

THE FRIENDS OF STAPLEHURST HEALTH CENTRE

NEWSLETTER No. 57 NOVEMBER, 2021

Sponsored by Staplehurst Community Events Group

GETTING YOUR OVER 65 FLU VACCINATION

By the time you read this most of the patients registered at Staplehurst Health Centre will have been contacted by the surgery directly by text/call or letter to book an appointment over the next few weeks. The delay has been caused by the over-65's vaccinations being unavailable in many parts of the country.

ORDERING REPEAT PRESCRIPTIONS

Patients are encouraged to use online services to order their repeat medications as this service is faster and more efficient than ordering via email or into the pharmacy/practice. If you would like to sign up to use online services, please contact the surgery.

HEALTH CENTRE CLOSURES FOR TRAINING

The Health Centre will be closed for professional development training from 1pm on the following dates in 2021/2:- 10 Nov 11 Jan 2 Feb 3 Mar.

If you need to contact a doctor urgently on these afternoons phone 111.

PRACTICE MANAGER

Mrs. Elaine Handover has now left the practice and her replacement is now being recruited. In the meantime, Malling Health's Director of Primary Care, Fiona Edwards is providing Interim Practice Manager support to the team.

APPOINTMENTS

At the beginning of August a new appointment system was implemented to give better service for the patients. Appointments now have increased availability each day and this has helped to reduce the need for patients to call multiple times each day at 8am. Patients are now being seen face-to-face as required or on patient request, and the mix of telephone and face-to-face is working well.

THIS NEWSLETTER IS PUBLISHED BY THE FRIENDS OF STAPLEHURST HEALTH CENTRE. Chairman: Mr. Rory Silkin, Secretary & Treasurer: Mr. Robin Oakley (Tel 01580 891516) Trustees: Mrs. Suzanne Douglas, Sister Alison Edwards, Mr. Lester Gosbee and Mr. Robin Kenworthy

A NEW GP HAS JOINED THE PRACTICE

Dr. Poonam Verma has joined the team as a full time GP. She is working every day and will bring further continuity of care to patients.

COVID BOOSTERS

The Covid Booster programme is being delivered to our patients here in Staplehurst Health Centre, so it is not necessary to travel out of the town. The criteria for boosters is that patients must be over 70 or Clinically Extremely Vulnerable, and they must have had their 2nd dose 6 months prior to the booster clinic date. Most of the patients who meet the criteria will have been invited to clinics on 9th, 23rd and 30th October, all of which were very efficiently run by the nursing team. Other patients will be contacted directly to book their booster when they reach the 6 month time.

CHRISTMAS AND NEW YEAR CLOSURES

The Health Centre opening hours will change over the Christmas and New Year Period as shown below:-

Fri. 24 Dec. Health Centre closes at 6.30 pm

Sat. 25, Sun. 26 Dec., Mon 27, Tuesday Health Centre Closed

Fri. 31 Dec. Health Centre closes at 6.30 pm

Sat. 1 Jan, Sun. 2 Jan, Mon. 3 Jan Health Centre Closed. Tue. 4 Jan. Health Centre re-opens at 8.0am.

If you require medical assistance at times when the health centre is closed phone 111.

Remember to order your repeat prescriptions at least 2 weeks before the Christmas closure, i.e. no later than, 11 December, 2021.

KERRY RAN THE LONDON MARATHON

Most patients will know Kerry Underdown, a member of the Reception team, but they may not know that she has taken up distance running and this year completed her first marathon in 4 hours 59 minutes. She was sponsored to raise money for Battersea Dogs and Cats Home and at the time of writing her sponsorship total was £2512. Congratulations Kerry.

DISCLAIMER. Please note that neither NHS Kent and Medway CCG, Staplehurst Community Events Group, Integral Medical Holdings or the doctors and staff at the Health Centre take any responsibility for the contents of this newsletter or for the opinions or the information contained therein.

FLU VACCINATION PROGRAMME FOR AUTUMN 2021

During the 2021/2022 season which starts in the Autumn, flu vaccinations will be available to:

All children aged 2 to 15 (but not 16 years or older) on 31 August 2021.

Those aged 6 months to under 50 years in clinical risk groups.

Pregnant women.

Those in long-stay residential care homes.

Those aged 50 years and over, but over 65s will have a different vaccine, supply of which has been delayed.

Carers.

Close contacts of immunocompromised individuals.

Frontline health and adult social care staff employed by:

A registered residential care or nursing home.

A registered domiciliary care provider.

A voluntary managed hospice provider.

The childhood flu programme aims to protect children and contain the spread of the virus to babies and vulnerable adults they may be in contact with. The nasal spray vaccine is offered to 2 and 3-year olds and children in primary school and Year 7, and for the first time this year, secondary school aged children up to Year 11.

THE FRIENDS, NOW AND IN THE FUTURE

The Friends was set up as a Registered Charity, to provide support for the clinical and admin team at the Health Centre. In the 14 years since it was formed, £14750 has been raised and spent on various items of equipment and 55 newsletters have been produced to keep everyone informed on health matters. These will have cost around £5500 to produce and are an important form of communication which reaches every home in the village. Prior to the Covid-19 lockdown we held 3 or 4 health information evenings each year. These evenings were presented by consultants from local hospitals and representatives from various charitable and health promotion organisations. We also held an annual Cardiac Pulmonary Resuscitation evening when people could attend, learn how to do CPR and have the opportunity

to practice on a mannekin and familiarise themselves with the use of a defibrillator.

Probably the most important activity each Autumn was to assist the clinical team with checking in patients for the flu vaccination sessions. This gave us the opportunity to publicise our activities and sell tickets for our Christmas Draw which has been our main source of income. Since the start of the lockdown we have not been able to assist with the flu vaccination admin, or run the Christmas draw to raise funds. During the last two years we have been fortunate to have sponsorship for this quarterly newsletter by the Staplehurst Community Events Group and their advertisement appears below. It would be nice to think that we can resume our normal activities sometime soon but that will depend on social distancing, mask wearing etc, which is out of our hands. It is hoped that an Annual General Meeting can be held early in 2022 when the future of the Friends can be discussed and decided upon. At age 83 I feel that it is time to hand over the secretarial reins to someone younger and I shall not be standing for re-election. It would be disappointing if The Friends had to be wound up because of lack of somebody to run it. If you feel that you might be the person to take on the role of secretary/treasurer, please contact me and I will be pleased to give you further information on what is involved.

Robin Oakley Secretary and Treasurer



STAPLEHURST COMMUNITY EVENTS GROUP - OUR UPCOMING EVENTS

LIGHT UP STAPLEHURST AT CHRISTMAS

4 Prizes (£100, £50, and 2 £25) for the best Christmas Light displays

Every house with a light display in a window (or outside) has the chance to win one of 10 £25 prizes.

Kindly sponsored by David Wilson Homes

SANTA'S SLEIGH

Santa will be touring the village again this year, so look out for him between Sat. 4th and Thu. 7th December.

Organised in conjunction with Paddock Wood and District Lions Club

See the Staplehurst Community Events Group Facebook page for more details of both events

