**ABINGDON MEDICAL PRACTICE**



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**NEWSLETTER - SUMMER 2023**

***DR CIARAN KILDUFF – RETIREMENT***

After 27 years of being a partner at the Abingdon Medical Practice, Dr Ciaran Kilduff retired on 30th June 2023. We wish Dr Kilduff the very best in his future ventures. He will be sadly missed by his colleagues and by his patients.

Please see below Dr Kilduff’s farewell message:

*Dear friends,*

*Little did I think when I first joined the Abingdon Medical Practice in 1996 that I would still be here some 27 years later. However, after much reflection, I have now decided that while I am relatively young and in good health, that it is time for me to retire from the practice and to move on and do other things both in medicine and beyond.*

*It has been a great privilege to have had the opportunity to contribute to your health care over the past three decades. Your trust and confidence in me and our team here has been professionally very rewarding.*

*Over this period there has been great changes in general practice with the transfer of most chronic disease management from hospitals into primary care. Computerization of all medical records and changes in technology have made how we operate now almost unrecognizable from 1996. The practice has grown in size from 5,000 to nearly 9,000 patients during this period.*

*I have been very fortunate over the years to have worked with great GP partners (Dr Pawlikowska, Dr Corbett, Dr Chua, Dr Raby and Dr Sahib) as well as other doctors at the practice. We have also had a stream of great trainee GP's pass through, some of whom have stayed on working with us after their training has finished including Dr Sahib who is now a partner. Over the years we have also assembled and held onto a brilliant, loyal and friendly team of nurses (including our brilliant nurse practitioner Amanda), health care assistants, receptionists and practice manager. I would like to thank them all for making my time at the practice so rewarding.*

*They are all staying on and the practice has also been fortunate to recruit an excellent, experienced GP who has already been working in Kensington for a few years – Dr Jack Streeter. I hope that you will give him the same support you have always given me, and I expect that you will continue to receive the same level of care that you expect and deserve. The team will help him to settle in so the transition should be more or less seamless. I am confident that I am leaving you in good hands.*

*Lastly, allow me to convey a very big thank you for some really wonderful moments and many happy memories of working here. You have all been brilliant and I will miss you.*

*Dr Ciaran Kilduff MRCGP, MRCP (U.K)*

***STAFF CHANGES***

Dr Lilian Swan has gone on maternity leave in May 2023. Dr Hajra Siraj has been looking after her patients.

The practice welcomes the new salaried GP Dr Jack Streeter who will be looking after Dr Kilduff’s patients.

***PHYSICIAN ASSOCIATE***

The practice welcomes the new Physician Associate – Emma Davies. A PA is a medical professional with generalist training who works as part of a multi-disciplinary team alongside doctors, nurses and other allied health professionals to provide high quality medical care to patients. A PA is a dependant practitioner, meaning that they work with a dedicated supervisor, but a PA is able to work autonomously when there is an appropriate level of support available. The PA role is still a new and innovative profession within the NHS.

***SOCIAL PRESCRIBING***

Many things affect patients’ health and wellbeing.

Patients can feel isolated, lonely, or stressed out by work, money and housing problems. These are issues that can’t be fixed by doctors and medicine alone. The idea behind social prescribing is to help patients to have more control over their health care and find ways to manage their needs in a way that suits them. There are lots of different ways of providing social prescribing services. If you believe you could benefit from a Social Prescription, please reach out to your GP. They will assess your needs and, if appropriate, refer you to one of our dedicated Social Prescribing Link Workers (SPLWs). The Abingdon Medical Practice’s social worker is Ekanem Etim-Offiong.

***APPOINTMENTS***

The practice offers a mixture of telephone appointments as well as face to face appointments, depending on patients’ choice.

We continue to offer a telephone triage with the Practice Nurse for emergencies on the day. GP appointments can be booked online or by calling reception on 020 7795 8470.

***PRACTICE LIST SIZE AND CATCHMENT AREA***

In the past year the practice list size has slightly dropped. We are in a process of extending the practice’s catchment area.

**We accept new registrations, and we encourage new patients to register with us!**

***PATCHS***

PATCHS is an easy way for patients to contact their GP from their practice website. PATCHS is available from 8am till 18.30pm. Monday to Friday via our website. Request repeat medication and non-urgent help.

Initial responses may be via online message, text, or phone, with face-to-face or telephone consultation appointments scheduled if necessary.

***COMMUNITY LIVING WELL – NHS TALKING THERAPIES***

Current Waiting Times:

\***Triage/Assessment**: 1-2 weeks – depending on client needs – the service is operating a live booking link sent to the patient to self-book a time convenient for them.

\***Low intensity CBT** (Guided Self-help): no wait for remote if flexible with time (up to 3 weeks if F2F/LTC specific/evening)

\***Cognitive Behavioural Therapy**: 7 weeks (longer if needing evening/F2F/LTC clinic)

\***Counselling**: 3-4 weeks Treatment booking link is now live so, once a client reaches the top of the waiting list, they will receive a link to book a time convenient for them.

People can refer themselves by completing this quick online form: https://communitylivingwell.co.uk/self-referral-form-mental-health/ or email [cnw-tr.clw@nhs.net](mailto:cnw-tr.clw@nhs.net).

