



Newsletter

Welcome – Fay Saunders Practice Manager

Patients often feedback that they would like to know more about what's going on at the practice, how that might impact the practice, the care, and services that they can access as a patient at The Caversham.

There are always so many new things happening here. New services, groups or initiatives are often on offer to our patients and we want to keep you up to date and informed.

We are always thinking about better ways to communicate with our patients. That's why we thought of a newsletter.... So welcome to our first ever newsletter from all of the team!

You are also invited to attend our **open evening on the 6th June 6pm to 7:30pm**, please see more information below.



Spotlight on: Pharmacy

Hello and welcome from the Pharmacy Team



(LtoR Rakesh, Chitra, Dom, Suad)

Our Team currently consists of a prescribing pharmacist, two clinical pharmacists and a trainee pharmacist.

We are available to help with prescriptions, medication reviews, answering any medication-related queries or issues you may be having and managing a variety of long term conditions, such as hypertension or heart failure. We are also involved in the monitoring of medications to ensure they are prescribed safely, as well as checking and updating medication lists following changes made in secondary care and managing repeat prescribing.

We are available for both face to face and telephone appointments which can be booked by contacting our reception team. Appointment lengths vary from 10 to 20 minutes depending on the issue.

Click here to read about ordering [repeat prescriptions](#)

Getting an Appointment at the Caversham

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](#) can also be used to book routine appointments, order repeat prescriptions and view your medical records and test results.

Lines are open to discuss 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**.

We also offer [Out of Hours](#) appointments at our neighbouring surgeries.

What's going on @ The Cav ?

On the **6th June** you are invited to an **open evening from 6 to 7:30pm @ The Cav**, to view our wonderful new art work, by artist Anita Ford. This will be an opportunity to meet Practice staff and the [PPG \(Patient Participation Group\)](#) and hear about all the activities running at the Practice.

Did you know we recently held a Sing for Breath pilot and are just about to launch an exciting **Therapeutic Art Group** in partnership with Kentish Town City Farm & Cass Art – if you're interested in joining the art group please contact the practice via e mail. [Caversham Practice](#)

[Camden Mobile Health Bus](#) will be visiting the Peckwater Estate on Friday 16th June and 14th July, offering **free preventative diabetes checks** to people over 35.

Smoking cessation - Health Care Assistant Jibril Mohamed has been running a phenomenally successful smoking cessation programme. If you'd like to stop smoking please come and see Jibril.

Hay fever season is here. For help and support with medication please visit your local pharmacy.

Menopause Café – if you would like to share your experience and hear from others then come along to our café at Castlehaven Community Association at 6pm on the 14th June, sign up here [Menopause Cafe](#)

COVID-19 spring booster vaccine is available to people aged 75 years and over, those in care homes, and those aged 5 years and over with a weakened immune system. If you are eligible and you've not yet had it and would like it, please contact your local pharmacy.

Important dates

25th May – Therapeutic Art Group starts and runs till 29th June

6th June - Caversham Open Evening 6pm to 7:30pm

14th June - Menopause Café

13th July - Patient Participation Group meeting

16th June & 14th July - Camden Health Bus on the Peckwater Estate

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