



## NEWSLETTER – WINTER 2017

### WELCOME

To our GP trainees, **Dr Anthony James**, **Dr Natalie Gulliver**, **Dr Jess Hanlon & Dr Ed Dewhirst** who joined us at the beginning of August. We also welcome back **Dr Caroline Meehan** who was with us until February this year before going to her Whittington hospital placement as part of her medical training and **Dr Lois Haruna Cooper** who has returned from maternity leave. All are already highly qualified doctors at various stages in their medical careers.

### SPOTLIGHT ON A NEW ROLE IN THE PRACTICE



#### ***Carole Stagg – Health Coach Navigator***

I left the Royal College of Art in 1993 with a degree in textiles, a MA in fine Art and 3 children I had birthed along the way. I then spent a considerable number of years exhibiting my work, working as an Artist in residence, designing and delivering workshops in Public and Community arts, Mental Health services and on high profile Arts in Health and wellbeing projects across the country. After undertaking an MSc in Positive psychology my direction moved further into population wellbeing and I spent a number of years developing interventions including 1-1 coaching in a number of settings.

Now I find myself here in the surgery having been in post for 7 months and developing the Test and Learn project to enhance patient wellbeing through 1-1 health coaching and wellbeing opportunities around the practice. It is an exciting role, often challenging and I feel exceptionally grateful to be in a setting around such supportive and encouraging colleagues.

I hope the outcomes enable me to further the role and continue to support patients to examine their potential for self-management, behaviour change and for long term personal growth.

Look on the last page of the newsletter for an example of one of Carole's success stories.....



### Announcement from Dr Tom McAnea

It is with sadness that I announce I am leaving the Practice at the end of December 2017. I have been here for nearly 10 years and I shall miss both my patients and colleagues alike. My family relocated to Yorkshire in 2016 and they seem to like it, therefore, I have decided to join them. It has been a difficult decision for me but a necessary one.

I have enjoyed my time here since joining as a Registrar in August 2008. I was appointed Partner in 2009 and since then have built many relationships with patients of all ages. It has been a privilege to work here and an excellent Practice to learn the art of family medicine. I am most grateful for the opportunities I have had and owe a great deal to many of you. I have valued the close working relationships I have had with many patients and feel sad to be leaving. However, one of the Practice's strengths is its staff – clinical and administrative. There are many doctors and trainees here whom I know will look after my patients after I leave.

Thank you for your support and kindness over the years. I am grateful for the trust you have placed in me and for allowing me to be your GP. I love my job and feel privileged to look after patients. I shall never forget so many of you.

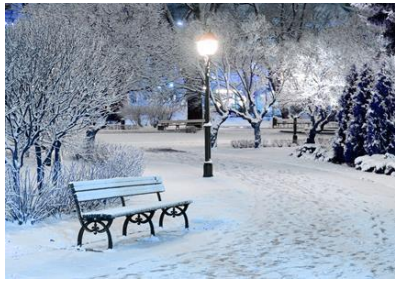
I wish you all well for the future.

With thanks,  
Tom McAnea

*The Partners would like to thank Tom for all his work and commitment to SJW over the last 10 years. We wish him well with his new life and the next step in his career in Yorkshire. He will be greatly missed by the patients and staff alike.*

Good luck Tom ☺

*Dr Chris Cooper, Dr Veronica Devereux, Dr Kate Jolowicz and Dr Edwina Lawson.*



### FLU SEASON!



#### WHO NEEDS A FLU JAB?

You are eligible to receive a free flu jab if you:

- are 65 years of age or over
- are pregnant
- are living in a long-stay residential care home or other long-stay care facility
- receive a carer's allowance, or you are the main carer for an elderly or disabled person whose welfare may be at risk if you fall ill
- The flu vaccine is given as an annual nasal spray to:
  - children aged four to 18 years at risk of flu (except 4-8 years olds as they will be vaccinated in school).
  - healthy children aged two and three years

#### Have any of the below medical conditions

- chronic (long-term) respiratory disease
- chronic heart disease
- chronic kidney disease
- chronic liver disease
- chronic neurological conditions
- diabetes
- problems with your spleen – for example, sickle cell disease, or if you have had your spleen removed
- a weakened immune system due to conditions such as HIV & AIDS, or on steroid medication or chemotherapy
- if you live with someone who has a weakened immune system, speak to your GP for advice.

#### HOW TO BOOK A FLU JAB

- **Ask our Receptionist to book your flu jab appointment...**

OR

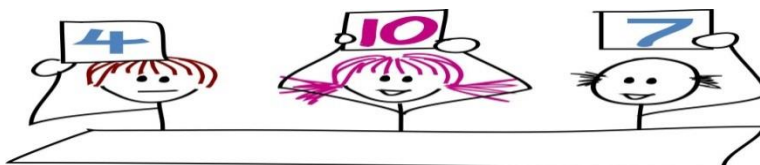
- **Relax with your diary at home and do it online – see News at: [www.stjohnsway.nhs.uk](http://www.stjohnsway.nhs.uk) (you'll need a login so if you don't already have one, ask our Receptionist to print one for you now, photo I.D will be required)**

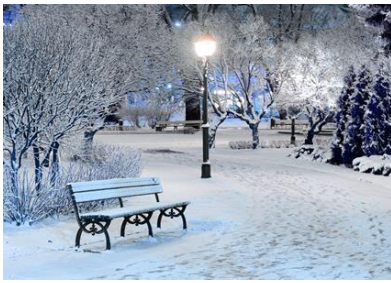
#### FEEDBACK

We want to know how we're doing – When and what we are doing well, as well as where there is room for improvement

There are several ways to get your voice heard:

- Online at: [www.stjohnsway.nhs.uk/contact\\_dlg1.aspx?p=F83015](http://www.stjohnsway.nhs.uk/contact_dlg1.aspx?p=F83015)
- Do our Friends & Family Test by picking up a form at the surgery or doing it online at: [www.stjohnsway.nhs.uk](http://www.stjohnsway.nhs.uk) and follow the link to the test
- Or call the surgery and ask to speak to one of our senior managers: Penny Borrow or Jack Johnson-Rose





**Do you have a child who was  
2 or 3 years old on  
1<sup>st</sup> September 2017 or is in an 'at risk group'?  
Book them up for a nasal vaccination now**

## **Parents urged to vaccinate children after concerns NHS facing its worst flu season in history (Evening Standard 12<sup>th</sup> October 2017)**

**Parents were urged to get their “super spreader” children vaccinated against flu after concerns that the NHS faces its worst flu season in history.**

It follows a major outbreak in Australia, where 170,000 people have been affected, more than double the normal rate, and 72 have died, including an eight-year-old girl.

An awareness campaign has been launched in London after only a third of two and three-year-olds, and a quarter of four-year-olds, were vaccinated last year.

Youngsters are regarded as “super spreaders” of the virus due to their close interaction with classmates and difficulty in wiping their nose and washing their hands properly.

Children are given the free vaccine via a nasal spray rather than a jab.

Last year it reduced the risk of flu in children by 65 per cent.

## **SHINGLES INFO**

Who is eligible?

- If you are 70 years old
- If you are in your 70s and born after 1<sup>st</sup> September 1942
- If you are aged 78 or 79 who has not yet had the vaccine

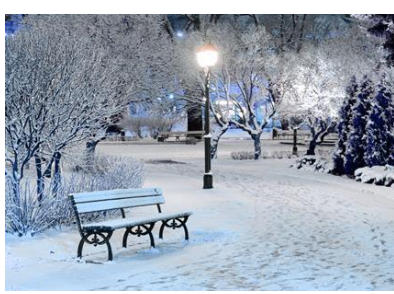
Please call the surgery and tell the receptionist you would like to book a Shingles vaccination with one of our Practice Nurses.

**What is Shingles?** It is an infection of a nerve and the skin around it. It is caused by the herpes varicella-zoster virus, which also causes chickenpox. Shingles usually affects a specific area on either the left or right side of the body. It causes a painful rash which develops into itchy blisters. Most people feel unwell for several days before the rash appears.

**What causes shingles?** Most people have chickenpox in childhood, but after the illness has gone, the virus remains dormant (inactive) in the nervous system. The immune system (the body's natural defence system) keeps the virus in check, but later in life it can be reactivated and cause shingles.

It is not known exactly why the shingles virus is reactivated at a later stage in life, but it may be due to having lowered immunity (protection against infections and diseases).





# St John's Way Medical Centre

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### JAZZ 'n' JABS

**Saturday 23<sup>rd</sup> September**



Our annual Jazz 'n' Jabs event was a huge success with nearly 400 patients vaccinated on the day.

Everyone enjoyed live music, scones, tea, coffee and various goodies as well as protecting

themselves and others from the flu virus. This year we also held a health fair and wellbeing exhibition alongside Jazz 'n' Jabs.

**If you haven't had your flu jab this year – speak to reception.**

#### **SJW PATIENT PARTICIPATION GROUP (PPG)**

The last meeting was held on 13<sup>th</sup> September at the surgery. Penny and Jenny welcomed the patients to the meeting and discussed the PPG's funding bid to Islington Community Chest to set up local wellbeing groups including "Singing for Health", "Gardening Friends group" and "Art and Wellbeing". You can read the minutes of the meeting on our website [www.stjohnsway.nhs.uk](http://www.stjohnsway.nhs.uk) and on our PPG notice board. If you haven't been before feel free to join us at our next meeting on **Wednesday 6<sup>th</sup> December at 6.30pm** at the surgery

(Nibbles and drinks at 6.15pm)

#### **PAN-ISLINGTON PATIENT PARTICIPATION GROUP**

The next meeting will be on **Wednesday 22<sup>nd</sup> November** at LIFT centre, 45 White Lion Street, N1 9PW (near Angel tube)

3.00pm – 5.00pm

**Topic:** Community services and patients experiences of them

**For more information and to book a place, please contact Emma on 020 7832 5814 or email [emma@healthwatchislington.co.uk](mailto:emma@healthwatchislington.co.uk)**

### **A Patient's Journey to Wellbeing**

Below is a case study from a patient who made use of Carole's Health Coaching and Navigation services.

"It was flagged up by the Practice Nurse that I was testing as Pre Diabetic and she suggested I see the Health Coach for some information and advice as I wanted to look at my dietary habits, discuss exercise and also the anxiety I suffer from.

I wanted to feel confident that I would not go on to develop diabetes and knew that in order to prevent diabetes I needed to adhere to a healthy diet and understand the science of food a bit more.

In order to relieve my anxiety I was conscious I would need to do things for myself, as being a full time carer my needs are often missed. Part of the coaching goal was for me to regain my self-identity, by finding simple local activities such as an exercise class and a creative writing group. But I also needed inspiration to do more home cooking rather than relying on processed foods as I am not exactly fond of domestics.

I started off by reducing sugar in my tea, eating more salad and vegetables and realised I don't eat enough fruit, so building a positive outlook was important. I noticed my awareness of my food intake and diet changed over time and I was less despairing about the difficulties I had in life. I started to look at the longer term and my future and what I want in life.

Meanwhile, I am bringing about more routine to my life, going to bed earlier, getting out and about to museums and exhibitions but also thinking about doing some voluntary work to help others. During the health coaching sessions with Carole I noticed my energy levels increase and I felt livelier when I was doing things I enjoyed. I realised that I can think of myself a bit more and start building a framework for the future.

I am very happy with the progress I made and now know I must take care of myself as well as others. Coaching helped me to cope with my role as full time carer even more and I now feel I will continue to make healthier lifestyle choices around diet, exercise and socialising. It makes me feel good and more aware of how to look at my life in a positive way.

I feel this Health Coaching is very valuable. It enables patients to evaluate their needs and encourages commitment to continue the lifestyle changes initiated during the course. All the handouts were very informative".

**See more Patient Stories displayed around the surgery.**