

Patient Newsletter

It is encouraging that for the majority of our patients, the effects of Covid-19 are no longer impacting on their daily lives. However there are still high rates of infection in Southwark, and such, in health care settings – including all of our Practices – we need to continue to wear masks, socially distance and maintain hand washing and cleaning protocols.

We understand that this can be a difficult or frustrating message, but in order to protect our staff and visitors it is vital that these measures remain in place.

Covid vaccinations

By now, many of you will have had Covid vaccinations. For those who have yet to take up the vaccine, or if you are over 75 and have not had a spring booster, there are appointments available at the Bermondsey Spa Medical Centre.

You can find out information about vaccinations and vaccine centres at the Southwark Council website:

<https://www.southwark.gov.uk/health-and-wellbeing/coronavirus/covid-19-vaccination>

New Aylesbury Medical Centre site

We were anticipating the move of the current Aylesbury Medical Centre to their new site in the summer however this has now been pushed back until the end of the year. We will keep all of our patients updated on when we get more information.

Getting the care you need

Did you know you can self-refer to a number of services in Southwark? Services that are available for self-referral include:

- Antenatal care
- Counselling services and talking therapies
- Sexual Health services
- Support for problem users of drugs, alcohol and their families
- Physiotherapy
- End of life care
- Cancer care
- Suicide bereavement service
- Podiatry/foot health
- Domestic abuse support
- Minor eye conditions scheme

If you have access to the internet, you can access many of our services via our website <https://nexushealthgroup.nhs.uk/refer-yourself-for-services>

If you need repeat medication, many pharmacies will be able to arrange this for you – meaning you don't need to contact the surgery.

www.nexushealthgroup.nhs.uk.

Visit our website to:

- ✦ Find information about our sites;
- ✦ Do an eConsult and receive a reply from the team within 48 hours;
- ✦ Order your repeat medication;
- ✦ Contact the administration team:



IMPORTANT INFORMATION

Please note that all of our sites will be closed on **Thursday 2 and Friday 3 June** for the Queens Jubilee bank holiday weekend. During this time you will not be able to contact your practice.

Platinum Jubilee Bank holiday pharmacy availability:

Below is a list of pharmacies that will be open in Southwark for the Bank Holidays 2 and 3 June 2022. It is important to note that Saturday 4 June and Sunday 5 June 2022 are not bank holidays, however, there will be some pharmacies who normally open who will be closed on this day.

If you wish to double check your usual pharmacy opening hours, you can search at [nhs.uk find a pharmacy](https://www.nhs.uk/find-a-pharmacy) or call NHS 111.

Pharmacy name	Address	Telephone number	Thursday 2 opening hours	Friday 3 opening hours.
Jamaica Road Pharmacy	182 Jamaica Road, North Southwark SE16 4RT	020 7237 3483	10:00-14:00	10:00-14:00
Vale Pharmacy	104 Grove Vale, East Dulwich SE22 8DR	020 8299 1103	10:00-14:00	10:00-14:00
Boots	Unit 8-11 Hays Galleria Counter Street SE1 9HD	020 7407 4276	11:00-17:00	11:00-17:00

Platinum Jubilee Bank holiday weekend: accessing your NHS services

As south east London prepares for the Queen's Platinum Jubilee celebrations between 2-5 June, the NHS is gearing up to provide help and care to anyone in south east London who may need it over the bank holiday weekend.

You can find out more information about accessing your NHS services by clicking on this link: [Platinum Jubilee bank holiday weekend in south east London: Accessing your NHS services - South East London CCG \(selondonccg.nhs.uk\)](https://www.selondonccg.nhs.uk)

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.

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

At our last PPG meeting we discussed:

1. **The Aylesbury Medical Centre** - update on plans for move and rename.
2. **The New Site Management Team** – your site management teams are as follows:
 - a. **Princess Street Practice and Manor Place Surgery**
 - Cluster Service Manager: Uzma Rana
 - Site Manager for Princess Street Practice: Lance Bullerdick
 - Site Manager for Manor Place Surgery: Patricia Toohey.
 - b. **Aylesbury Medical Centre, Dun Cow Surgery, Commercial Way Surgery and Sir John Kirk Close Surgery**
 - Cluster Service Manager: Sharon Coleman
 - Site Manager for Aylesbury Medical Centre: Joanne Tolster
 - Site Manager for Dun Cow Surgery: Ann Gibson
 - Site Manager for Sir John Kirk Close Surgery and Commercial Way: Kevin Olayiwola
 - c. **Decima Street Surgery, Artesian Medical Centre and Surrey Docks Medical Centre**
 - Cluster Service Manager: Jawad Al Hairi
 - Site Manager for Decima Street Surgery and Artesian Medical Centre: Cemene Fraser
 - Site Manager for Surrey Docks Medical Centre: Rosaline Gourde

Our next PPG will take place on
Tuesday 19 July at 1600.

We continue to hold these meetings 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.*

Discussion items will be confirmed and shared with members closer to the event.

Protecting your children against measles

Did you know that measles outbreaks are more likely in inner London areas like Southwark?

2-before-2

All children need two MMR (Measles, Mumps and Rubella) vaccines before the age of two. If you are responsible for a child, please book:

- Their first MMR vaccine at **1 year of age**
- Their second MMR vaccine at **18 months of age**

Contact your registered practice and ask for a Nurse appointment. We can also book evening and weekend appointments for childhood vaccines at local clinics.

Dementia and Alzheimer's resources

If you or someone close to you has had a dementia or alzheimer's related diagnosis, there are lots of resources available to you.

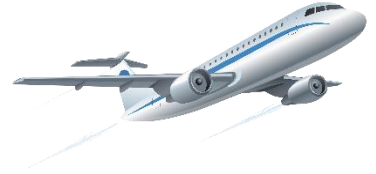
- [Southwark Dementia Action Alliance](#)
- [Alzheimer's society](#)
- [Dementia UK](#)
- [NHS: Living well with dementia – dementia guide](#)



Travel vaccinations

At nexus we offer Hepatitis A, Typhoid and Yellow Fever vaccines at a fortnightly clinic at the **Dun Cow Surgery**. This is for all registered Nexus patients but please aim to book your appointment 6 weeks in advance so that you do not miss out.

- There is a charge of **£75** for the Yellow Fever vaccine.
- Many travel vaccines are also available at local pharmacies.
- Malaria prophylaxis is available without prescription from local pharmacies



Cervical screening

Cervical screening is essential for cancer prevention every three years in women and people with a cervix aged 25 to 49, and every 5 years in women and people with a cervix aged 50- 64. We can book evening and weekend appointments if needed.

Please call your practice and book a nurse appointment if your smear is due or book a nurse telephone call if you wish to discuss any concerns first.

Local sport and physical activity

A full range of sport and physical activities can be found across Southwark regardless of your age or ability. The local sports clubs offer everything from angling and fencing, to BMX and boccia, netball, athletics, tennis and much more.

See www.southwark.gov.uk/leisure-and-sport/local-sport-and-physical-activities for more details.

Your mental health: [Mental health services in Southwark](#)

When you're worried about your mental wellbeing, it can be hard to know where to start. It can be difficult to know exactly what kind of support you might need, where to find it, and how to go about accessing it. Southwark Wellbeing Hub is there to take the stress out of finding, choosing and receiving support.

The Hub is available to all Southwark residents over the age of 18 who are experiencing mental illness including friends, families and carers. It offers advice on housing, welfare and advocacy, peer support, understanding a mental health diagnosis, understanding personal budgets, crisis support, carers support, enhancing friendship circles and healthy living. The Hub has also developed an [online directory](#) to help people find relevant services and support across Southwark.

Southwark Wellbeing Hub contact details

Call: 020 3751 9684. Text: 'HUB1' and your query to 82727. Website: southwarkhub.together-uk.org