



the  
**Millway**      **Newsletter**

Issue17

 [www.millwaymedical.com](http://www.millwaymedical.com)

 Spring 2021

## Farewell and Good Luck

It is with sadness that Dr Debbie Frost has decided that it is time to step down as Senior Partner at Millway Medical Practice to pursue her other roles and take on new challenges. Millway has been a part of her life and like a second family for over 30 years as a trainee and partner, and she is delighted to leave the practice at a point where Millway has been judged 'Outstanding' for being 'Well-led' by the CQC. As well as being Senior Partner at Millway, Dr Frost is a Deputy Medical Director at NHS England and Improvement (London Region) and the former Chair of Barnet CCG. These latter posts have brought to the fore her passion for leadership in the NHS, in addition to her commitment to excellent patient care, in particular women's health and mental health. Debbie will continue as a Deputy Medical Director.

## HAPPY RETIREMENT

It is bittersweet news that we announce Krishna Moorthy's retirement who has been heading our ship for nearly 8 years. After a few years in position, Krishna handed over the Practice Manager role to Caitriona Creaven and has been diligently working as the Business Manager and supporting the Practice. In such a short time he has been instrumental in our growth not only seeing a growth in patient population from 15,000 to 18,500 patients but also the number of consulting rooms! Krishna has helped coordinate all the building work in the Practice and we can be proud to work in a modern practice thanks to his efforts. During his time here he was not only a valuable asset to Millway Medical Practice in terms of management and patient support but an calm presence in the office as well. His contributions to the daily operations of the practice and guidance he has provided will be sorely missed but we are also delighted that he will be able to take a long and much well-deserved holiday.

## WHAT'S NEW?

Millway Medical Practice is working collaboratively with other practices in Primary Care Network 4 - Lane End Medical Practice, Langstone Way Medical Practice and Peshursts Gardens Medical Practice. We are together expanding our practice team to include more allied professionals, including Social Prescribers, Pharmacist, Physiotherapist, Paramedics, Physician associates, Care Coordinators. These professionals compliment our team of Doctors and Nurses to give you the care appropriate to your clinical needs.

### Group consultations

Video group consultations are a way for you to join people with similar health issues and consult with your GP or nurse for longer. You may also see consultants, pharmacists, social prescribers and health coaches in this way. They are also known as video group clinics or shared medical appointments. We are currently trialing this new method of offering you healthcare in Asthma and Diabetes.

What are video Group Clinics?

- Different way of managing your long-term disease with your clinician - doctor or nurse - such as diabetes or asthma
- VGC's last around 60-90minutes
- Often used for planned reviews e.g. diabetes, COPD and asthma with a Results Board which sets out key biometrics and other lifestyle issues
- VGCs have been shown to deliver a positive patient experience and benefits for practices and PCNs
- Positive impact on patient outcomes
- Community connection for patient's with their long-term disease/ condition
- Supporting self-care or patients with long term conditions, supports management plans for patients and goal settings
- Supporting integrated working across services
- Provide a rich learning environment
- Support personal development for patients

To find out more about video group clinic please click on the link : <https://vimeo.com/429554441>





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## Social prescribing and support during Covid-19

### Bereavement Support

Individuals bereaved during the coronavirus outbreak have experienced very difficult circumstances: the pain of unexpected deaths, the impact of social distancing on allowing people to come together to mourn and commemorate, limitations on funeral attendances, changes to traditional ceremonial processes and grieving in social isolation. If you have been bereaved during the COVID pandemic or at any time and feel that some extra support or the opportunity to talk to someone about how you are feeling then please send us an email to [www.millwaymedical@nhs.net](mailto:www.millwaymedical@nhs.net) and we will be in touch to help.

### Online social activities

As we all keep our social distance, online technology is now the preferred way to keep in contact with the outside world which is so important to our mental wellbeing. Please contact us on [millwaymedical@nhs.net](mailto:millwaymedical@nhs.net) if you like to be receive our weekly email invitation to following activities via ZOOM:

**Singing group** - Weekly, Mondays 6pm

**Chair yoga** - Weekly, Tuesdays 1pm

**Barnet Carers support** - Monthly



### Social Prescriber

We have been working closely with Millway clinicians to provide social support to the patients and linking them to local services. If you feel this would be something you would find helpful then please contact us at the surgery and we will refer you to Bala Mere our wonderful social prescriber who will be in touch to help. You can also access support via our Covid-19 support room on our website where you will find a [List of local support services](#). Services include emergency food help, getting your medication or find a group to socialise with.

### Covid-19 vaccination for all residents

It is very important to get your Covid-19 vaccination. The practice is offering easy registration to all residents. If you are within our new expanded boundaries please visit our website to register. Once you are registered with GP we will arrange your vaccination in one of the Barnet Covid-19 vaccinations clinics.

Unpaid carers are vaccinated with priority group 6; if you are in receipt of a carer's allowance, if you are the main carer of an elderly or disabled person whose welfare may be at risk if the carer falls ill please register yourself with Barnet Carers who will be able to advise you when and how to book Covid-19 vaccination. Visit: <https://barnetcarers.org/register-with-us/>

### Take part in research - make a difference

"Do you want to take part in a research study and help protect you and your community against vaccine-preventable diseases? The Vacc on Track study is running at GP surgeries in London. If you are interested, a member of your primary care team can check your vaccination history and refer you for any vaccines and boosters needed to protect you against vaccine-preventable diseases, such as measles, diphtheria and polio.

If you were born overseas or come from an ethnic minority community and are aged 16-51, you may be eligible to take part. In return you will play an important part in a research study and be helping to look after your own and your community's health.

To register your interest in taking part, please email [noclor.norththamescm@nhs.net](mailto:noclor.norththamescm@nhs.net) and put "Vacc on Track" in the subject or call 020 3317 2970. Visit: <https://tinyurl.com/>

### Accessing contraception and sexual health

We are ensuring that contraception and sexual health services are available to those who need it.

**Smear test** - All women and people with a cervix between the ages of 25 and 64 should be having regular cervical screening, in order to prevent cervical cancer. You will be invited by letter/text message when you are due. Please do call 02089590888 to book an appointment.

If you have any questions or concerns about having a smear during the pandemic or about the procedure itself then please do let us know and we will guide you through the process and answer any questions to ensure you feel as comfortable and safe to proceed with this very important, life saving screening test.

#### Contraception -

Please see the [econsult](#) section of website. Also say we offer all forms of contraception including fitting of coils, implants and depot injections. For emergency contraception you can consult our local pharmacists who will be able to help you or by contacting us. There is a lot of useful information about contraception available at <https://www.sexwise.org.uk/> contraception

**Sexual Health** - You can order some home STI testing Kit on <https://www.shl.uk/> but if you have any concerns please do contact us at the surgery by [econsult](#) phone and we can ensure you get the most appropriate advice and treatment.