



## Monkfield Medical Practice

improving and protecting the wellbeing of Cambourne

# SUMMER NEWSLETTER 2024

### Message from the partners

We have finally emerged from a very busy winter/spring illness season. With the young population of Cambourne, infections spread fast and generate lots of health needs. We finished recruiting GPs (8 regular GPs in 6 months), stopped using locums regularly, and had some extra clinics on for winter illnesses. We are changing the rota to offer some more routine appointments over the summer to focus on maintaining health and looking after longer term issues. One part of this is our long term condition system that has been running for a year – since the advent of this, our quality of care measures have improved by 25%. Please do come to your long term condition health checks when invited in your birthday month to help us help you. We held a busy spring Covid booster clinic and will run one in the Autumn too alongside the flu vaccine – look out for your invitations. We have continued to support your wellbeing by hosting the menopause café, a workshop for those with lung disease, a physical check those with learning disabilities or severe mental illnesses, a dementia support hub, a contraceptive coil and implant clinic, and a patient-led art group. We have been involved in 11 research studies including helping the NHS monitor infections to help plan for the future. We have had our first GP trainee, expecting two more in August, and we have hosted our first work experience student. Talk to us if your child would like some work experience in primary care! Finally, through the Meridian primary care network, we continue to offer a health coach, social prescriber, care co-ordinator, physiotherapist, pharmacist, and a pharmacy technician. We are soon to introduce a youth mental health support worker. Finally we are planning to expand our practice to serve the growing population – watch this space!

### Research

Under Dr Rakesh Modi and Mrs Katie Bartlett, we are offering you to participate in multiple studies, furthering scientific knowledge in a range of conditions from diabetes to frailty in the elderly. Please consider taking part when you're invited and if you have further enquiries, please contact Katie: [cpicb.research.mmp@nhs.net](mailto:cpicb.research.mmp@nhs.net)

### Training

We are a training practice, with one GP trainee and two more to follow. They are supported by three (soon to be four) trained GP educators. Alongside our medical students and the occasional nursing student, we hope you will welcome them to become part of the NHS' future.

### Patient Participation Group (PPG)

The PPG has restarted! They have met with each other and practice partners to work together for a better practice at the centre of the community. Please enquire at reception if you wish to join.

### Vacancies

We are seeking a part-time receptionist to answer the telephone, to greet patients face to face and assist them in accessing the relevant service. Please see <https://www.monkfieldpractice.co.uk/vacancies>

We have recruited with regular GPs, expanded our online consultation ability via the website, sped up our non-NHS paperwork process and started offering contraceptive coils and implants. Our wait times are amongst the lowest in the county and our patient to GP ratio is amongst the best in the UK!



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### Tips to look after your health

We are 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.

With the summer months, Cambourne likes to travel. Please check in advance about vaccines that you might need – you can do this on our website <https://www.monkfieldpractice.co.uk/travel-health>. Please ask admin for the pre-travel form and book an appointment for a travel consultation at least 6-8 weeks before departure. Vaccines need time to take effect and some may require a course over several weeks.

Managing hay fever: Monitor pollen forecasts and stay indoors if possible when the count is high (generally on warmer, dry days). Rain washes pollen from the air so counts should be lower on cooler, wet days. On high pollen days, shower and wash your hair after arriving home and change your clothing. Avoid drying washing on a clothes-line outside when pollen counts are high. Apply an effective allergen barrier balm around the edge of each nostril to trap or block pollens.

Coping in hot weather: Hot weather can make us ill. If you have to go outside, stay in the shade especially between 11am and 3pm, wear sunscreen, a hat and light clothes, and avoid exercise or activity that makes you hotter. Keep cool. Have cold food and drinks, avoid alcohol, caffeine and hot drinks and have a cool shower or put cool water on your skin or clothes. Close windows during the day and open them at night when the temperature outside has gone down. Electric fans can help if the temperature is below 35 degrees. Check the temperature of rooms, especially where people at higher risk (babies, older people and those on multiple medications) live and sleep.

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/>

### Monkfield in the community

Dr Modi and Dr Croysdill visited Cambourne Village College on their career day to talk more about the NHS and being a GP. We are welcoming work experience students in sixth-form and have had our first one with wonderful feedback. We are due to meet the Cambourne Squirrels (children aged 4-6) to talk about the body, the NHS and to show them around the practice!

### 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 keen to hear and act on feedback. Please provide this using the Friends & Family section on:

<https://www.mysurgeryintranet.co.uk/FriendsAndFamily/Surveys/TakeOurSurvey?surveyId=25812>