

Patient Newsletter



We continue to provide health services during the pandemic. We encourage you and your family to continue to attend for essential appointments like childhood immunisations and cervical screening.

During the pandemic we are offering appointments via *telephone triage first* system. This means that you can only be booked for a face to face appointment following an initial phone call with a GP, Nurse or health professional. This system helps us minimise visitors to the surgeries, protecting our staff and patients.

You can request your repeat medication via the [NHS App](#), or by visiting your preferred pharmacy who will arrange for your medication to be delivered directly.

Covid vaccinations.

Please note the following:

1. The NHS will continue to contact those eligible for a vaccine.
2. Vaccines for Nexus patients are being offered at the Artesian Health Centre. If you have received an invite for your vaccination, you can call 119 or our dedicated booking line on 020 3813 6015 between 10am – 12pm.

Patient access focus group

We are currently looking for participants for a patient focus group. We would love your feedback if you...

- ✦ Have ordered repeat medication online in the last month.
- ✦ Have completed an eConsult in the last month via our website, or the NHS app.

We are meeting virtually (via MSTeams) on **Tuesday 27 April, 16:45 – 17:30**. If you are able to join us, please register using [this](#) form or type the following into your browser:

www.surveymonkey.co.uk/r/N2CRW8G

We will follow up with instructions on how to join the online event. This will involve sending you a link that you click on to join the event.

www.nexushealthgroup.nhs.uk.

Visit our website to:

- ✦ Find information about our sites;
- ✦ Do an eConsult with a GP or nurse;
- ✦ Order your repeat medication;
- ✦ Contact the administration team;

Find us on Facebook @NexushealthGroup

Find us on Twitter @NexushealthLdn

Nexus Patient Participation Group

What is the purpose of our PPG?

- ✿ To share information about our organisation, our services and our delivery in the future.
- ✿ For Nexus to understand the patients point of view and to encourage feedback.
- ✿ Encourage a spirit of self help and support amongst patients to improve their health and well being.
- ✿ Improve communication between the service providers, the group and the wider population.

What do PPG members do?

- ✿ Attend your practice and Nexus wide meetings.
- ✿ Share your views and participate in discussions around the services we offer and how we are working with partners in Southwark.

How do I register?

- ✿ Click [here](#) to sign up to your practice PPG.

Our next PPG will take place on
Tuesday 18 May at 1630.

Due to the ongoing pandemic, this meeting will take place virtually. Joining instructions will be sent to members before the event.

*Please note that this meeting is not a forum for individual complaints or single issues.

Staying healthy

Keeping active, eating well and good weight management are the key to a healthy lifestyle. There is lots of helpful information on the [Southwark Council website](#) - including community walks and cooking classes you can take part in and tips on cycling in Southwark.

There are a selection of free or [low cost physical activity opportunities in Southwark](#), which are perfect for starting out to increase your activity levels and several group options are available for extra support. There is also a [list of all the free outdoor gyms in Southwark](#) and [other leisure and sport activities available in Southwark](#). In addition, you can read about the benefits of [keeping active on our dedicated page](#).

One You:

[One You](#) offers practical online advice and support covering everything from diet and exercise to alcohol consumption, stress, giving up smoking and getting enough sleep.

The website by Public Health England offers a host of self-assessment and tracking tools where you can measure your progress, starting with *How are You?* The quiz provides a personalised health score based on your answers along with practical steps to adopt a healthier lifestyle.

DRAMA FOR ALL

ONLINE DRAMA CLASSES WITH SOUTHWARK PLAYHOUSE



Free weekly drama classes for adults in the early stages of dementia or with mild cognitive impairments, and their companions, to develop new skills, build confidence and remain creative.

Open to all abilities, with no previous experience needed.

All sessions take place online every Friday from 10.30am – 12.00pm using Zoom.

To find out more email David Workman on david.workman@southwarkplayhouse.co.uk or call 07732 249159.

Drama for All with Southwark Playhouse

Fridays, 10.30 – 11.45 am (currently online, in person once this is allowed)

Contact: david.workman@southwarkplayhouse.co.uk

South East London Better Sexual Health e-Survey

What do you want from Sexual Health Services in South London?

Do you want better sexual health care? Do you want to make any changes to the way services are run? If you've had any sexual or reproductive health care needs in the past couple of years, the team at South East London Sexual Health Services would appreciate your views. This quick and anonymous survey will help shape services for you in the future. It'll take about 7 minutes to complete, it's confidential and you could win one of five £10 'Love2Shop' vouchers.

<https://www.surveymonkey.co.uk/r/7W6X79D>

The survey is being run by V Pearce Consulting, an independent health consultancy, on behalf of public health in Lambeth, Southwark and Lewisham.

Artesian Health Centre patients

Please note that due to the Artesian being used as a Southwark Vaccination Centre, the team has been relocated to our [Decima Street Surgery](#) until further notice.

If you are a Nexus Health Group patient, or a Southwark resident and have a community group or well-being initiative that you would like be considered for our newsletter, please get in touch using our [Contact Us](#) form