



Monkfield Medical Practice

# SUMMER NEWSLETTER

## Message from the partners

Welcome to the first of our quarterly patient newsletters! We hope that this will better our communication with you, improve our responsiveness and help us to be a bigger part of the community. As a new partnership consisting of Dr Siriwardena, Dr Modi and Mrs Crisford, we hope this is the first of many steps to become more open, involved and innovative. We have a new system for reviewing patients with long-term conditions, such as high blood pressure and diabetes, where these patients will be invited in the month of their birth for a check-up. We apologise for any inconvenience if you have had this done recently but after the first year, this should become more regular and predictable. We hope to re-establish the Patient Participation Group for the engagement of patients in practice decisions, and to create a Patient Association for more casual involvement. We are expanding to provide services to all of Cambourne and recruiting to meet this demand. At the same time, we plan to offer more services to patients that better serve our population's needs. These plans are partly facilitated by us joining the Meridian Primary Care Network - a collection of local practices that work collaboratively to share some staff and services, whilst remaining independent. We have also started to deliver research at the practice and are proud to offer you the chance to get involved in cutting edge medicine. We hope you enjoy this issue and feel encouraged to reach out to us.

### Research

Under Dr Rakesh Modi, partner and academic at the University of Cambridge, and facilitated by Mrs Katie Bartlett, we have started to deliver research at the practice. Researchers contact the practice about their work and we would contact eligible patients on their behalf to offer them the opportunity to be involved. We have started preparations for a study to reduce long term breathlessness (Primarybreathe), undertaken a survey of GPs about home visits (CHiP study), and are soon to contact patients about an online tool to reduce the risk of developing dementia (Active Brains study) amongst others. Please keep an eye out for our letters, texts, emails and/or posters if you're interested in this exciting opportunity.

### Staff

We welcome GPs Dr Zahra Fatima and Dr Arissa Harada to the practice. We hope to welcome at least 4 more GPs over the coming months. We are also excited to welcome Rosie (receptionist) and Sam (business administrator), alongside pharmacy technician, Karolina who will be joining within a month.

### Vacancies

We have a friendly multi disciplinary team, why not join us?

<https://www.monkfieldpractice.co.uk/vacancies>

- |              |                       |
|--------------|-----------------------|
| GP           | Note Summariser       |
| Cleaner      | Health care Assistant |
| Receptionist |                       |

## You said, we did...

To increase access to appointments, we have hired six GPs over six months. We are now able to see you faster. We are undertaking research, engaging with the community via a PPG, and offering more services than before including driving license medical assessments. We are now back to our pre-pandemic, predominantly face-to-face appointment schedule, whilst maintaining some flexibility for telephone/ video appointments. We are keen to respond to any further feedback to improve.



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## News

- ❖ Nurse Laura Stampe has passed her nursing Degree to become our new practice nurse, having been a Health Care Assistant with us for quite some time. She has taken rapidly to the job with her usual enthusiasm and capability. We hope to expand what our nursing team can offer you – plans to be announced soon!
- ❖ We are still advertising for a phlebotomist so if possible, staff may ask you to take a printed copy of a blood form to the Newmarket Park & Ride phlebotomy services. We apologise for the inconvenience.
- ❖ We are re-starting the Patient and Public Involvement group and creating a Patient Association. Some of you will have received texts if you had indicated interest when you registered, but please express your interest to us via email or letter.
- ❖ Dr Modi achieved his PhD and will continue his research for the practice and the University of Cambridge into health screening and a heart condition called atrial fibrillation.
- ❖ We also plan to offer our services to people settling in the new West Cambourne development, being their closest practice. We have planned for the increased capacity required by recruiting a substantial number of GPs and administrators, advertising for other positions, and by planning for resources and space. If you wish to make any comments on this plan, please email us at [admin.mmp@nhs.net](mailto:admin.mmp@nhs.net) or send us a letter addressed to Mrs Hannah Crisford by 14<sup>th</sup> July.
- ❖ We now offer HGV, taxi and DVLA medical assessments as a fee-based service – either with or without providing an eye test depending on your preference. Should you require this, please make an enquiry with Fiona via phone or email: [cpicb.formsandfees.mmp@nhs.net](mailto:cpicb.formsandfees.mmp@nhs.net). We are soon to release a price list of all our fee-based forms and letters services for your clarity and transparency.

## Monkfield in the community

Our social prescriber, Sandra, and Care co-ordinator, Leslie, have been visited our local independent supported living accommodations. They have been setting up pop-up stalls for relevant charities and offering advice. We hope to provide a pop-up stall in the practice, within the month, to help people to download and access the NHS App. This allows you to see relevant basic health information, book appointments, download your NHS Covid Pass, and order repeat prescriptions more rapidly. Please consider downloading the app if this is of interest to you. We also plan for a one off 'menopause café' at the practice, with advice provided by our PCN staff and a GP from the practice – details tba.

## Your Health – Summer tips

<https://www.nhs.uk/conditions/insect-bites-and-stings>

<https://www.nhs.uk/conditions/hay-fever>

<https://www.nhs.uk/conditions/dehydration>

<https://www.nhs.uk/live-well/seasonal-health/sunscreen-and-sun-safety/>

<https://www.nhs.uk/live-well/seasonal-health/heatwave-how-to-cope-in-hot-weather/>