



Newsletter

Message from Jane Myat, GP Partner

It is the summer of 2023 and we are in times of inflammation. We see it as physicians with increasing levels of chronic disease, we see it in rising levels of conflict and we see it in the impacts of our planetary environmental crisis. But do not despair!

The time is now for us to gather the cooling waters of connection, of community and compassion. Please join us in our journey to create our River of Hope. This is where we join hands with all the people and organisations who contribute to creating health across the borough. Our theme this year is **seeds**.

You are invited to join us at our [River of Hope Party](#), on the 9th September. Please see our [The Listening Space](#) for more details.

We welcome volunteers. We need musicians and comedians for the open mic, contributions for the tea table, hands and kind spirits to help us set up and tidy up, to meet and to greet. Please come and join our movement for change you, e mail us on caversham.practice@nhs.net

“But what can I do, I’m just one person”...said 8 billion people

“You can change the world. It is in your hands to make a difference” Nelson Mandela



Spotlight on: The Caversham Nurses



Hello and welcome from The Caversham Nursing Team. We are a team of 5 nurses whose ambition is to provide a first class professional service across a wide range of clinical areas. We do this by listening to our patients and their carers in order to provide holistic approach and make The Caversham a beacon of care in Camden.

Nurse Sasha is our Advanced Practice Nurse & Mentor, Diabetes and Warfarin Clinic Lead. Nurse Karen specialises in respiratory and sexual health. Nurse Olivia specialises in immunisations and respiratory and our newest team member, Nurse Sheril, leads on nurse lead clinical research.

We would also like to give special congratulations to Nurse Lavaughn who is celebrating 20 years as a Caversham Nurse this year and is a past winner of the “People of Year for Camden Primary Care Trust”. Lavaughn’s areas of expertise are child immunisations, travel and sexual health.

Nurse appointments are usually 20 mins and available daily in person or by phone.

(LtoR Karen, Olivia,,Sasha,Lavaughn and Sheril)

Getting an Appointment at the Caversham

Additional routine appointments are released at 10.30am daily and we book up to 2 weeks in advance. Learn more about accessing our services [here](#)

[Patient Access](#) and the [NHS App](#) allow you to book routine appointments, order repeat prescriptions and view your medical records and test results.

Lines are open to address urgent same-day appointments from **8am – 10.30am** and from **2pm – 4pm**. You can also access same-day care at walk-in **Urgent Care Centres** and we offer [Out of Hours](#) appointments at our neighbouring surgeries.

For information on Doctors industrial action please refer to [NHS Information on Doctors Industrial Action](#).

What's going on @ The Cav ?

The **PPG (Patient Participation Group)** met on the 13th July with Fay our Practice Manager, Gina, Practice Project Manager and two of our GP Partners Dr Amiel and Dr Warner. Minutes of the meeting will be posted on the [PPG webpage](#).

[Helping Hands](#) – Is our waiting room project, working together with Camden Council, to support patients in managing all aspects of health and wellbeing. **Join us at one of our coffee mornings** –every Wednesday 10:30 to 12:30.

Clinical research - We excited to be involved in community based clinical research here at the Caversham. Taking part has many advantages for patients including, regular access to clinicians, and the knowledge you are contributing to the advancement of knowledge and management of clinical issues. Results of research will be shared with patients participating in that research programme. In the past year we have been involved in research related to identifying potential Heart Failure, and effectiveness of a self-swab smear test compared to clinician swab smear test.

[Childhood Vaccinations](#) – it's important that vaccines are given on time for the best protection, if you or your child have missed a vaccine, please contact us to catch up. Vaccination rates are lower in London than the rest of the country. Also, please remember to book your new mother and baby 6 to 8 week check.

Important dates

Helping Hands Themed Coffee Mornings

28th July – focus on Employment

23 August - focus on Mental Health

20th September - focus on Caring and Dementia

River of Hope Party - 9th September
- come and join us for fun, food and friendship

Any questions or feedback about the newsletter or if you want to volunteer with the practice or join the PPG then please contact us via e-mail at [Caversham Practice](#)

Follow us on Twitter
[@the_cavershamGP](#)

To find activities in Camden during the summer click on [We Make Camden Website](#)

[Click here](#) for **information on cheap Kids meals** over the summer holidays.