



# Newsletter

## Message from Fay Saunders – Practice Manager

Autumn is a really busy time in the practice as we deliver out our flu and Covid vaccination programmes in addition to all other normal activities.

All patients aged 65 and over, as well as those under 65 who have chronic illnesses, are immunosuppressed, or pregnant will be invited to come and see us for your yearly flu vaccination. We will also be offering Covid vaccinations, for a very short time, to patients who are eligible for a Covid booster.

We stagger the invites due to the way that vaccinations are delivered to the practice and by priority groupings. All eligible patients have received their first invitation to come to our vaccination clinics. We strongly encourage all patients who are invited to take up your vaccine offer as soon as you can. Getting your vaccine as early in the season as possible reduces the spread of these virus' in our community.

If you haven't had any contact from the team, but think you are eligible for one or both vaccinations please follow up with us at <mailto:caversham.practice@nhs.net>



## Spotlight on: Health Care Assistants



(LtoR Jibril and Nichalla)

Hello and welcome from our wonderful Health Care Assistant (HCA) team Jibril and Nichalla.

Nichalla joined the practice in 2019 as an administrator and qualified as a HCA two years ago. Her ever increasing medical knowledge allows her to provide Coil information clinics and bookings, vaccination clinics, smear clinic safety netting and a range of health checks. Nichalla is passionate about health care and has an ambition to qualify as a practice nurse in the near future.

Jibril has been with us for 7 years and he provides diabetic check-ups, immunisations, NHS health checks, spirometry and phlebotomy.

Jibril is also one of our smoking advisors and runs a very successful smoking cessation clinic, he has helped more than 70% of patients at his stop smoking clinics to quit. Smoking is one of the biggest cause of death and illness in the UK, but it's a really difficult habit to quit, especially if you try to do it on your own. If you're a smoker and you think it's time for you to stop then please come and see us to get advice, support, and encouragement. Jibril's helped more than 100 people stop smoking, so maybe he can give you the support you need to stop.

To book your appointment call reception on 020 7428 5700

## 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 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.

## What's going on @ The Cav

**The River of Hope party on the 9<sup>th</sup> September**, turned out to be the most glorious day with so many visitors welcomed into The Listening Space garden by our community. ***“Thank you lovely people for such a friendly, warm welcome, amazing place, space...”*** [Click here to see the River of Hope Picture Gallery](#)

**Clinical Research** – This practice participates in Clinical Research. Eligible patients will be contacted by a nurse and asked to take part. We highly recommend taking part in research as it helps the future of medicine and benefits the patients and surgery alike.

**Cycle & chat for mental health** – we are partnering with the London Cyclist Campaign, Lime Bikes and the Kentish Town Core Mental Health Team to create a monthly adult cycle and chat ride. Lime will provide bikes for those that need them and the ride will reflect participants' abilities. There will be 1:1 cycle buddies for those that need them. The route will be planned with stops for refreshments, rest and chat. If you would like to be involved then please [contact us](#)

**An opportunity to use or improve your DIY & or gardening skills** - The Listening Space is our beautiful garden here for you to visit and sit a while. We are building an outdoor kitchen in our garden and we need volunteers. If you would like to put your DIY skills to good use or you'd like to learn some basic DIY skills then get [in touch](#). If DIY isn't your thing, but you would like to get involved with the garden, no experience is necessary, then please [contact us](#) and let us know.

### Important dates

[Helping Hands](#) coffee morning **every Wednesday 10:30 to 12:30** come and have a chat and find out about the support available for all aspects of health and wellbeing.

[PPG \(Patient Participation Group\)](#) will be meeting on **Thursday 16<sup>th</sup> November 11am to 1pm** if you would like to attend then please get [in touch](#)

[Therapeutic Art](#) - a 6 week programme **will start November 17<sup>th</sup>** - if you are interested in attending this, then please contact [us](#)

If you have a special memory or a story you'd like to share about the **history of The Caversham** then we would love to hear it, either drop into see us at Helping Hands coffee morning [or e mail us](#)