

The Waterfield Practice

Patients Group

March 2021

Welcome to your March Waterfield Practice Patients Group Newsletter. Spring is here, Summer is on its way and with Covid-19 vaccines well underway we are all feeling a little bit more optimistic and hope that you are too! In this issue of the newsletter we have some important information about changes at the practice. Also, Gillis from Social Prescribers will tell you a little bit about the services they offer and Sport in Mind are delighted to let you know that they will soon be able to offer some "Covid safe" sporting activities which will be open to all abilities. We hope you enjoy this issue and, as always if you have any suggestions for future articles or information that you would like us to include please get in touch using the email address at the bottom of the news letter.

Update from Gary - Waterfield Practice Manager - Practice News

Covid Vaccinations

Patient vaccinations have made fantastic progress and we are very grateful to Berkshire Primary Care and their team for doing such an amazing job. They are now starting second vaccinations along with patients aged over 50 years old. It is so important that as many people as possible are vaccinated so if you are offered this please do make sure you get your vaccination. If you have been invited, but have not yet got round to making your appointment, it is not too late and we urge you to do this. If you have not yet been contacted, please be assured that you will be in due course.

We also ask that you please do not contact the Waterfield Practice as we cannot offer any appointments and this may tie up the phone lines and prevent patients with other concerns getting through to us. It is important to stress that the Waterfield Practice is not delivering the vaccinations and will not be calling you to arrange your vaccination appointment. This will be done centrally by the NHS and may be by letter, phone, text or email.



Goodbye to our Practice Manager

Gary Hughes has been our Practice Manager for over 12 years but will sadly be leaving us in May. During this time he has overseen many changes at the Practice not least of which have included the refurbishment of both sites, a new website, and a 30% increase in the number of patients registered at the practice and a growing team to look after them.

We are now recruiting for his replacement and for the right person who can continue to take the practice forward.

Welcome Dr Sunita Sadheura

Dr Sadheura has actually been with the practice since August 2018, first as a GP Trainee and more recently as a locum GP. Having always been extremely popular with patients and staff we are delighted that she will be joining the team permanently from April. Her working days will be Wednesday and Friday.

A new Practice Pharmacist

We are delighted to have welcomed, Parvinder Kang, our new pharmacist to our practice, who will replace Chinmay Patel. Like our Paramedic, the pharmacist has become a valued member of the team and their expert knowledge of medicines and minor illnesses improves the skills, speed and flexibility with which we are able to look after patients.

Our Practice Team

Did you know the practice now looks after 14 200 patients, a number that has grown steadily since 2008. It takes a big team to provide the care for this number of patients, which has steadily grown in line with our registered list size

Our practice team looking after you is now:

GP Partners		
Dr McBurnie	Dr Nielsen	Dr Morton
Dr Buxton	Dr Oso	Dr Agrawalla

GPs		
Dr Begum	Dr Ball	Dr Sadheura

Nurse Practitioner	Helen
Nurse	Maxine
Nurse	Emma
Nurse	Lani

Nurse	Penny
Health Care Assistant	Amanda
Phlebotomist	Edie
Paramedic	Lisa

Working with us through our Primary Care Network we also have a social prescriber, care coordinator, physiotherapist and a mental health practitioner.

We have a large, modern and skilled clinical team but without the support of our non-clinicians the practice would quickly grind to a halt. Very much working in tandem with all of the clinical team are 28 non-clinicians. It is not always understood what a crucial role they play but our receptionists, administrators and secretaries require a very specific knowledge and skill set peculiar to general practice.



Introducing Gillis - Social Prescribers

My name is Gillis Noel-Moore and I am a Social Prescriber Link Worker for the Bracknell Forest area.

At a time when social contact has been restricted, developing trusting relationships by giving people the time to focus on what is really important to them is very important in my role. I offer personalised support, time and confidence to work on underlying issues which may affect a person's health and well-being, this could be debt problems, anxiety, stress, loneliness unemployment, poor housing and physical inactivity.

I find a 'simple' telephone call can make a difference to a patient's well-being. The time spent having a conversation, allows me to offer appropriate care and support for a patient.

This could be introducing them to current activities that are running in their local community.

As a social prescribing link worker, I am able to connect patients to community groups, and services that would further enhance their well-being. I aim to make every 'contact count'.

Patients can be referred to this service by their GP or other health care professionals.



Healthmatters

Social prescribing – addressing people's needs in a holistic way
 GPs and other health care professionals can refer people to a range of local, non-clinical services, supported by a link worker or connector



It is starting to feel a bit spring like

and we here at Sport in Mind are really excited, as we are going to look at reintroducing 2 activities in **Bracknell at South Hill Park**, open to anyone over 18 experiencing mental health issues. We are so pleased to be able to start up some sessions again and know they have been missed by many of the participants, coaches and volunteers and we thank you for your support

as we reintroduce activities.

We are taking things slowly and have put detailed risk assessments in place to make sure we can keep everyone safe and will be adhering to social distancing rules, masks will be optional. We will be asking everyone that attends the sessions to complete a new participant form, these can be completed at the session, but I have also attached a link here which can be completed in advance to make things easier: [Sport in Mind Spring Activities](#).

For further details about Sport in Mind and our activities please go to our website: <https://www.sportinmind.org/>