

FOR ALL PATIENTS AND STAFF

Your good health

Feel the uplift: first steps on the road to a new you



Open day on September 10 will focus on wellbeing activities

The pandemic highlighted a crisis in our mental health services. Many people found working from home or living in isolation induced anxiety and other negative feelings. There has been a strong desire for people to improve their sense of well-being. Addison Road patients group, alongside the medical team, is organising a day to highlight the many ways such issues can be addressed. We are working with local organisations that offer activities to improve well-being. These include walking clubs, gardening, cycling clubs, cooking and many other exciting opportunities.

The event takes place on Saturday September 10, 12 noon to 4pm in the surgery and its grounds. It is open to everyone. You can find

out which activities are available, talk to organisers and sign up for those that would suit you, your family or friends. Between now and September 10 the front window in the reception area will be transformed into a giant advert for local groups and activities aiming to improve well-being.

Please join us on September 10. Contact me on jegarcia.pm@gmail.com for more details. A range of refreshments, including drinks, chips, pizza and ice cream will be available and free of charge. We are hoping to attract families so have organised activities for children to keep them occupied. In addition, the 50+ staff of Addison Road Medical Practice will be there for you to meet. Hope to see you all then.

Patrick Morgan

Autumn jabs

COVID boosters for patients aged between 50 and 75 will be available this month. You will be contacted by the practice, inviting you to find appointments on the national booking system for your fourth dose.

Flu jabs for the over-50s and others who qualify to protect them over this winter will be delivered at Addison Road. You will receive a text or phone-call in early September. It is likely a Saturday morning open session will be organised late in the month or early in October.

Following reports of **polio** in north-east London, we are inviting children aged one to nine for booster vaccinations to protect them. Over the next month we will also be offering clinics.

For all three jabs, we ask that you wait to be invited to avoid overloading the the phone system and reception desk.

A training practice

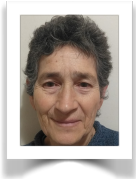
Since August, Addison Road has been a training practice. There are three GP registrars completing a year's placement here. A registrar is a fully qualified doctor – many have years of hospital service – who are training as GPs. Dr Ashley Layer, Dr Anita Iyer and Dr Nabilah Khan are supervised by two of the clinical partners so appointments with them can last slightly longer.

New staff

Dr Aimee Field has joined Addison Road as a salaried GP. Savannah Padmore-Barnes has been taken on as our primary care network care co-ordinator. The network links us with four other local surgeries to offer additional services such as physiotherapy.

Why Whipps doublespeak makes me cross

VIEWPOINT



Eva Turner

of Addison Road patients group



Let's cut through all the lies we've been told about new hospitals

It is 2019 and Boris Johnson is promising 40 new NHS hospitals as the cornerstone of the Conservative manifesto. Whipps Cross is to be one of eight so-called pathfinders, helping revitalise the health service. The government promises £2.7bn, about £340m per hospital.

Building a new hospital costs well over £500m; the Barts preferred option comes in at £870m. With rising inflation it will be substantially more. You may have heard that spare land at Whipps will be sold for housing. You would think the proceeds would pay for the new hospital. However, it does not work like this. That money goes to the Treasury. It is by no means certain that it will be allocated to the NHS, let alone the new Whipps.

So Barts engages architects and plans a fabulous new hospital, a tall building with wonderful, state-of-the-art equipment built on the site of the former nurses' home. But this land is in danger of flooding so appropriate defences have added to the overall cost.

The new Whipps will be a specialist centre for the elderly but, ironically, many services that the elderly rely on will go. We are losing end-of-life care at the Margaret Centre, plus the Connaught Day Hospital, which provides specialist treatments and therapies to help patients recover after a stroke or major surgery. The mental health unit for the elderly will also disappear, as will outpatient dialysis.

We also have a problem with a growing population. There is a danger of not enough beds – reports specify 60 fewer compared to 2018. Some loss of surgical expertise because of the elderly care specialism threatens full blue light A&E at Whipps.

The completion date was meant to be 2026, but that is now in serious doubt.

Throughout last year the government was back pedalling. All the pathfinders were told to submit three options for rebuilding: a preferred one, one costing £400m and one outlining how they'd build their preferred option in stages. Then in August 2021 the Department of Health told all hospital trusts to describe anything from a new wing or clinical block as a "hospital" when dealing with the media. There never were 40 new hospitals. It's just PR hokum. And don't get me started on the ridiculous new £28m car park.

In May this year Whipps and the other pathfinders were told they won't have any more funding for the time being. The government has de-prioritised them, switching the money to cheaper projects.

Then in early July the independent National Audit Office announced a value-for-money review into the 40 hospitals the Tories promised. Its investigation will no doubt raise questions of honesty and standards in government.

While work is on hold Barts Trust has ample time to undertake a formal public consultation on their plans. Redbridge councillors have called for it. Action4Whipps has written formally requesting this: to Barts and to the clinical commissioning group which held the pursestrings until July this year. So far, they've turned down our request, despite a strong argument that they're legally required to consult us formally. Our right for a say in what is happening must be upheld.

Mary Burnett of Action4Whipps helped with this article.
Email her and Eva Turner on
whipps.cross.campaign@gmail.com



A doctor's notes



In which Janakan Crofton reflects on helping another surgery meet inspection standards and what it feels like to become a political football

The past 4 weeks have been hectic to say the least. Since August 8, we have been awarded a caretaker contract to manage the Firs Medical Centre, a local practice near St James Street station. For 18 months, the Firs has had issues with meeting the requirements of the Care Quality Commission, the body that regulates and inspects medical standards nationwide.

Over the next 12 months, we will be working extremely hard to help the Firs address the remedial actions required by the commission: ensuring patient safety and quality and driving up clinical standards and governance processes.

We have drafted in significant additional resources to help deliver this programme of quality improvement and we look forward to tackling the challenges that lie ahead, working closely alongside staff at the Firs as well as its patients group.

Covid remains prevalent in Walthamstow. Despite the warm weather we are experiencing high levels of patient demand similar to those seen during winter. Covid doesn't spare our workforce and on top of summer leave this has added to pressures on our capacity. Please help us by wearing masks on public transport and in crowded shops and surgeries.

Since polio was identified in the sewerage works at Beckton earlier this year, all children aged one to nine living in Greater London now need a polio booster vaccine. This is a monumental public health campaign that will be primarily delivered via local surgeries. We have started to mobilise the troops. If you have a child in this age group, please wait to be contacted by us!

As we watch the Tory leadership battle play out, we are acutely aware that GP surgeries are

becoming a political bargaining tool. We have heard everything from charging patients for not attending GP appointments to nationalising the whole of general practice. While successive governments and health secretaries will push to make their mark on general practice and place themselves as the ultimate saviours, it remains business as usual for us. High quality accessible primary care will continue to be our focus over the coming years

Don't forget Saturday September 10 when there will be an event at the surgery with the emphasis on creating community health. We will be presenting the wealth of services available locally. Health is created not in hospitals or GP surgeries but within communities. We hope a burger and ice cream might prove tempting!

Janakan Crofton is a managing partner at Addison Road

When Andy Steele, a leading cardiologist, goes to collect his car, he sees his mechanic, a patient, removing the cylinder-head from a vehicle.

The mechanic straightens up to greet him: "Hey, doc, take a look at this?" He wipes his hands on a rag, then continues.

A cardiologist walks into a garage . . .

"So, doc, look at this engine. I open its heart, take the valves out, repair any damage, and then put

them back in, and when I finish, it works just like new.

"So how come I scrape a living – and you earn the really big bucks?"

"Basically we are doing the same work!"

Dr Steele pauses, smiles and whispers to the mechanic: "Try doing it with the engine running."



COMMUNITY WELLNESS DAY

FUN & CREATIVE ACTIVITIES

10 | 09 | 2022

12pm - 4pm

Addison Road Medical Practice
E17 9LY

Come and explore an array of services that support
community led health creation

Fitness | Food | Fun

Mindfulness Coach | BeeZee Bodies | Joyriders Cycling

