



Monkfield Medical Practice

improving and protecting the wellbeing of Cambourne

NEWSLETTER NOVEMBER 2023

Message from the partners

We hope you have been enjoying the seasonal colours as much as we have. As children return from school and infections spread, we are seeing the expected uptick in colds, COVID and chest infections. We are therefore offering more on the day appointments to provide care for you when you need us the most. We are also focussing on prevention of ill health with our new long term conditions system, where those with a long term condition are invited for an appointment in the month of their birthday. This has shown a huge improvement in blood pressures and diabetes control this year so please do book with us when invited. Related to prevention, we held our first joint flu and COVID vaccine clinics and immunised 900 people in our community. We have tried to support your wellbeing by hosting a menopause café, a workshop for those with lung disease, and a physical check-up those with learning disabilities and severe mental illnesses. We will soon offer a monthly dementia hub to support those affected by the condition, and we will also provide a contraceptive coil and implant clinic. We are now offering you access to more research studies than any other practice in the region who is new to research – keep an eye out for invitations. We have also been approved as a training practice and hope to have a new trainee GP next year. Finally, through the Meridian primary care network, we can now offer a health coach, social prescriber, care co-ordinator, physiotherapist, pharmacist, and a pharmacy technician – all under one roof. We also have a new phone system that we hope will improve access!

Research

Under Dr Rakesh Modi and Mrs Katie Bartlett, we are offering you access to 10 studies, furthering scientific knowledge in a range of conditions from asthma to frailty in the elderly, from social isolation to ways of improving the efficiency of general practice. Please consider taking part when you're invited and if have any further enquiries, please contact Katie: cpicb.research.mmp@nhs.net

Staff

In the Autumn, we have welcomed five GPs: Dr Amber Ali (interest in diabetes and coils/implants), Dr Kinnary Martin (interest in education and improving practices), Dr Rebecca Croysdill, Dr Dan Knights and Dr Felicity Knights (interest in research). We have also welcomed Crystal as a phlebotomist, Helen as head of the reception team, and Jane on reception. We hope you will join us in welcoming them as they support your needs.

Vacancies

We have a friendly multi disciplinary team, why not join us? We are still looking for an ad hoc cleaner to cover leave.

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

You said, we did...

Access on the phones early in the morning has always been difficult. We've implemented a new phone system that has an automated call back system if you are 7th or further behind in the queue. We also have added Accurx triage to our website – an online option for access where you can enter your queries onto an electronic proforma that will go to reception to triage your requests. We also have a full team of regular GPs so we do not need locums unless there is an unexpected absence. This will help with continuity and building a relationship with your doctor.



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Tips to look after your health

With the rise in both expected (colds, bronchiolitis and croup) infections there has also been a rise in unexpected and preventable infections (COVID and measles) amongst children. Children make up a third of our community so infections can spread incredibly fast in Cambourne and get to the most vulnerable if we don't protect them. If your child is eligible for vaccinations (flu, COVID, MMR amongst others) please book in with us. <https://www.what0-18.nhs.uk/parentscarers/keeping-your-child-safe-and-healthy/childhood-vaccinations-essential-information>

We are also inviting those of you with long term conditions for annual reviews, usually in your month of birth. We might also ask you to book for medication reviews. Please do book and attend these to reduce the risk of long term serious conditions (heart attacks, cancer, stroke etc), reduce the risk of any harm that could be caused by medications, and to allow us to continue to prescribe your medication safely.

We expect a rise in mental health problems over the darker months in both adults and children. Our community is young and often under pressure from competing work, school and/or family demands. Please take care of your mental health and seek help if required. Please see the following website for some tips: <https://www.keep-your-head.com/>

Although we have a phlebotomist, our demand for bloods is higher than we can provide. If you are able to, please take your blood form and get your blood tests at the Newmarket Road Park and Ride: <https://www.cuh.nhs.uk/our-services/outpatients/outpatient-phlebotomyblood-tests/>

Finally, if appointments in normal working hours are not feasible for you to attend, please enquire about our extended access service. Via other local practices, we can offer evening and weekend appointments with GPs, nurses or phlebotomists on a routine basis.

For further basic health advice, please see <https://www.nhs.uk/> or our page: <https://www.monkfieldpractice.co.uk/patient-advice>

Monkfield in the community

Pop ups – held 6th October & 20th October at both Darwin Manor and Uplands, to introduce the Community connector roles within our PCN services to those residential homes. In support of this also attending Caring together, Fire brigade, Age UK, Health watch, Cambourne Council and many more.

Self-referral options

As a reminder, there are a number of services to which you can self-refer, without the need of a practice staff member - see: <https://www.monkfieldpractice.co.uk/self-referral>

These include self-referral for psychological therapy, physiotherapy, foot treatments and sexual infections.

Feedback

We are always keen to hear and act on feedback. Please consider providing this using the Friends & Family section on: <https://www.monkfieldpractice.co.uk/>