

**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

Wednesday until 8.00pm (one GP only)

Saturday 8.00am to 12 noon

**DOCTORS:**

**Dr David Milne** Partner

*MB BS DRCOG (Newcastle) 1977*

**Dr Sara Elizabeth Scott** Partner

*MB BS MRCP DRCOG DFFP Westminster Hospital (London) 1985*

**Dr Holly Hutson** Partner

*MB BS MA (Oxon) MRCP DRCOG DFFP (Oxford) 1994*

**Dr Jessica Martin** Partner

*BMedSci BMBS DRCOG DCH MRCP (Nottingham) 1998*

**Dr Shri Kulkarni** Partner

*MB BS MS FRCS (Ed) FRCS (GI) 1985*

**Dr Tara Kharib**

*MBChB DFFP (Iraq) 1988*

**Dr Richard Scott**

*MB BS MRCP FRCS DRCOG MScIT*

**NURSE PRACTITIONERS:**

**Bridget McGuire and Julia McKeon**

**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.

**Baby Clinic**

Monday 9.30 - 10.30

Wednesday & Friday 9.30 - 11.30

The baby clinics, run for child developmental checks and immunisations, allow an opportunity to discuss other problems, eg sleeping, feeding and child health worries, with a doctor or health visitor.

**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.

**Non-NHS Examinations**

The doctors are happy to carry out medicals, eg insurance and driving licence, by appointment, outside surgery hours. Please telephone the surgery for an appointment. Please ask the reception for the charges for these services.

**Repeat Prescriptions**

These are obtainable from the doctors by either  
◆ Written application allowing 48 hours notice.  
◆ Fax: 020 8309 6579.  
Requests for repeat prescriptions cannot be taken by telephone.

## Swine flu and flu innoculations continue

The next Swine flu inoculations will be available on 16th January 2010 8am-12noon. The Health Centre are contacting patients by telephone and targeting the 6 months-65 years age group with chronic diseases, immune-compromised and pregnant women. This is a large list which they are working though as quickly as possible. These groups it will be followed by healthy children up to 5 years old. Patients in all these groups may book an appointment before they are contacted.

Seasonal Flu injections are still available and can be booked with the Practice Nurses.

### Short walks programme

Have you heard of the Short Walks programme organised by the local BCT? For information contact Lynda Stevens at Bexley Care Trust 0208 298 6289. She will be able to help.

[Lynda.stevens@bexley.nhs.uk](mailto:Lynda.stevens@bexley.nhs.uk)

### Free swimming for seniors and children

Do you know that there is free swimming for seniors at all local pools? Simply fill in an application form from a local public bath (e.g. the new Lamorbey Sports Centre) and supply evidence of identity and address, and your pass should be available within a few days.

### Christmas and New Year opening times

The Health Centre will be closed from 4pm on 24th December until Tuesday 29th December and from 4pm on 31st December until Monday 4th January.

If you need medical advice please contact GRABaDOC on 020 8319 3030 or NHS Direct on 0845 6020705.

## Recent action by your PPG

### You can telephone at any time

We have recently been in contact with the Surgery regarding the procedure of repeatedly dialling the 'appointments' number at 8.0 am in order to get a 'same day' appointment. The intention is that this process is only for urgent matters and that if you don't need to see a doctor that day, you can ask at any time during the day for an appointment with a doctor of your choice a few days ahead. Did you realise that?

### Meeting with Bexley PCT

Your Chairman Michael Slaughter and Secretary Roy Barlow have recently had a meeting with the chief Executive of the Bexley PCT to sound out the position regarding the possible move of the Barnard Surgery to the Queen Mary's Hospital site. At the time of writing that move is not certain. If any of our patients are aware of information regarding the proposed move we would be delighted to hear from you.

### PPG - giving patients a say!

The first issue of the Newsletter raised the questions "Why do we need a PPG?", and "What do you do?"

We are totally independent of the Practice. Our aim is to communicate between Patients and The Practice whilst making them aware of your suggestions on how it can be improved. We aim to keep a watching brief on the possible move to QMH and the proposed Polyclinic. If this becomes a reality we want to be in a position to apply 'patient choice' to the arrangements that will be on offer from the PCT.