



## Welcome to the winter edition of the North Kensington Medical Centre (NKMC) Newsletter

### What is the Primary Care Network ?

Our practice is now a member of the Primary Care Network for the North of Kensington covering most of the area as far south as the Leisure Centre. What is a Primary Care Network?

Primary care is the 'front door' to the NHS and covers what is provided by our GP surgeries, community pharmacies, and dental and eye health services. A network means a coming together to make best use of appropriate and joined up resources so patients can have immediate access to a wider range of services than each surgery can provide on its own. Our network (called the NeoHealth Primary Care Network) includes 9 GP practices, including North Kensington Medical Centre.

The networking of these practices will enable them to share their learning and resources and jointly to provide access to additional services such as district nurse services for the housebound, a clinical pharmacist and physio and occupational health services. Advantages can also include extended and flexible hours for GP access across the network,

from 8am to 8pm, and other specialist services.

You may not notice much change to begin with, but over time you may be able to use a wider range of services in our GP practice or at another practice within the network. However you will still be registered with our GP practice which will continue to be your first point of contact in the usual way.

The network will need to ensure that appropriate data sharing arrangements are in place which complies with the General Data Protection Regulations. If you have not already given your consent, our GP practice may ask for your permission to share summary medical records with the network practices and allied health service providers if necessary. You have the right to restrict or object to sharing your personal data at all times.

If you would like to influence how services are being developed and delivered, please join our Patient Participation Group or ask how else you can get involved.

Stephen Duckworth and Jeremy Raphaely

Members of the NKMC Patient Participation Group

### Online Services

Did you know you can book your appointments online? You can also request repeat medication using the online services. Please ask at reception.



### Flu Vaccine Now available for the following patients:

- \* Over 65 years
- \* Patients with long term conditions
- \* Children aged 2 – 3 and 10 - 18

**Don't forget to book your appointment!**

## ENHANCED HEALTH CHECKS

### Following on from the Grenfell tragedy

Would you like a free Enhanced Health Check including a lung check? To book your appointments please contact reception. For more information visit [www.enhancehealthchecks.org.uk](http://www.enhancehealthchecks.org.uk)

### Carers

**Please let us know if you care for a loved one – there are many support services available to you.**



Please note – Repeat prescriptions will be ready for collection from the practice 48 hours after requested. Any other medication that is not a repeat can take up 5 days to be processed and may require an appointment with your GP.

### NHS HEALTH CHECKS

If you're aged between 40-74, you're eligible for a free five-yearly NHS Health Check. Please contact reception to arrange an appointment

### Unattended appointments

From 1<sup>st</sup> April 2019 – 30<sup>th</sup> Sept 2019, 323 appointments were not attended. Please remember to cancel your apt if you are not able to attend. We can then offer this apt to someone else.

## Blood Pressure Monitoring



If you are 40 years or older and have never had your Blood Pressure (BP) measured – Please, Please, Please book an appointment with the nurse. Many people are unaware they have BP problems and further complications can be easily prevented or limited through early detection –

*Cervical Screening Ladies – Important – regular Cervical Screening (smear test) are vital to detect early possible abnormalities ensuring timely treatment where required. Please book your appointment with the Practice Nurse as soon as you receive your invitation.*

### NKMC Christmas Opening Hours

Mon 23<sup>rd</sup> Dec: 8am – 6:30pm  
Tue 24<sup>th</sup> Dec: 8am – 6:30pm  
Weds 25<sup>th</sup> Dec: CLOSED  
Thurs 26<sup>th</sup> Dec: CLOSED  
Fri 27<sup>th</sup> Dec: 8am – 6:30pm

Mon 30<sup>st</sup> Dec: 8am – 6:30pm  
Tue 31<sup>st</sup> Dec: 8am – 6:30pm  
Weds 1<sup>st</sup> Jan: CLOSED  
Thurs 3<sup>rd</sup> Jan: 8am – 8:30pm  
Fri 4<sup>th</sup> Jan: 8am – 6:30pm

Please contact 111 should you require medical attention outside these hours.

Please check on our website or at reception, for opening times of local pharmacies over the Christmas period.

### Childhood Vaccinations

Here at NKMC, we encourage parents to vaccinate their children.

When you're considering a vaccination for yourself or a child, it's natural to focus on the potential side effects. But a better approach is to try to balance the benefits of having a vaccine against the chances of harm. Please make an appt with our Nurse Daniela to discuss your concerns.