

**Welcome to our Autumn Newsletter**

In this issue we share updates on flu and vaccination clinics, NHS App information, Staffing update, GP Enhanced Access (GPEA) services and tips for staying well this season.

**Flu vaccination**

Flu clinics are being held at Langham Place surgery from the beginning of October. You will be sent an invitation if you are eligible.

Please scan QR code to see the eligibility criteria:



**Covid Vaccination**

Covid vaccination clinics are being carried out by The Pines Surgery from the beginning of October. You will be sent an invitation if you are eligible. If you receive an invite but are unable to book online, please call The Pines Surgery on: 01604 845144 and select option :6 for the dedicated vaccination line.

Please scan QR code to see the eligibility criteria:



**Surgery Closure (PLT)**

The surgery will be closed on **5th Nov** for the afternoon from 12.30pm for Protected Learning Time.

**Meet The Team**

**Dr Naomi Caldwell GP Senior Partner**

I have been a GP Partner at Langham Place for over 24 years, joining the practice in August 2001. I work in practice on a Monday and I also hold the position of Deputy Chief Medical Officer for Northamptonshire.

It is a pleasure and a privilege to be part of the Langham Team which looks after approximately 10,400 patients. Please help us to help you by providing as much information as possible when contacting the surgery so we can ensure you are placed with the correct member of the team. We have a caring and skilled workforce who are able to help and support in many ways. This may mean your appointment is with a musculoskeletal specialist, a pharmacist or social prescriber amongst other roles. As a surgery we constantly review our ways of working and as such are keen to reform our patient participation group (PPG). Please enquire at reception if you would like more information and are keen to be involved. Thank you to you all for your ongoing support of the surgery 😊

**Royal Parks Patient Care Network (PCN)**

Langham Place Surgery is part of the Royal Parks PCN along with Queens View Medical Centre and The Pines Surgery. A PCN is a group of GP practices working together with other local health and social care providers (like pharmacies, community nurses, mental health teams, and social prescribers) to deliver more joined-up care for patients. Look out for more info on PCN staff in future Newsletters.

Langhamplacesurgery.co.uk



**Staffing Updates**

We are pleased to announce Dr Emma Foster has now become one of our Partner GPs joining, Dr N Caldwell, Dr S Le Maistre, Dr R Gale and Dr M Bundock.

We say goodbye to Dr Sonubi, we are very grateful for their dedication, care, and commitment to our patients, and we wish them every success for the future.



**GP Enhanced Access (GPEA)**

To Improve access for patients unable to attend appointments during normal working hours GPEA offers a range of appointments that can be booked by contacting Langham Place Surgery reception team. You cannot book an appointment directly with Enhanced Access.

**Services GPEA offer**

* Face to face appointments with a GP, Advanced Nurse practitioner or Practice nurse.
* Telephone appointments with a GP, Advanced Nurse practitioner or Practice nurse.
* Online Enhanced access (OLEA) GP video appointments.
* Phlebotomy (blood test) appointments- clinic times 09.00- 12.30 Saturday and Sunday.

**Langham Place General Focus**

We have recently had our new check in screen installed opposite the reception desk so our patients can check themselves in for their appointments. Aswell as an information screen in the main reception waiting room with lots of useful information and updates for our patients.

We are currently having a new heating system installed throughout the Surgery to improve the Surgery’s carbon footprint.

**Stay Well This Autumn**

As the weather changes, it’s important to take steps to look after your health. Here are some simple tips:

* **Get your flu and COVID-19 vaccinations** if you are eligible – they are the best way to protect yourself and those around you.
* **Keep warm** – aim to heat your home to at least 18°C, especially if you are over 65 or have a long-term health condition.
* **Eat well** – try to include seasonal fruit and vegetables in your meals to boost your immune system.
* **Stay active** – even gentle exercise like walking or stretching indoors helps keep your body and mind healthy.
* **Look after your mental health** – shorter days can affect mood; make time for fresh air, hobbies, and connecting with others.
* **Prevent the spread of bugs** – wash your hands regularly and carry tissues to catch coughs and sneezes.
* **Plan ahead with medicines** – check your repeat prescriptions so you don’t run out when the surgery or pharmacy is closed.

 If you feel unwell, remember your pharmacist can give expert advice on coughs, colds, and minor illnesses.