

NEWSLETTER – SPRING 2022

WELCOME.....

We have had many new staff join us since our last newsletter and we would like to take a moment to shine a spotlight on some of the new members of our team.

Dr Lucy Neill-Hall.....

I joined the SJW team in December 2021 as a salaried GP and currently work Mondays and Wednesdays. Although I am relatively new to the team, I already feel very settled and at home in the surgery, and look forward to many years working together. Prior to this, I worked in a practice locally for nearly three years since qualifying. I really like living and working in Islington as it is a vibrant, diverse and innovative area. I also work at UCLH urgent treatment centre on Thursdays and am in my second year of an Islington Fellowship scheme. As part of my Fellowship, I support Primary Care Networks to employ paramedics in Primary care using the Additional Role Reimbursement Scheme funding. We currently have two paramedics working in South Islington, as well as two paramedics working on rotation with London Ambulance Service and Whittington Rapid Response team. I educationally supervise 2 of these paramedics. Furthermore, I have a particular interest in women's health and can fit Coils and Implants. This is alongside my home life with my wonderful husband and 2 gorgeous little girls who keep me on my toes and are an endless source of joy!



Dr Tamsin Ellis

I've just recently joined the SJW team in April 2022. I completed my medical degree at the University of Birmingham, and trained in Liverpool before completing my GP training in Haringey and have been working as a GP in Islington ever since. I'm originally from the countryside and spend as much time as I can outside of work finding local green spaces, outdoor swimming and cycling around the city. I work part time in the GP surgery clinically, the rest of the time I spend working on raising awareness about sustainability in healthcare. This involves working with the [Centre for Sustainable Healthcare, Greener Practice](#) (see links on page 3 for more information) and with North Central London to improve health whilst also reducing emissions from healthcare.



Dr Phil Hall

I am delighted be moving into a salaried GP role at St John's Way in June 2022 having completed my GP training over the last few years. My background is in the military and after a chance meeting with a former colleague at a rugby game I discovered that a medical career is something that was possible to enter later in life! I applied to the Graduate Medical course at Barts and The London medical school and graduated in 2016. Following medical school, I completed my various hospital placements at the North Middlesex University Hospital and The Whittington Hospital.



I spend my time outside the surgery working hard looking after my two young children and sometimes feel that I come to St John's Way for a rest!

Dr Puja Shah.....

Joined us as a GP trainee and completed her training in August 2021. We are extremely pleased she has decided to stay and take up a permanent position at St John's Way.



Also joining the team are

Dr Iona Morrison – GP

Wlisa Sariul – Health Care Assistant

Marie Murphy – Practice Nurse

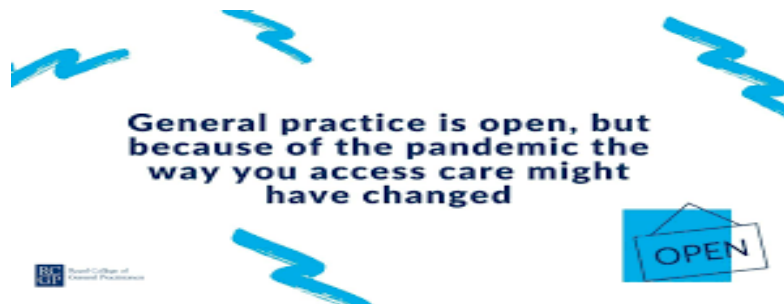
Dalmar Costa – Practice Pharmacist

Sergio Correia – First Contact Physio

Yagin Patel – Medical Receptionist

You will be able to find out more about our staff on our soon to be relaunched website – COMING SOON!

General Practice is open, but you can help us and the NHS.....



In order to ensure we can help those patients most in need **please consider carefully if you really need to contact the surgery** as there are other options available to you

- NHS online – www.nhs.uk you can check symptoms and get advice
- Self-help using over the counter medication to see if they can help for a few days before contacting the doctor
- Speak to your local pharmacist – they are experienced medical professionals who can help with a majority of minor ailments

Thank you for your continued help and support

EXPERT PATIENT PROGRAMME

The Expert Patients Programme is a free six-week self-management course for people with a long-term health condition who live in Haringey or Islington or who are registered with a Haringey or Islington GP.

It's about taking control of your health, feeling better and being able to do the things you want to do.

Over six 2.5 hour sessions you will develop your confidence to manage your health condition and feel more in control.

The course also welcomes family members and carers of people with a long-term health condition.

To book a place, please call 020 7527 1189 for Islington courses and 020 7527 1707 for Haringey courses.

FEEL GOOD FRIDAYS

AT THE STORY GARDEN, KING'S CROSS

Free fortnightly sessions for over 50s in Islington, designed to support wellbeing through guided relaxation, movement and hands-on activities. Create and connect together in the garden.

Interested? Contact Laura at
laura.price@globalgeneration.org.uk / 07747 829 249

**GLOBAL
GENERATION**

 ISLINGTON



If you are interested in the organisations one of our new GPs, Dr Tamsin Ellis, is involved with please see below.

The Centre for sustainable healthcare information can be found by clicking the below link or typing it into any web browser

<https://sustainablehealthcare.org.uk/courses/sustainable-primary-care>

Greener practice information can be found using the below link

<https://www.greenerpractice.co.uk/>

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Patient Participation Group Page

Your surgery needs you!

Have you ever thought about joining our
Patient Participation Group?



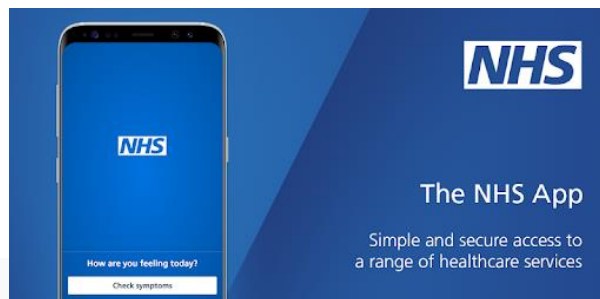
Our Patient Participation Group, or PPG, is run by volunteer patients and our Operations Manager, Jan Lenny, to help strengthen the relationship between the practice and you, our patients. Your PPG contributes ideas, feedback and suggestions to improve patient experience. If you would like to know more or want to get involved, please speak to Jan today. During the COVID-19 pandemic all meetings are happening remotely online.

SJW PATIENT PARTICIPATION GROUP (PPG)

The last meeting was held online 24th February 2022 and was a great success with many patients being able to dial in and participate. Jan discussed the objectives of the PPG and their wellbeing projects. You can read the minutes of the meeting on our website 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

Thursday 26th May 2022 at 1.00pm details for the zoom link will be sent to all those registering an interest.



The NHS App – More than a COVID pass!

Signing up to online access will give you the option of being able to book appointments online, requesting medication and access medical records (this is completely customisable).

This can be done through the NHS app and your ID checks will be done online, please see the links below for the play store and apple store.

Playstore: https://play.google.com/store/apps/details?id=com.nhs.online.nhs.online&hl=en_GB&gl=US

Apple store: <https://apps.apple.com/gb/app/nhs-app/id1388411277>

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LONG TERM CONDITION (LTC) REVIEWS : A NEW STREAMLINED PROCESS

Our patients with long term health condition/s such as diabetes, high blood pressure or asthma will already be aware that annual review processes at St John's Way have been disrupted over the last two years due to the demands of coronavirus pandemic. We truly appreciate your understanding and patience during this period of intense challenge for us and the wider health service. There has however, been one silver lining, which has been the opportunity for our team to review and streamline our long term review processes in a way that we hope will improve patient experience moving forwards.

How has the LTC Annual Review process changed?

From April 2022 patients with the following long term conditions will be invited for review within the month of their birth. If you have more than one of these long term condition we will try to group these as far as possible, to streamline your overall number of reviews and reduce unnecessary duplication of tests and checks.

Asthma	Hypertension	Stroke	Peripheral Vascular Disease (PVD)
COPD	Diabetes	Atrial Fibrillation (AF)	Heart Failure
	Non Diabetic Hyperglycaemia	Transient Ischemic Attack	Coronary Heart Disease (CHD)

How will this change affect me?

If you have a one or more long term condition please expect to be invited each year around your birthday for review. You may also be sent a text with a questionnaire in advance of your review so that we can collect information about the control of your condition and your general health. Responding to these messages will better inform the clinician who undertakes your review – so please try to do so where possible.

Once completing baseline tests and observations you will then receive a letter summarising your results which we invite you to read and familiarise yourself with in advance of your Part 2 appointment. We will include a copy of the ideal result parameters to help you judge your progress. Attached there will also be a short questionnaire which we hope will help our patients to think about the health goals that are most important to them in the coming year. These goals can then be discussed at your Part 2 appointment with a clinician at the practice.

Our Hope for the New LTC System

We really hope that the new system will provide a better experience for our patients – helping you know when to expect your reviews in the calendar year and giving more control over your results and your overall health condition. As it is a new process, we will be keen to get your feedback over the coming months and will provide opportunities to do so.

How air pollution impacts the body



cleanairhub.org.uk

Let Islington breathe

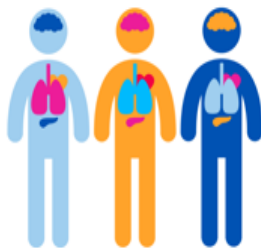


Department for Environment
Food & Rural Affairs



Air pollution impacts us all

It can move from your lungs into your bloodstream and reach many organs in the body



Find expert guidance with simple steps you can take to tackle air pollution and protect your health at:

cleanairhub.org.uk

Let Islington breathe



Department for Environment
Food & Rural Affairs



Air Pollution & Your Health

Air pollution affects you from your first breath to your last, causing many health effects throughout your life. Air pollution can worsen many long-term health conditions and cause respiratory and heart disease. It is linked to high blood pressure, strokes and dementia. It can also impact pregnancies and make people more likely to suffer infections like bacterial pneumonia and COVID 19. The actions below can help:

1. Discover the side streets



Use quieter roads and paths to keep away from heavy polluting traffic.

2. Leave the car behind



Encourage your whole family to walk, cycle and scoot more - air pollution can be higher inside a car than outside.

3. Check the pollution forecast



Sign up at AirText.info to get air pollution alerts sent to your phone.

4. Turn the engine off



If you do need to use a car, ask the driver to turn the engine off when the car isn't moving.

5. Keep the air clean inside too



Use fragrance free and low-chemical cleaning products. Stop air pollution collecting in your home by using extractor fans and opening windows away from busy roads.

Find Clean Air information for Islington and the work the council is doing to address air pollution at www.islington.gov.uk/airquality