or threaten us. We operate a strict Zero Tolerance Policy towards people who treat us badly



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

**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 please let us know so we send the meeting link and agenda

Marylebone Health Centre  
Telephone: 020 7935 6328  
Email  
[clccg.MHCAdmin@nhs.net](mailto:clccg.MHCAdmin@nhs.net)  
Out of hours: 111  
Address: 17a Marylebone Road, London, NW1 5LT

# CHILDHOOD VACCINE PROGRAMME NHS January 2025



UK Health Security Agency

## The complete routine immunisation schedule

From January 2025

Age due	Diseases protected against	Vaccine given and trade name		Usual site <sup>1</sup>
Eight weeks old	Diphtheria, tetanus, pertussis (whooping cough), polio, <i>Haemophilus influenzae</i> type b (Hib) and hepatitis B	DTaP/IPV/Hib/HepB	Infanrix hexa or Vaxelis	Thigh
	Meningococcal group B (MenB)	MenB	Bexsero	Thigh
	Rotavirus gastroenteritis	Rotavirus <sup>2</sup>	Rotarix <sup>2</sup>	By mouth
Twelve weeks old	Diphtheria, tetanus, pertussis, polio, Hib and hepatitis B	DTaP/IPV/Hib/HepB	Infanrix hexa or Vaxelis	Thigh
	Pneumococcal (13 serotypes)	Pneumococcal conjugate vaccine (PCV)	Prevenar 13	Thigh
	Rotavirus	Rotavirus <sup>2</sup>	Rotarix <sup>2</sup>	By mouth
Sixteen weeks old	Diphtheria, tetanus, pertussis, polio, Hib and hepatitis B	DTaP/IPV/Hib/HepB	Infanrix hexa or Vaxelis	Thigh
	MenB	MenB	Bexsero	Thigh
One year old (on or after the child's first birthday)	Hib and MenC	Hib/MenC	Menitorix	Upper arm/thigh
	Pneumococcal	PCV booster	Prevenar 13	Upper arm/thigh
	Measles, mumps and rubella (German measles)	MMR	MMRvaxPro <sup>3</sup> or Priorix	Upper arm/thigh
	MenB	MenB booster	Bexsero	Thigh
Eligible paediatric age groups <sup>4</sup>	Influenza (each year from September)	Live attenuated influenza vaccine LAIV <sup>3,5</sup>	Fluenz <sup>3,6</sup>	Both nostrils
Three years four months old or soon after	Diphtheria, tetanus, pertussis and polio	dTaP/IPV	REPEVAX	Upper arm
	Measles, mumps and rubella	MMR (check first dose given)	MMRvaxPro <sup>3</sup> or Priorix	Upper arm
Boys and girls aged twelve to thirteen years	Cancers and genital warts caused by specific human papillomavirus (HPV) types	HPV <sup>6</sup>	Gardasil 9	Upper arm
Fourteen years old (school Year 9)	Tetanus, diphtheria and polio	Td/IPV (check MMR status)	REVAXIS	Upper arm
	Meningococcal groups A, C, W and Y	MenACWY	MenQuadfi	Upper arm

**If you need to have your child vaccinated and wish to discuss this with a Nurse/Dr please ask for an appointment through reception call 02079356328**

**If you have vaccines abroad please let us know so we can keep your child's vaccine record up to date**

## COVID Booster Vaccines- The NHS national booking system is open for patients to book in their spring COVID-19 vaccination.

Eligible groups ; adults aged 75 years and over, residents in care homes, and people with a weakened immune system who are at a greater risk from severe illness.

The COVID-19 virus continues to circulate and can be highly dangerous – particularly for the above groups – as hospitals saw an average of more than 1,000 beds each day over winter taken up by COVID patients. Those who received a vaccine were more than 40% less likely to be admitted to hospital with COVID-19 for up to two months after vaccination, compared to those who did not receive one.

NHS central teams are contacting everyone who is eligible for the jab via text, email, NHS App messages or letters and you can book through 119 or on line

[Book, change, or cancel a COVID-19 vaccination appointment online - NHS](#)



Contact us 0808 175 6385

<https://oneyoukcw.co.uk>

We are a free local lifestyle service, designed to support Westminster

residents. We provide personal healthy lifestyle coaching and group support sessions that will help you to make positive changes and improve your health and wellbeing.

Our support includes help to lose weight, exercise more, stop smoking, drink less, eat more healthily and address psychological challenges. Everything we do is designed to reduce your risk of developing cardiovascular disease and lifestyle-related cancers.

Our expert Health & Wellbeing Coaches will help you to make realistic and sustainable changes that aim to help you live a longer, happier life.



Please help us keep our telephones 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 use inhalers?

If so we invite you to attend an Annual Review– call reception to book with Nurse Kelly

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

**You can return used inhalers to your pharmacy who will return them to the NHS for recycling!**



## RECEPTIONISTS

YOUR RECEPTION TEAM ARE:

KATIE (MANAGER),  
MELISSA, BUSHRA,  
LILY, SHELAN AND  
REJIA

*They are there to help you access the right service, from the right person at the right time and within a safe time frame*



**PLEASE** Cancel unwanted appointments  
Please- so other patients can use the appointment time

If patients frequently fail to attend you may be asked to find a new GP surgery

# DEMENTIA CARE

Join us for an informative talk about  
**CARE AND SUPPORT IN THE COMMUNITY**  
including an understanding of what it's like living with dementia.



## MEMORY CAFE DATES: 2pm till 5pm

Wednesday 15 January	Wednesday 16 July
Wednesday 19 February	Wednesday 20 August
Wednesday 19 March	Wednesday 17 September
Wednesday 16 April	Wednesday 15 October
Healing through Music	Wednesday 19 November
Wednesday 21 May	Wednesday 17 December
Wednesday 18 June	
Healing through Music	

St Marylebone Parish Church, 17 Marylebone Road, NW1 5LT

Right at Home Central London  
020 3084 7333  
[www.rightathome.co.uk/central-london](http://www.rightathome.co.uk/central-london)  
[centrallondon@rightathome.co.uk](mailto:centrallondon@rightathome.co.uk)



Memory Café for Dementia sufferers and their carers are held at the Marylebone Parish Church- in the room next to the entrance to the surgery. (it will be signposted) This is not hosted by the surgery but patients who attended told us they found this very helpful.

*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 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.

**New staff at MHC –we have a very low turnover of staff (thankfully) so we are always**

**Pleased to welcome new joiners to our surgery . Please read below. Thank you Jeanette, Practice Manager**

Hi, this is Minjun Chen, and I'm a clinical pharmacist at the Marylebone Health Centre. I work closely with our lead pharmacist Zainab and the GPs to help you get the most from your medicines and stay well. Here's how I can support you:

🔪 **Medication Reviews** - If you take regular medicines, I can check they're working well for you, adjust doses if needed, and help reduce any side effects.

📅 **Long-Term Condition Support** - For conditions like diabetes, asthma, high blood pressure, or heart disease, I can review your treatments, answer your questions, and help you manage them better.

? **Medication Queries** - Unsure why you're taking a medicine? Worried about side effects? Need help with your repeat prescriptions? I'm here to help!

🍎 **Lifestyle Advice** - Small changes can make a big difference. I can offer tips on diet, exercise, and healthy habits to support your health alongside your medications.

**Why see me?** I'm your medicines expert—here to give you more time, personalised advice, and support with your treatments.

If you'd like a medication review or have questions about your prescriptions, just ask reception to book an appointment with me.

<b>Drs timetable</b>	AM clinic	PM clinic
<b>Monday</b>	Andy Goodstone Emma Coore Lisa Drew Puja Verma	Andy Goodstone Emma Coore Lisa Drew Puja Verma
<b>Tuesday</b>	Ravi Parekh Andy Goodstone Kevin Patel Puja Verma	Ravi Parekh Andy Goodstone Puja Verma
<b>Weds</b>	Andy Goodstone Emma Coore Lisa Drew Puja Verma	Andy Goodstone Emma Coore Lisa Drew
<b>Thursday</b>	Foteini Tsipou Kevin Patel Emma Coore	Foteini Tsipou Kevin Patel Emma Coore Mohammed Mahsin
<b>Friday</b>	Foteini Tsipou Harry Wyatt Lisa Drew Dr Ayesha Akther –alternate Fridays	Foteini Tsipou Harry Wyatt



**Appointments-** We have a wide range of appointments available for our patients and the reception 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** –available from between 2 weeks and 4 weeks ahead. These enable you to see your 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/patients.

**Annual Review/Care Plans**– you may be invited to see/speak to a 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/ prescribing, Adult and childhood immunisations (including a travel advice/ immunisation service) wound care and health checks such as blood pressure reviews. You can arrange an appointment 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 healthy lifestyle experts. call reception to book into these clinics

**Physiotherapy**– we have access to physio appointments, although initial appointments maybe telephone and advisory. Physios then book follow up appointments.

<b>Nurses/ Pharmacists timetable</b>	AM clinic	PM clinic
Monday	Nurses Karen Sanderson and Saiqa Hameed  <b>Pharmacists- Zainab Abbas</b>	Nurses Karen Sanderson and Saiqa Hameed  <b>Pharmacists- Zainab Abbas</b>
Tuesday	Nurses Kelly Hunt  <b>Pharmacists- Zainab Abbas</b>	Nurses Kelly Hunt  <b>Pharmacists- Zainab Abbas</b>
Weds	Nurses Karen Sanderson, Kelly Hunt and Saiqa Hameed  <b>Pharmacists- Zainab Abbas &amp; Minjun Chen</b>	Nurses Karen Sanderson, Kelly Hunt and Saiqa Hameed  <b>Pharmacists- Zainab Abbas &amp; Minjun Chen</b>
Thursday	Nurses Karen Sanderson and Saiqa Hameed  <b>Pharmacists- Minjun Chen</b>	Karen Sanderson and Saiqa Hameed  <b>Pharmacists- Minjun Chen</b>
Friday	Karen Sanderson and Saiqa Hameed  <b>Pharmacists- Minjun Chen</b>	Karen Sanderson and Saiqa Hameed  <b>Pharmacists- Minjun Chen</b>

## Marylebone Health Centre in Partnership with our PPG

have created a timetable of educational sessions for patients  
*to attend let reception know and they will reserve you a space*

### Digital Workshop Timetable

Date	Time
Wednesday 21 <sup>st</sup> May	2:00pm – 3:00pm
Friday 20 <sup>th</sup> June	11:00am – 12:00pm
Thursday 17 <sup>th</sup> July	5:00pm – 6:00pm
Monday 18 <sup>th</sup> August	1:00pm – 2:00pm
Tuesday 16 <sup>th</sup> September	9:00am – 10:00am
Wednesday 15 <sup>th</sup> October	2:00pm – 3:00pm
Friday 14 <sup>th</sup> November	11:00am – 12:00pm
Thursday 18 <sup>th</sup> December	5:00pm – 6:00pm

We have set up the Digital Workshop for patients to come in and discuss using the online services. The PPG have helped us to set up these workshops, allowing us to support our patients who may find it difficult to access/navigate the online services that are available. The online services can be used to access your health record, book appointments and request prescriptions, in an attempt to make things more streamlined for our patients.

### Marylebone Health Centre Patient Education Event



Topic: Men's Health (including  
Cardio and routine Screening)

Tuesday 20<sup>th</sup> May

12 noon-12.30pm

Presenter –Dr Andy  
Goodstone

### Marylebone Health Centre Patient Education Event



Topic: Women's Health  
(including managing menopause)

Monday 12<sup>th</sup> May 12 noon-  
12.30pm

Presenter –Dr Puja Verma

### Marylebone Health Centre Patient Education Event



Topic: Gill's Summer Café (cup  
of tea and a chat with Gill and the Team)

Wednesday 11<sup>th</sup> June

12 noon-1pm

Host –Gill Knight