

**Flu Clinics -  
please contact  
surgery for  
details**

**BARNARD HEALTH CENTRE**  
43 Granville Road Sidcup DA14 4TA

**SURGERY TELEPHONE NUMBER:**  
020 8302 7721

**WEBSITE:**  
[www.barnardmedicalpractice.co.uk](http://www.barnardmedicalpractice.co.uk)

**SURGERY OPENING TIMES:**  
Monday-Friday 8.00am to 6.30pm  
Advance booked appointments available  
on Wednesday evenings 6.30pm to 8pm  
and Saturday mornings 8am to 12noon  
**DOCTORS & THEIR SPECIAL INTERESTS:**

**Dr Sara Elizabeth Scott** Senior Partner  
*MB BS MRCGP DRCOG DFFP Westminster Hospital (London) 1985*  
Musculoskeletal problems; Women's Health

**Dr Holly Hutson**  
*MB BS MA (Oxon) MRCP DRCOG DFFP (Oxford) 1994*  
Mental Health problems; Diabetes

**Dr Jessica Martin**  
*BMedSci MBBS DRCOG DCH MRCGP (Nottingham) 1998*  
Skin problems, Asthma & COPD; Minor Surgery

**Dr Tara Kharib**  
*MBChB DFFP (Iraq) 1988*  
Family Planning and Women's Health

**Dr Richard Scott**  
*MB BS MRCGP FRCS DRCOG MScIT*  
Musculoskeletal problems; Minor Surgery

**Dr Asad Rahman**  
*BSc MBBS MRCPCH MRCGP Kings (London) 2001*  
Paediatrics

**Dr Mike Jobling**  
*MBBS MRCGP DCH DRCOG DFSRH (Newcastle) 2004*

**NURSE PRACTITIONERS:**  
**Bridget McGuire**  
Family Planning; Cryotherapy

**Julia McKeon**  
Family Planning; End of Life Care

**CHANGES TO PRACTICE NURSES:**  
**Louise Brown** (maternity leave)  
**Maura O'Brien** (locum nurse)

**CLINICS:**  
**Antenatal Clinic**  
Tuesday and Thursday 14.00 - 17.40  
Patients are seen by the midwife at the clinics  
by appointment and also by the doctors during  
surgery hours.

**Child Health Clinics**  
Monday 9.30 - 10.30  
Wednesday & Friday 9.30 - 11.30  
At this open clinic a health visitor is available to  
give advice and support re: your baby/child's  
health, growth and development.

**Asthma Clinic**  
This is run by the practice nurse in conjunction  
with the doctors, by appointment only.

**Diabetic Clinic**  
This is run by the practice nurse in conjunction  
with the doctors, by appointment only.

**Family Planning**  
Contraceptive care is provided by all the doctors  
during surgery hours.

**Well Woman Clinics**  
This clinic is run by the nurses and health visitors  
for smears, postnatal checks and discussion for  
women's health issues.

**Minor Surgery**  
The doctors carry out minor surgical procedures  
at the surgery by appointment and they will be  
happy to advise you on this.

## Future of QMH

Members of the committee attended a public meeting of the SLHT held on Wednesday 10th November. If you were not able to be present, below is a summary of the meeting.

1. The Accident and Emergency (A&E) department at Queen Mary's Sidcup will temporarily close after 8.0 pm on the evening of 24th November 2010.

2. The maternity delivery ward will temporarily close from 14th December 2010 with final admissions into the labour ward and delivery suite at 11.00 am on 13th December 2010. Antenatal and postnatal services including scans, will continue at Queen Mary's.

3. The Urgent Care Centre (UCC) is a walk-in service staffed by highly trained specialist nurses who have back up from GPs and will stay open 24 hours a day, seven days a week for people who need urgent, but not life threatening treatment such as: fevers, simple fractures, sprains, chest infections, sickness and vomiting, swelling, bumps and bruises, cut needed stitches, eye problems, ear problems, neck injuries, rashes, emergency contraception and back pains. If you make your way to Queen Mary's Sidcup without needing an ambulance, you will generally be able to be treated by staff at the Urgent Care Centre. If your situation is life threatening, you should immediately dial '999'. The ambulance will take you to the best hospital for treatment or you go yourself to the A&E at Queen Elizabeth Woolwich, The Princess Royal Bromley, Darent Valley Hospital or Lewisham Hospital.

4. If you are suffering from chest pains, you should go straight to the nearest A&E or call for an ambulance. If you do come to the Urgent Care Centre, you will be assessed to see if you need to go to an A&E. If you need to go, you will be sent by ambulance to an A&E department at another hospital.

5. Children and Young People's Assessment Unit is a service that will sit alongside the Urgent Care Centre and will treat young people under the age of 17 who have urgent but not life-threatening conditions. This means that if your child is sick and needs urgent care, they can still be seen at Queen Mary's by specially trained children's doctors and nurses. The unit will be open seven days a week from 9.00 am to 8.00 pm. A specialist children's doctor will be available during this time and parents can also ask their GP to refer them to the unit to see the children's specialist doctor. You should bring your child to the urgent care centre. When you arrive there they will be seen first and sent to the unit if they need specialist treatment. If you think the child's condition is life threatening, you should dial '999' straight away or you can go yourself to the nearest A&E department.

6. For more information visit the website: [www.slh.nhs.uk](http://www.slh.nhs.uk)

### NEWS IN BRIEF RAFFLE NEWS

Our recent Coffee afternoon has given us a chance to meet with patients, and has raised £66.60 in donations towards a Doppler scanner for the practice.

We shall be holding a Christmas Raffle for this project, the prize is a luxury hamper. Tickets are on sale in the surgery waiting room, at £1 per ticket. The draw will take place at our next PPG committee meeting on 13th December.

### PRE-BOOKED APPOINTMENTS

Patients should note that the Wednesday evening and Saturday morning surgeries are for pre-booked appointments only. Patients are asked NOT to treat them as walk-in surgeries.

### BABY SON

Dr Mike Jobling's wife has recently had their firstborn, a son Thomas Alexander on 4th October. We would like to send best wishes to the whole family.

# Barnard Newsletter

PATIENT PARTICIPATION GROUP

## Important contact information about local medical care

Barnard Medical Practice

### A & E is for emergencies! Please use the appropriate service

Dial 999 only in medical emergencies such as severe chest pain, convulsions, breathlessness, weakness on one side of the body

<b>Self Care</b>	<b>Avoid a crisis, be prepared</b> Do you keep a spare inhaler or other medications? Your pharmacist can advise on essentials for your medicine cabinet and first aid kit.
<b>NHS Direct</b>	Call 0845 4647 <a href="http://www.nhsdirect.nhs.uk">www.nhsdirect.nhs.uk</a> 24 hour medical advice and information
<b>Your GP Surgery</b>	<b>Barnard Medical Practice</b> Call 020 8302 7721 8am-6.30pm Monday to Friday Advance booking appointments Wednesday evenings and Saturday morning
<b>Grabadoc - out of hours GP service</b>	Call 020 8319 3030 If you are ill, it is not an emergency and it can't wait until morning. 24 hours, 7 days a week
<b>Queen Elizabeth Hospital</b>  Stadium Road, Woolwich, London SE18 4QH	Call 020 8836 4550/4551 Casualty 24 hours a day serving Greenwich, Woolwich and Bexley
<b>Queen Mary's Hospital, Sidcup</b>	Casualty now CLOSED Urgent Care Centre 24 hours a day for assessments by Nurse Practitioners and Locum doctors