

Barnabas Bulletin

Pharmacy First Service

The Pharmacy First service, launched on 1 February, is a new NHS service available to patients who fit certain criteria.

The scheme enables patients with seven minor ailments to be treated by their local pharmacy. This should reduce the huge workload the Practice is currently under, and free up more appointments for patients with more serious conditions.

The scheme involves pharmacists providing advice and NHS-funded treatment, where clinically appropriate, for seven common conditions:

1. Sinusitis for everyone aged 12 years and over (inflammation of the sinuses)
2. Sore throat for everyone aged 5 years and over
3. Acute otitis media for children aged 1 to 17 years (inflammation of the inner ear)
4. Infected insect bites for everyone aged 1 year and over
5. Impetigo for everyone aged 1 year and over (bacterial condition on the skin)
6. Shingles for adults aged 18 years and over
7. Uncomplicated urinary tract infections in women aged 16 to 64 years.

This part of the service can be provided to patients referred by general practices, as well as by NHS 111 and others.

When you use Pharmacy First, details of your consultation will be sent electronically to the Practice and recorded on your patient record.

Why is it important for GP practices to refer patients to Pharmacy First?

- To help with the practice's capacity so appointments can be used for patients who really need them
- To improve access for patients with minor illnesses
- To encourage patients to use their community pharmacy as the "first port of call" for minor illness and medicine advice
- To support the integration of community pharmacy into the PCN (local Primary Care Network) team
- To improve relationships between practices and community pharmacies to deliver high quality, integrated care
- To help patients self-manage their health more effectively with the support of community pharmacists

As a new service, it will be implemented in phases, and should be fully up and running in the next couple of months.

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*No longer need
your appointment
or telephone
call-back?
Then please tell us!*



*Barnabas Patient
Voices*

Open Meeting

Wednesday 20 March
13:00; on Zoom
(see page 7)



Barnabas
Medical Centre

Recent Enhancements to the NHS App

Additions to the NHS App make it increasingly useful. Here are some recent changes and how they can help you.

To use these new features, make sure you have downloaded and installed the NHS App on your phone.

Viewing Your Prescriptions

When your GP has issued your prescription it will show up in your NHS App.

If you already have a nominated pharmacy, your prescription will go there (unless you change the pharmacy before requesting your prescription). Changing your nominated pharmacy can be done in the App.

The App will also allow you to see more about your prescriptions, including:

- what has been prescribed
- whether it's a one-off or repeat prescription
- who has prescribed it.

However, do be aware that you might not see all digital prescriptions if:

- it is prescribed but unavailable to you until a future date
- it is cancelled
- it was issued more than six months ago
- it was prescribed at a hospital or other secondary care centre
- your pharmacy manages your repeat medication supply.

Prescription Barcodes

If you don't have a nominated pharmacy, prescribed medicine can now be collected without needing a paper copy of your prescription.

If this is the case you can view a prescription barcode in the NHS App and present this to any convenient pharmacy to collect your medicine without first having to collect a paper prescription.

Hospital Waiting Times Feature

When you have been referred to a speciality at an NHS hospital the NHS App will now show you the average waiting time. (Under 16s are excluded from this.)

The aim is to improve your experience by providing better information about your secondary care pathway. ➔



Guidance for
those with Covid
Symptoms



Guidance for those
at Covid High Risk

NEWS SHORTS

Covid Update

Four years into the pandemic and many people have had Covid more than once. Covid is here to stay, and neither catching it, nor vaccination, gives permanent immunity.

Getting vaccinated (when possible) and masking in public and crowded spaces remain the most effective strategies for avoiding Covid or reducing the severity of an infection.

Unfortunately the Spring Covid vaccinations are even more restricted than before, with those eligible being:

- those aged 75 and over
- residents in a care home for the elderly
- those immunosuppressed aged 6 months and over

However it is being reported that the vaccination can be obtained privately – if you have the money.

Fortunately the New Year peak has been small and cases now appear to have reduced significantly, with now only 1 in 110 currently thought to be infected. Until the next variant emerges?

Flu Vaccination

The last day for flu jabs for this winter season is 31 March 2024. So if you've not had your flu jab, and are eligible, get along to your pharmacy or the Practice (and hope vaccine is still available).

WHAT CAN WE
IMPROVE
ON?



You said ...

You continue to have problems getting through to the Practice on the phone.

We did ...

We were aware of the problems and are pleased to have recruited additional reception staff to help with the demand. We will also continue to monitor the phone system statistics.

Staff Updates

We are pleased to welcome two new Receptionists, Nicole Rina and Susannah Pierson to the Barnabas team.

← You will now know you are “in the system” and on a waiting list, and the estimated wait for treatment.

This should also help avoid queries normally directed to hospitals and GP practices, potentially reducing call volumes. Indeed NHS England estimate that up to 20% of calls to GP practices could be avoided using this feature.

The system is not about creating new processes for staff; but about the better use of existing information.

You can already see information about your estimated waiting time on the NHS App in *NHS e-Referral Service (e-RS) Manage Your Referral*. When you select the clinic, you are shown information about your first appointment and the average waiting time to start treatment. However, after this you cannot see this information as you continue your care journey.

The new waiting times feature will continue to present you with information on the estimated waiting time for treatment.

The data displayed is updated weekly based on input from hospital trusts. This means your expected treatment date, based on average waiting time, may move due to updates to the data.

GP Medical Records

Another recent update means you can now view complete new entries in your GP record online in the NHS App.

Previously only the coded records were visible, but you can now see the clinician's freeform text notes as well.

However, two things to note:

- This includes only records since last autumn
- There are exceptions where the data may be especially sensitive or potentially harmful.

Universal Care Plan

All patients with a UCP can now view their plan on the NHS App. Some sections of your UCP are not yet visible to you, but this is expected to change later in the year. However creation and editing of plans is still restricted to clinicians.

The plan is that in a later phase it will be made possible for patients to create and edit their own UCP.

All of this is good news, and definitely worthwhile progress in making our healthcare more open, and allowing patients to have a greater degree of control over what happens to them.



APP tapping: Apps and your health care

By Purminder Gandhu, Barnabas Patient Voices

As patients, technology is there to help us with some of the day-to-day management of our healthcare needs. It can sometimes feel a bit daunting if you are new to using online apps, are unsure about the security or use of the tools.

During Covid you may have used the NHS App to log in and manage your testing, vaccinations and Covid passport – so that will have given you a good introduction.

Here is a general overview of some of the apps you may have seen or heard of.

NHS App

You access the NHS website (from a computer, smartphone or tablet web browser) by entering in this address: <https://www.nhs.uk/nhs-app/about-the-nhs-app/>.



This is what you will see:

The NHS App gives you a simple and secure way to access a range of NHS services. Download the NHS App on your smartphone or tablet via the [Google play](#) or [App store](#). You can also access the same services in a web browser by [logging in through the NHS website](#).

You must be aged 13 or over to use the NHS App. You also need to be registered with a GP surgery in England or the Isle of Man

If you are reading this on your smart phone or tablet click on the underlined links to download the app (Google Play for Android phones and App Store for Apple iOS).

If you are reading this on a PC, Mac or laptop you can log in to the NHS website from the last underlined link above.

Once you have the App or have clicked into the link from a computer you will need your NHS number so that you can set up your access and provide a password to keep your personal medical information secure.

The NHS App will let you:

- request a repeat prescription, and view your recent prescriptions
- check if you need urgent help through the 111 service
- see an overview of your GP medical record including test results, medicines, allergies, and any e-consult forms you have submitted
- track your outstanding GP and hospital appointments, and hospital waiting lists.



NEWS SHORTS

More on Measles

No apologies for more on measles, as the UK Health Security Agency (UKHSA) has declared a national health incident due to the rising number of cases.

The main cluster of cases was in the West Midlands, but there is now a significant cluster in London. This is especially worrying as only 75% of London children starting school have had both their doses of MMR vaccine – far below the 95% needed to keep measles away.

Parents are advised to check the vaccination status of their children and ensure they have catch-up vaccination if needed.

Measles is the most infectious of diseases (at least 10 times more than flu) and can be really serious – 20% of unvaccinated children need hospital treatment.

One reason measles is so dangerous is because it causes “immune amnesia” so the body loses its ability to fight off other previously encountered infections. This can last years, leaving the patient vulnerable to many other infections. But this immune reaction doesn’t happen with MMR vaccine.

There’s a walk-in vaccination clinic every Wednesday, 09:00-16:45 at CP House, Uxbridge Road, Ealing.

NEWS SHORTS

More Comment on Covid

Another couple of recent comments on Covid from top scientists.

First, from Ziyad Al-Aly, a clinical epidemiologist at Washington University in St Louis, USA:

“However you slice it, whatever long-term health effect you look at, the risk [from reinfection] is not zero ... The truth is that, yes, we’re sick and tired of the virus, we’re sick and tired of the pandemic – but it’s still here. It’s still hurting people ... This ugly guest isn’t going to leave us any time soon ... It’s going to be here probably for decades.”

[*Scientific American*, 13 February 2024]

Secondly from Christina Pagel, Prof. of Operational Research in Health Care, University College London:

“Covid might be edging towards becoming a winter bug, but it is not there yet ... While people can be reasonably sure of not catching ... flu outside of the winter months, the same is simply not (yet?) true of Covid. For the clinically extremely vulnerable in particular, this hole in our knowledge of Covid prevalence will matter.”

[*Substack*, 22 February 2024, christinapagel.substack.com]

← By having access to this information you save time not having to ring the surgery, and it can also help the surgery team to serve all patients more effectively. The App is very easy to find your way around. The App seems to now have more information about individual healthcare incorporated, potentially rendering the other apps explored below unnecessary. This means just being able to have the NHS App keeps things simpler for all users.

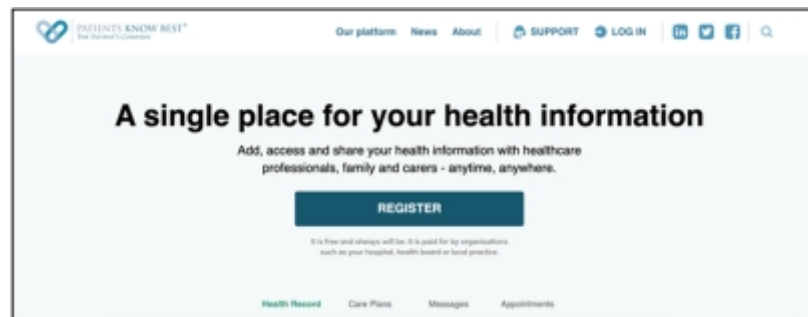
AirMid

You might have come across the Airmid app which is made by the same people as the TPP SystmOnline app that you may have used to order repeat prescriptions in the past.

Airmid seems to repeat much of the NHS App functionality even allowing you to log in with your NHS log in. So it seems that it might be simpler to just stay with the NHS App and access that for all of your medical health support needs.



Patients Know Best



This app/website might be useful if you need your information to be accessible to other people who assist with managing your care or health needs. This could be your GP, hospital consultant, pharmacist, carer or next of kin. You have the ability to control what is shared as it has privacy and consent settings.

More and more hospitals are using Patients Know Best to send you letters about appointments and test results, although this should all be in the NHS App as well.

When it comes to health care apps, the choice to use – or not – is yours of course. As demand on the surgery is growing you may find that becoming familiar with the apps and options available to you could make things easier if you do need healthcare support.



Ambulance Response Times

Across England, ambulance response times are not improving. As the table below shows the response times for both C1 (life threatening) and C2 (urgent, eg. heart attack, stroke) incidents are outside the target times; and all response times are much worse than before the pandemic.

Month	C1 Incidents	C2 Incidents	C3 Incidents	C4 Incidents
Jan 2024	8.4 mins	40.1 mins	133 mins	163 mins
Jan 2023	8.5 mins	32.1 mins	86 mins	108 mins
Jan 2019	7.1 mins	20.9 mins	57 mins	75 mins
Target	7 mins	18 mins		

Once at A&E, handing over the patient from the ambulance team to A&E is supposed to take no more than 15 minutes, but currently this is taking an average of 43 minutes. Clearly this has an impact on ambulance availability and thus response times.

Once in A&E it doesn't get any better. Type 1 (Major) A&E Departments – they're the ones which get 50% of the load and are what we think of as A&E, as opposed to Urgent Care Centres – have only 55% of patients being admitted, transferred or discharged within four hours of arrival (the target is 95%). Moreover in January almost 180,000 patients waited over 12 hours from arrival to being admitted to hospital.

While this winter's pressure from Covid and 'flu are much less than last winter (2022/23), the January 2024 performance levels for the Emergency Services in England remain poor. At least in part this must be due to years of under investment.

Data source: NHS England



Order repeat prescriptions on the NHS App

- 📍 easily choose where your prescriptions are sent
- 🕒 order at a time that suits you
- 📞 need help? Access support in the app or visit nhs.uk/helpmeapp

NHS App |  |  | 

NEWS SHORTS



Join Our Patient Group Barnabas Patient Voices

and help us work together to improve healthcare for all our patients.

Join online at

<https://shorturl.at/dlqX4>



Join **Barnabas Patient Voices**



Email BPV Chair



Barnabas Patient Voices Website

Barnabas Patient Voices
Improving healthcare
together

Find us online at: [https://
barnabasvoices.org.uk/](https://barnabasvoices.org.uk/)

Barnabas Patient Voices
Officers

Chairman
Keith Marshall
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020 8864 7993

Vice-Chairman
Harsha Mortemore



Barnabas Patient Voices
Open Meetings 2024

Provisional dates for our
2024 Open Meetings

Wednesday 20 March; 13:00

Saturday 18 May; 11:00;
Medical Centre (AGM)

Wednesday 17 July; 13:00

Saturday 14 September;
11:00; Medical Centre

Wednesday 20 November;
13:00

*Venue Note: If we are unable to
book the Church Hall, the
March, July & November
meetings will be held on Zoom*

*All patients are welcome
Please email*

chair@barnabasvoices.org.uk
for Zoom links/venues

Barnabas Patient Voices Corner

Updates from our Patient Group

Patient Power

When I first drafted this column it focussed on the recently announced plans from NW London NHS (NWL ICB) to mandate that all same-day GP appointments were to be fulfilled from local hubs, mostly by Physician Associates, and not from GP practices. We were scheduled to discuss this at our Open Meeting on 20 March and I was already collating a response.

Needless to say the plan caused much outrage and dissent from both doctors and patients – neither group felt they'd been properly consulted and many considered it unworkable.

Just before going to press it was announced that this plan was to be postponed for (at least?) a year, pending further discussion and consultation. Strike one for the resistance!

This demonstrates the power of patient opinion, the importance of patients and patient participation groups, and the role they play, in expressing considered opinion and applying pressure.

While the immediate pressure is off, we should still discuss the "same day hub" concept at our Open Meeting on Wednesday 20 March and also possibly at the AGM on 18 May. This will allow us to agree and document a considered view so we can respond quickly when (if?) we are approached for input to the developing plans. Please join the discussions.

Keith Marshall, Chairman, [Barnabas Patient Voices](#)

Keith can be emailed at chair@barnabasvoices.org.uk, contacted via the BPV website, <https://barnabasvoices.org.uk/>, or you may leave a note for him at Reception.

The views expressed in this column are the author's and may not reflect those of Barnabas Medical Centre.

Barnabas Patient Voices

Barnabas Patient Voices is the patient group for Barnabas Medical Centre. Our main aims are to :

- facilitate communication between patients and the Practice, and build good relationships with all who work at the Practice
- offer a patient's view on the services provided by the Practice and the NHS generally
- help the Practice and patients develop and improve overall healthcare.

Barnabas Patient Voices is run by patients for patients.

Medical Terminology: Blood Tests (2)

In this article we'll take a brief look at the Metabolic Panel of the blood test. This measures the body's glucose levels, fluid and electrolyte balance, plus liver and kidney function. So it gives a good overall view of how your body is working.

Comprehensive metabolic panel (CMP), also known as a chemistry panel, measures the body's glucose levels, fluid and electrolyte balance, as well as liver and kidney function.

Alanine aminotransferase (ALT) is an enzyme mostly produced by liver cells. Abnormal levels can indicate liver damage.

Albumin is a protein produced by the liver; this test measures the amount within the organ. Abnormal levels can be caused by liver or kidney problems.

Total protein test measures the ratio of two types of proteins: albumin and globulin. Low protein levels can indicate various conditions, including liver and kidney disorders and malnutrition, while high levels can be a sign of inflammation, infection or bone marrow disorder.

Alkaline phosphatase is an enzyme typically produced in liver and bone cells. Results outside of the normal levels can signal liver damage and bone problems such as rickets.

Aspartate aminotransferase is an enzyme usually found in red blood cells, muscles, heart, pancreas, liver and kidneys. Results above the normal range can indicate a variety of conditions, including some types of cancer, as well as liver, heart or kidney damage.

Bilirubin is a biomarker to test for kidney and liver dysfunction. It is especially useful in diagnosing conditions such as neonatal jaundice and liver disease.

Blood urea nitrogen (BUN) test measures the volume of nitrogen in the blood. High levels can be caused by kidney damage or disease, while low levels may be a sign of malnutrition or severe liver damage.

Calcium test measures the levels of calcium in the blood. Low levels can indicate under-active parathyroid glands, insufficient calcium in your diet, or Vit D deficiency. High levels can indicate conditions including over-active parathyroid glands, excessive Vit D supplementation, or kidney problems. Proper interpretation of calcium levels often requires testing of other parameters. ➡



NEWS SHORTS

Why Access Your GP Records Online?

On page 3 we mentioned that the NHS App now allows patients to access their online GP records.

There are many reasons why you might find accessing your medical records helpful, including:

- Being able to review your medical information, prescriptions etc.
- To get your thoughts in order before your appointment and consider what questions you need to ask.
- Having your thoughts organised helps you to be an equal partner in managing, and making decisions about, your care.
- Having this information also enables you and your doctor to use the valuable appointment time most effectively.
- With access to test results (eg. blood tests) you may not need to call the surgery about the results.
- The information can be accessed at any time which is convenient for you, without having to wait for the surgery to open.
- And of course, ultimately this is your information, so it should be accessible to you!

NEWS SHORTS

GP Patient Survey

The GP Patient Survey, which is run by Ipsos on behalf of NHS England, enables patients to feedback on their experience of their GP practice and other healthcare services.

It is Europe's largest patient experience survey and has been running for 18 years. Each year around 2.5 million people, aged 16 and over and registered with a GP practice in England, are invited to take part.

A random selection of patients from every practice is invited to take part by letter. Each letter has a link to the online survey and a unique ID number. Or you may be sent a text message, when you simply need to click on the link, with no need to enter any other information.

The 2024 survey is now live, and if you are invited, please do take the time to take part. Your feedback is important and it does make a difference.



Email BPV Chair

← Chloride test measures the body's chloride levels. An increased level of chloride can indicate dehydration as well as kidney disorders and adrenal gland dysfunction.

Creatinine is a chemical waste molecule that is important for creating muscle energy. Increased levels of creatinine can be a sign of kidney dysfunction.

Fasting blood sugar test. Blood sugar levels are easily affected by recent food or drink intake. The fasting blood sugar test is therefore done after a minimum of six hours of fasting. Abnormal results can indicate diabetes, among other medical conditions.

Phosphorus test measures the level of phosphorus (usually as phosphate) in the blood. Elevated levels can indicate problems with the kidneys or parathyroid glands, and they may be a sign of malnutrition or alcohol abuse.

Potassium aids the communication between nerves and muscles, regulates the heart and maintains muscle function. Diuretics (which increase urination) can cause potassium levels to fall.

Sodium is a mineral that aids nerve impulses and muscle contractions, as well as balancing water levels. Irregularities are a possible indication of dehydration, adrenal gland disorders, corticosteroids, and kidney or liver disorders.

Next time: the lipid panel of the blood test.



Patient Engagement, Access, etc.

The [Barnabas Patient Voices](#) Open Meeting last November suggested a meeting with the Practice to work on how we can improve patient engagement, awareness, access etc. Two BPV members have since met with our Practice Manager, to brain dump all the ideas (however far they are off into the blue sky). We now need to analyse the list and decide how to proceed and what to attack first.

We already know one of the top priorities is likely to be improving the Practice website, for which we need your help!

We would like to run a focus group for those interested in influencing the shape of the Practice website. If you are able to help with this, please get in touch with [Barnabas Patient Voices](#) Chairman, Keith Marshall – email to chair@barnabasvoices.org.uk or leave a note at Reception.

Tips for Your Mental Wellbeing

Here are a few top tips from *NHS Every Mind Matters* to help improve your mental wellbeing.

Just like our physical health, it is important to look after our mental health. It is as important as our physical health, and there are many small things, and new ways to cope, with life's challenges and lead happier, healthier lives.

Simple changes can make a big difference. Here are six areas that may help with your mental wellbeing.

Be Aware of Unhelpful Thoughts

Learn to ask yourself whether your thoughts are helpful or not? Is there a different way to see the situation? What would you say to a friend?

Focus on Now

Spend time focusing on the present instead of getting stuck on the past or worrying too much about the future. Maybe try relaxation techniques and mindfulness.

Get Enough Rest

Make sure you have enough down time before bed, as well as a good sleep routine with a regular bedtime and wake up time.

Connect with Others

Make time for socialising with friends and family, or online communities where you are able to talk about the way you feel.

Living a Healthy Lifestyle

Eating well and getting enough exercise for your physical health can help to boost your mental wellbeing too.

Do Something for You

Have some "me time". Spend regular time on the things that make you happy, whether that's a hobby, trying something new, or just relaxing.

If you or someone you trust has a smartphone or computer and can access the internet, visit <https://www.nhs.uk/every-mind-matters/> for more tips and information on caring for your mental health, and to find what works for you. You can also get access to the internet at most local libraries.



NHS Every Mind
Matters



Email bb@barnabasvoices.org.uk

NEWS SHORTS

Mental Health Support for New Mothers

Under new guidance GPs will ask women more than before about how they are feeling at their postnatal health check six to eight weeks after giving birth. Mothers will be asked in detail if pregnancy or giving birth has affected their mental health.

This is part of a drive to improve support for women suffering postnatal depression or other mental health problems linked to their pregnancy or childbirth.



What do you want in *Barnabas Bulletin*?

This newsletter is produced to help you, the patients of Barnabas Medical Centre.

What would you like us to include?

What would most help you?

What is it about medical care you don't understand?

Let us know and we will try to include something in a future issue.

Please email your ideas to bb@barnabasvoices.org.uk or leave a note at Reception.

NEWS SHORTS

Type 2 Diabetes
Undiagnosed

New data from the Office of National Statistics suggests around 5 million people in England (about 1 in 9 adults) are on the edge of developing type 2 diabetes.

They also warn that one million people (most likely older adults) already have the condition but don't know it.

Type 2 diabetes is a long-term condition that affects how the body deals with glucose (blood sugar).

Due to genetics, or living with a higher body weight, the body becomes less sensitive to the hormone insulin, which helps move glucose from the blood into the muscles for use and storage – leading to insulin resistance.

Eventually the body's ability to make enough insulin to match the resistance and control glucose starts to fail, giving a combination of insulin resistance and reduced insulin production. This results in high blood glucose and type 2 diabetes.

Short term, poorly managed diabetes results in symptoms including increased thirst and a frequent need to pass urine. Long-term it can affect the nerves and blood flow, resulting in complications including blindness, kidney disease, heart disease, loss of sensation, and foot ulcers.

Barnabas vs England

Once in a while it is worth taking a look at the statistics on how our Practice compares with the national average, and it can be quite illuminating. Here is what it looked like last December (the latest data available).

	Barnabas	England Average
Registered Patients	9098	9976
Available Appointments	4347	4095
Appointment on Same Day as Booked	53%	46%
Appointments with a GP	40%	46%
Face-to-Face Appointments	57%	67%
Appointments Not Attended	2%	10%
% Patients Enabled for Online Services	50%	51%
% Patients Who Used Online Services	36%	—
% Patients Requesting a Repeat Prescription Online	7%	—
% Patients Viewing Their GP Records Online	10%	—
Full-Time Equivalent GPs (not including locums)	4.3	5.9
Full-Time Equivalent Nurses	2.2	2.7
Full-Time Equivalent Other Clinicians	3	2.7
Full-Time Equivalent Admin Staff	7.7	12

While it is regrettable that we're not providing as many appointments face-to-face or with a GP than the country average, we are providing more appointments per patient and with fewer permanent GPs, clinical and admin staff. In addition more patients are being seen on the day.

What isn't apparent from this data is that in December 2023, across England, GP practices offered around 25.8 million appointments – that is almost 10% more than before the pandemic but with almost 650 (2.3%) fewer full-time equivalent GPs (all grades).



Where to go for the right medical help



Dial 999 for life-threatening emergencies



If you need medical help fast or think you need to go to an Emergency Department (A&E) use NHS 111 first – online or by phone* – to get clinical advice or direction to the most appropriate services for treatment



For all other health needs, contact your pharmacy or GP practice. You can also access NHS advice and information at www.nhs.uk

*If you have difficulties communicating or hearing, you can use the NHS 111 British Sign Language (BSL) interpreter service via www.nhs.uk/111 or call 18001 111 on a textphone.

Help Us to Help You

When you get in touch, we'll ask what you need help with. We will use this information to choose the most suitable doctor, nurse or other health professional to help you. If you need help with your appointment please tell us:


- If there's a specific doctor, nurse or other health professional you would prefer to respond
- If you would prefer to consult with the doctor or nurse by phone, face-to-face, by video call, by text, or by email
- If you need an interpreter
- If you have any other access or communications needs.


We will always do our best to support you.

Receive messages from your surgery in your NHS App, instead of by SMS text or letter

MORE SECURE AND MORE RELIABLE

Download the NHS App and turn on notifications





Barnabas Medical Centre

Girton Road, Northolt
UB5 4SR

020 8864 4437

email: admin.barnabas@nhs.net

web: <https://barnabasmedicalcentre.co.uk>

Surgery Times

Mon-Fri: 08:00-18:30

Phone lines are open
Mon-Fri 08:00 to 18:00

Out of Hours

For urgent healthcare outside surgery times please call 111

Doctors

Dr Harpreet Kooner (m)

Dr Harjeet Bhatoa (f)

Dr Elizabeth Fong (f)

Dr Rajee Navaneetharajah (f)

Dr Rebecca Carey (f)

Practice Nurses

Henny Shanta (f)

Karen Collett (f)

Nikki Onoufriou (f)

Clinical Pharmacist

Pareesh Virji (m)

Practice Manager

Matthew Edwards

Office Manager

Angela Hemingway

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<https://barnabasvoices.org.uk>

*** **

This newsletter is a joint production of Barnabas Medical Centre and [Barnabas Patient Voices](https://barnabasvoices.org.uk).

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