



Claremont's Clinical Team

The team at Claremont consists of:-

3 x GP Partners—Dr Kochhar, Dr Williams and Dr Hanson

5 x Salaried GP's—Dr Ratti, Dr Kelly, Dr Harrington, Dr Polomcic and Dr Dalhuisen

3 x Practice Nurses—Clare Day, Suzanne Nail and Daisy Jones

1 x Nurse Associate – Michelle Nicholls

2 x HCA's—Diana Jemmett and Sarah Stewart

1 x Psychology Lead—Stefanie Walker

1 x Pharmacist—Raghad Sami

1 x Physiotherapist—Shannon Kennedy

1 x Social Prescriber—Rebecca Loss

We also have a Memory Nurse and Dietician visit us to see our patients once a month.

Booking an appointment through our website

You are able to book an appointment through our website between the hours of 7.30am and 10.30am. The reason this facility closes at 10.30am is to ensure that all online requests are triaged by a GP on the same day. If you have no internet access, or need to request an emergency appointment you can phone the surgery between 8am and 1.30pm and 2.30pm and 6.30pm.

DNA's

Did you know we had 185 patients not attend a booked appointment last month which equates to 30 hours of lost GP / nurse appointments which could have been used by someone else. Please remember to **CANCEL** your appointment if you are unable to attend.



Healthier Together

Worried about your child's health?

Created by local experts in child health, Healthier Together is a brand new website which provides information on common childhood health concerns such as fever and breathing problems.

On the website you will find information about a range of health concerns, all of which have been created by child health specialists, GPs and clinicians in south west London.

The handy traffic light system allows you to check symptoms and advises you on whether you should seek further medical help. If extra help is needed, the tool will save you time by pointing you towards the most appropriate service to get the best care for your child.

Healthier Together is designed to support pregnant women and parents and carers of children in south west London. Young people can also use the website to find information on topics such as mental and sexual health.

"It's like a mini doctor for you at home, that's how it is, that's how I see it. It gives all information, what should I do, in what cases I need to go to hospital or how I can treat my baby at home."

Parent and user of Healthier Together

<https://www.swlondon-healthiertogether.nhs.uk/>



Kingston Hospital's Patient Portal

Kingston Hospital's Patient Portal will provide time saving functionality for patients, with quick and secure digital access to all their appointments at the Trust, in one place, listed chronologically. As the portal roll-out continues, patients will also be able to reschedule appointments and complete pre-treatment questionnaires, empowering patients to manage their care.

It is a new online tool created to give patients quick and secure access to view outpatient appointments at Kingston Hospital. If you have received a link to sign up to the portal, you can follow the simple Instructions to register for an account and view your appointment letter. The secure online platform means you can receive details of your appointment when it is scheduled, without having to wait for a letter to arrive in the post.

If you have any questions or would like to find out more, you can visit www.kingstonhospital.nhs.uk/patient-portal



Anxious Feelings

Are you experiencing anxious feelings?

Anxiety is something everyone experiences at times, and feeling anxious is a perfectly natural reaction to some situations. But sometimes feelings of anxiety can be constant, overwhelming or out of proportion to the situation and this can affect your daily life. Anxiety tries to bluff us into believing that we are in danger, and that we should avoid the source of the anxiety. Anxious Thinking makes our catastrophic thoughts feel like they can really happen.

Common Causes

Anxiety is not always related to an underlying condition. It may be caused by:

- Stress that can result from work, school, personal relationships
- Emotional trauma
- Financial concerns
- Stress caused by a chronic or serious medical condition
- A major event or performance
- Side effect of certain medications
- Alcohol consumption, drugs such as cocaine
- Lack of oxygen

Treatment options

Self-treatment: Self-care steps that may be helpful in some less-serious cases:

- Exercise daily
- Try and maintain a positive attitude
- Get enough sleep
- Learn what triggers anxiety
- Eat well-balanced diets
- Practice relaxation techniques such as yoga
- Stop smoking and consumption of caffeinated drinks

See a doctor if you notice:

- The anxiety is interfering with daily tasks
- The anxiety is accompanied by insomnia

See a doctor immediately if you notice:

- Suicidal thoughts



PPG Patient Participation Group

Are you aware that the practice has a group of patients who contribute some of their time to the development of the practice and the services we offer. If you would like to join the group and be involved in the ongoing development and improvement of the practice then please visit our website to fill out a form.



Walk and Talk 999

For men in the emergency services, NHS and armed forces

Walk & Talk 999 was founded by a group of firefighters in London Fire Brigade, each with their own experiences and training in mental health. Their passion and goal is to help improve the mental health of those within the emergency services, NHS and armed forces, and to encourage men to reach out to talk and gain support through going for a group walk.

Group walks are held weekly for an hour, meeting at the same location and time and are led by men from within the emergency services who have trained as volunteers to be walk leaders. There is no pressure for people to talk or to attend regularly, but they are welcome to if they'd like to. All walk leaders have a lived experience of their own personal mental health struggles and through training are able to offer support during or after the walk and can signpost into other services as necessary.

There are Walk & Talk 999 group walks springing up in many parts of London which you are very welcome to join. In south west London, there is one at Richmond Park. Richmond Park – a men's Walk & Talk 999 group meets every Wednesday at 10:30am at the Richmond Park, Roehampton gate coffee shop. You can connect with the group on Twitter @WAT999SW



Screening, when to have it done

Breast Screening

Breast screening is offered to all women aged 50 to 70 years of age to detect early signs of breast cancer. The screening is every 3 years and women over 70 can self-refer if they still want to be screened.

Cervical

Cervical screening is offered to women aged 25 to 64 to check the health of the cervix. It is offered every 3 years for those aged 26 to 49, and every 5 years from the ages of 50 to 64.

NHS Health Check

This is a health check-up for adults in England aged 40 to 74. It's designed to spot the risk of developing, a stroke, heart disease and type 2 diabetes. As we get older, we have a higher risk of developing one of these conditions. An NHS Health Check helps find ways to lower this risk.

Am I eligible for a NHS health Check?

The check is for people who are aged 40 to 74 who do not have any of the following pre-existing conditions:

- heart disease
- chronic kidney disease
- diabetes
- high blood pressure (hypertension)
- atrial fibrillation
- transient ischaemic attack of stroke
- inherited high cholesterol (familial hypercholesterolemia)
- heart failure
- peripheral arterial disease
- currently being prescribed statins to lower cholesterol

You should have annual check-ups if you have any of these conditions.



Bowel

NHS bowel cancer screening checks if you could have bowel cancer. It's available to everyone aged 60 to 74 years.

The programme is expanding to make it available to everyone aged 50 to 59 years. This is happening gradually over 4 years and started in April 2021.

You use a home test kit, called a faecal immunochemical test (FIT), to collect a small sample of poo and send it to a lab. This is checked for tiny amounts of blood.

Blood can be a sign of polyps or bowel cancer. Polyps are growths in the bowel. They are not cancer, but may turn into cancer over time.

If the test finds anything unusual, you might be asked to go to hospital to have further tests to confirm or rule out cancer.

Always see a GP if you have symptoms of bowel cancer at any age, even if you have recently completed a NHS bowel cancer screening test kit – do not wait to have a screening test.

Why screening is offered

Regular NHS bowel cancer screening reduces the risk of dying from bowel cancer.

Bowel cancer is the 4th most common type of cancer. Screening can help prevent bowel cancer or find it at an early stage, when it's easier to treat.

How to get a home test kit

Everyone aged 60 to 74 years who is registered with a GP and lives in England is automatically sent an NHS bowel cancer screening kit every 2 years.

If you're 75 or over, you can ask for a kit every 2 years by phoning the free bowel cancer screening helpline on 0800 707 60 60.

If you're worried about a family history of bowel cancer or have any symptoms, speak to a GP for advice.

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Celebrity Mash-ups—Results

1. Angelina Jolie & Brad Pitt 2. Ant & Dec 3. Richard Hammond & Jeremy Clarkson

Movie Mastermind

Can you guess the 24 movie titles from a sequence of emojis. Answers will be in the next Patient Newsletter.

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