

# HAMPTON MEDICAL CENTRE

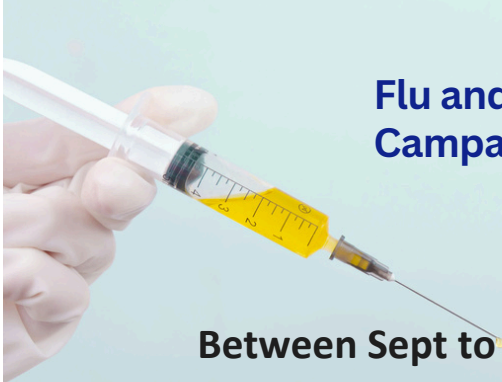
## NEWSLETTER JANUARY 2025



## Message from the Partners

We hope all our patients had a good Christmas and a Happy New Year!

We had some exciting news in 2024: our Practice Manager welcomed a baby and is currently enjoying time off for maternity leave. In the meantime, we have secured support from two Managers and continue to work together as a team to deliver excellent health services to our community.



### Flu and Covid Campaign updates

**Between Sept to Dec 2024 we vaccinated:**

Flu	1531 patients
COVID	2628 patients
RSV	344 patients

### Meet the team

**Dr Goodison** I'm delighted to introduce myself as one of the GPs here at the practice, having joined in July 2023. I have a real passion for education and work as a GP trainer, supporting the next generation of GPs. My special interests include women's health, frailty, and the care of older people. Originally from Brighton, I gained my medical degree at Leeds Medical School in 2013. Outside of work, I love swimming and spending time with my two young children.

**Dr Vriesman** We are delighted to welcome Dr. Martien Vriesman to our practice! She trained in the Netherlands, where she worked for many years before joining the NHS in 2016. She has a special interest in fitting coils, implants, and pessaries, ensuring personalized and compassionate care for our patients. She is a mother of 3 teenagers and likes the outdoors and likes to play a variety of sports including golf.

## Introducing Kirstie, Mental Health Practitioner



I am a mental health practitioner based in Hampton Medical Centre and I am here to provide support and advice for general mental health needs.

As part of the primary care team, I work very closely with your GPs and other relevant local services in the borough, to ensure you access the right support, at the right time. I provide education, signposting and information on common mental health difficulties such as low mood, anxiety, stress, and worry. I also carry out annual health checks for patients who struggle with more enduring mental health problems.

Outside of work I like to travel as I'm curious to learn new things, experience new cultures, and meet new people, I also enjoy gardening in the summer and spending time with family and friends.

If you have any questions about how I can support you please feel free to call the surgery to book an appointment with me.

For urgent mental health support in a crisis, please call our 24/7 Mental Health Crisis Line on 0800 028 8000.

### Physician Associate

Mr Sabir Miah is our Physician Associate colleague. A Physician Associate (PA) is medically trained and sees on the day appointment for acute conditions.

Typically you may see him for coughs and colds, sore throats, sinusitis, ear or urinary tract infection, rashes, skin infections, vertigo and some reviews.

Although PAs are unable to prescribe they always have access to a GP and discuss any required medications with the doctor.

Other services we provide:

- Cryotherapy
- Steroid Joint injections
- Family planning - implants, coils, pessary changes, depot injections
- Travel vaccinations
- Dermatoscopy - looking at skin lesions with a hand held device called dermatoscope.



### **Download the NHS app**

#### **What can you do with the NHS app**

- 1) Order prescriptions
- 2) Receive messages from your GP
- 3) View your own GP health records
- 4) Register with a GP surgery service.
- 5) Access NHS 111
- 6) Book "other health services" like hospital appointments.
- 7) View test results from the GP surgery and hospital.
- 8) Complete 'consultation' forms online
- 9) Manage your organ donation decisions online
- 10) Manage your family's health i.e.proxy access

The Patient Participation Group (PPG) work together with the Practice to advise on what matters most to patients and help identify solutions to problems. We meet on a quarterly basis in person and discuss changes and improvements at the practice. Interested? Please email us to find out how to get involved.



*We will resume online triage forms via Accurx on Monday 6th January 2025  
Read More on our website: <https://hamptonmedicalcentre.nhs.uk>*