

Nexus Health Group

Artesian Health Centre & Decima St Surgery

Newsletter January 2017



Decima St Surgery

6 Decima Street, SE1 4QX

Mon – Fri 8am – 6.30pm



Artesian Health Centre

138 Grange Rd, SE1 3GF

Mon – Fri 8.45 am – 6.30pm

Late opening for pre booked appointments until 8pm Tues & Wed

Our triage system

If you are ill, please ring the surgery at 8am. If there are no appointments left, you will be put on the list for a call back from our triage doctor. Please keep your phone line open, and be ready to answer. The call back list can be long. The doctor will discuss your need to be seen urgently, and may offer you an Access Centre appointment. These are bookable on the day by the GP only, available to practices across Southwark. The clinic is located at **Spa Medical Centre, 50 Old Jamaica Road, London, SE16 4BN.**

Staff Changes



Dr Rebecca Torry retired as a partner last August, and will be taking a 6 week sabbatical from Mid-February. From April, she will return to work a couple of sessions a week as a salaried doctor.

Rebecca writes 'It has been an amazing experience to see the practice and neighbourhood develop and change since I joined the practice in 1983. Sharing the lives of patients over so many years has been a huge privilege. I have known some of you for the whole time I have worked in Bermondsey. Now is the right time for change, and I am confident that Nexus will offer new opportunities for improved services in the 21st century. '

Since August we have welcomed

Dr Alison Hoggarth, Dr Laura Giles and Dr Priya Rughani to our team.

We are delighted to welcome Dr Katherine Romer Lee back from maternity leave.

We congratulate Dr Krishna Misra, Dr Stefan Lipinski and Dr Natasha Anto on the safe arrival of their new daughters.



Goodbye to Dr Kanabar!

Dr Ami Kanabar worked with us for 3 years she has now moved on to another local GP Practice.

Thank you Ami for all you work!

Taking care of your health

NHS Health checks

Aged 40-74? Make an appointment with our one of our Health Care Assistants, Petronia and Arinola for an NHS health check, which includes on the spot checks with results for diabetes, cholesterol and blood pressure.

Do you want to stop smoking?

Our Health care Assistants can help you with this as well. Make an appointment.

Are you at risk of diabetes?

- Are you over 40 (or over 25 if you are of African, Afro-Caribbean, Chinese or Asian background)?
- Are you also overweight, or do you have a parent, child, brother or sister who has diabetes?
- Did you have diabetes in pregnancy or have you had a baby weighing over 10lb?

If any of these apply, you should have an annual blood check. Leave your name and date of birth with reception and the nurse will provide you with a blood form and let you know if the result suggests a problem.

Remember our POD for checking your blood pressure or weight.

Free Swim and Gym at certain times for Southwark residents.

Register on line at www.fusion-lifestyle.com/southwarkfreeswim-gym or talk to your local leisure centre.

‘Walk to Wellbeing’ – remember our walking group, Wednesday, 10.30 am at the Artesian

OUR VOICE – Patient Participation Group

Like every practice, we are struggling to cope with the current pressures on primary care. If you have suggestions to improve the way things work, or would like to be involved with practice development, please join our patient participation group. Your contribution would be very welcome.

To join, you can fill in a form on line via our web site www.blm2.co.uk or ring the practice on 0207 403 3618 and speak to Nika Silva.

Next Our Voice meeting will be on the 8.2.2017

Making appointments and ordering prescriptions on line.

Go to our web site www.blm2.co.uk or ask one of the reception team.

Useful information

- The Urgent Care Centre at Guys can see patients with minor injuries 8am – 7pm daily including weekends.
- If you are unwell when the surgery is closed, ring 111 for advice, available 24 hours. 111 can also advise on dental problems.
- Seldoc out of hours medical cover – 020 8693 9066
- If you have an eye problem when the surgery is closed and the pharmacy cannot help, eye casualty is at St Thomas Hospital. NHS Smoking Quit line 0800 022 4 332
- For urgent mental health problems, there is a 24 hour Southwark help line 0800 731 2864 or you can call the Samaritans on 116 123
- If you are stressed or anxious, and would like counselling help, you can self-refer to Southwark psychological therapies - 0203 228 2194 or via <https://slam-iapt.nhs.uk/southwark/welcome-to-southwark-psychological-therapies-service/contact-us/>
- Free debt advice – Christians against Poverty 0800 328 0006 or <https://www.citizensadvice.org.uk>