

# Barnard Newsletter

## PATIENT PARTICIPATION GROUP

**BARNARD HEALTH CENTRE**  
43 Granville Road Sidcup DA14 4TA

**SURGERY TELEPHONE NUMBER:**  
020 8302 7721

**WEBSITE:**  
[www.barnardmedicalpractice.co.uk](http://www.barnardmedicalpractice.co.uk)

**SURGERY OPENING TIMES:**  
Monday-Friday 8.00am to 6.30pm  
Advance booked appointments available  
on Wednesday evenings 6.30pm to 8pm  
and Saturday mornings 8am to 12noon  
**DOCTORS & THEIR SPECIAL INTERESTS:**

**Dr Sara Elizabeth Scott** Partner  
MB BS MRCPG DRCOG DFFP Westminster Hospital (London) 1985  
Musculoskeletal problems; Women's Health

**Dr Holly Hutson** Partner  
MB BS MA (Oxon) MRCPG DRCOG DFFP (Oxford) 1994  
Mental Health problems; Diabetes

**Dr Jessica Martin** Partner  
BMedSci MBBS DRCOG DCH MRCPG (Nottingham) 1998  
Skin problems, Asthma & COPD; Minor Surgery

**Dr Tara Kharib**  
MBChB DFFP (Iraq) 1988  
Family Planning and Women's Health

**Dr Richard Scott**  
MB BS MRCPG FRCS DRCOG MScIT  
Musculoskeletal problems; Minor Surgery

**Dr Asad Rahman**  
BSc MBBS MRCPCH MRCPG Kings (London) 1991  
Paediatrics

### **NURSE PRACTITIONERS:**

**Bridget McGuire**  
Family Planning; Cryotherapy

**Julia McKeon**  
Family Planning; End of Life Care

### **CLINICS:**

**Antenatal Clinic**  
Tuesday and Thursday 14.00 - 17.40  
Patients are seen by the midwife at the clinics  
by appointment and also by the doctors during  
surgery hours.

**Child Health Clinics**  
Monday 9.30 - 10.30  
Wednesday & Friday 9.30 - 11.30  
At this open clinic a health visitor is available to  
give advice and support re: your baby/child's  
health, growth and development.

**Asthma Clinic**  
This is run by the practice nurse in conjunction  
with the doctors, by appointment only.

**Diabetic Clinic**  
This is run by the practice nurse in conjunction  
with the doctors, by appointment only.

**Family Planning**  
Contraceptive care is provided by all the doctors  
during surgery hours.

**Well Woman Clinics**  
This clinic is run by the nurses and health visitors  
for smears, postnatal checks and discussion for  
women's health issues.

**Minor Surgery**  
The doctors carry out minor surgical procedures  
at the surgery by appointment and they will be  
happy to advise you on this.

**Repeat Prescriptions**  
These are obtainable from the doctors by either  
◆ Written application allowing 48 hours notice.  
◆ Fax: 020 8309 6579.  
Requests for repeat prescriptions cannot be  
taken by telephone.

## Well being on Wednesday

Diane Hannaford and Philippa James, Patient & Community Engagement Officers from Bexley Care Trust are currently manning a health information stand two Wednesdays a month as part of the "Well being on Wednesday campaign". Situated at Tesco's, Edgington Way, Sidcup and the Mall, Broadway, Bexleyheath shoppers are provided with information about local health services and signposted to health professionals/voluntary organisations as necessary. Most importantly the team listen to the shopper's comments regarding their experiences of their local Health service gaining valuable feedback vital to improve Trust services in the future.

The team will be at Tesco's on the following dates:

### **Edgington Way, Sidcup**

Wednesday 9th June	10am - 4pm
Wednesday 14th July	10am - 4pm
Wednesday 11th August	10am - 4pm
Wednesday 15th September	10am - 4pm
Wednesday 13th October	10am - 4pm
Wednesday 10th November	10am - 4pm
Wednesday 8th December	10am - 4pm

### **Broadway, Bexleyheath**

Wednesday 26th May	10am - 4pm
Wednesday 30th June	10am - 4pm
Wednesday 28th July	10am - 4pm
Wednesday 25th August	10am - 4pm
Wednesday 29th September	10am - 4pm
Wednesday 3rd November	10am - 4pm
Wednesday 1st December	10am - 4pm

## Choose and Book Referral System

A few years ago, patient choice was championed by this new highly secure computer system whereby a patient receives a booking letter from the surgery 7-10 days after agreeing a referral with a Doctor or Nurse. On the letter, there is a central booking system telephone number, together with a description of the type of clinic required and a pass-

word. The patient (or their representative) rings to speak to an operator who offers suitable appointments with a specialist at a hospital of their choice. Once an appointment is agreed, the referral letter is sent electronically to the specialist. Not all specialists are available through Choose and Book, but please ask your Doctor or Nurse Practitioner if there would be an advantage in using the system for any referrals suggested.

## Travel Advice

At this time of year, many people are looking forward to a summer holiday overseas. If you think you require vaccinations or malaria tablets, Sister Elaine Adamson at the Practice advises that you arrange an appointment with one of our nurses at as far in advance as possible as it takes at least 6 weeks to receive some courses of vaccinations or for immunity to develop before a holiday. The cost of providing Yellow fever vaccinations and Malaria prescriptions is available at reception.

### **NEWS IN BRIEF**

**New addition to Practice Nursing Team:** Some patients may have already met Lucy Drage, who joined the Practice Nurses last month as a Health Care Assistant. Lucy is working closely with the senior Nurses and is currently helping in the Treatment Room.

**Updated Practice Website:** Assistant Practice Manager, Joanne Taylor has begun updating the practice website with useful information: [www.barnardmedicalpractice.co.uk](http://www.barnardmedicalpractice.co.uk). Updates will be ongoing and the Patient Participation Group are hoping to develop their own page on the site. If you have any suggestions or other information you would like to see on the website, please contact the Patient Participation Group at [barnardppg@btinternet.com](mailto:barnardppg@btinternet.com)