WELCOME TO THE PRACTICE

INTRODUCTION

Welcome to the Honor Oak Group Practice. It is our intention to offer a first class quality primary care service to all our patients. In order to achieve this, the practice has tried to keep abreast of current developments and there is a large variety of services available to you detailed within this booklet.

DOCTORS

**Dr Richard Neal**  (Male)  MA MB BChir  GMC Registered 1983
Studied at Cambridge University
Dr Neal joined the practice in 1988 and works full time. He is a good generalist and takes a lead in many aspects of mental health and asthma. He is doing research in infant mental health. He is married with two adult daughters. His outside interests include outdoor primitive skills, music making and country wine making.

**Dr Michael Uti**  (Male)  MB BS MBA MRCGP  GMC Registered 1998
Studied in Lagos
Full time partner practicing for over 10 years. Special interests include diabetes, drug dependency and practice management. Outside interests include being a parent, karate and seeing the world.

**Dr Rachel Bennett**  (Female)  MB BS MRCGP  GMC Registered 1996
Studied at University of London
Dr Bennett has been working in general practice for over 10 years. She has developed special interests in treating hypertension and mental health conditions. She works particularly closely with Dr Bindu Puri, coordinating care for patients with chronic health problems. Rachel is married and she has a young son. She works full-time and is a partner at Honor Oak.

**Dr Bindu Puri**  (Female)  MB MB BS MRCP (Lond) MRCGP  GMC Registered 1996
Studied at University of London
Dr Puri has been working as a general practitioner for seven years. She is a partner with the practice and works three days a week. She enjoys general medicine and interacting with patients. She is married with two young children. Outside interests include reading, theatre, travel and meeting people.
Many older or disabled patients regularly use their local car firm for going shopping, keeping appointments, or going to visit friends. They appreciate and value the convenience and relatively low cost. Mums also find they have many, many advantages for transporting all the paraphernalia associated with keeping an appointment, at a fixed time, and having to take a baby and/or a young child with them.

Of course, the local car firm is just as invaluable when your car has broken down. Going out for a social occasion by minicab means you can enjoy the evening without the worries of drinking and driving or not getting home safely. Or that holiday with an early flight and all that luggage - No problem and no parking charges at the airport either!

On all such occasions, you need reliability, and that is where Forest Hill Cars, with its good reputation, comes in. Once a firm is known in the local community for punctuality, with safe and comfortable vehicles, word quickly spreads and as well as turning to that firm over and over again themselves, satisfied customers are happy to spread the word among friends and family.

To advertise your business to our patients on low cost, easy payment terms call 0800 0234 196.
One of the results of our rapidly changing society is that the need for good quality nursery education has never been greater. As the number of nurseries has increased so has the range of services on offer and it can make choosing quite a daunting prospect.

Opening hours do vary, but they will normally cover regular working hours. So compare facilities available against your requirements. It’s also very useful to get recommendations from friends and family who already have children in a nursery. A child develops very quickly during the early years, so it is important to choose a nursery that will suit your child’s physical, intellectual and emotional needs.

In a good nursery parents normally see their children become more independent and notice a great improvement in speech, eating, and co-ordination skills, as children are exposed to a variety of experiences to encourage creativity, individuality and self confidence. It follows that this makes the transition into school a whole lot smoother.

Security may be a consideration, and all nursery staff should undergo regular police checks. All nurseries are registered and regularly inspected by Ofsted. Great emphasis is normally placed on nutritional and healthy meals, so ask to see a sample menu.

The early years are the most formative of a child’s life, so choosing a nursery carefully will go a long way towards their future development. So check out the facilities offered by your local nursery schools before making this vital decision.
Dr Adejoke Adeyeye  (Female) MB MB BS MRCP DCH DRCOG MRCGP GMC Registered 1995
Studied at University of Ibadan
Dr Adeyeye is a practicing full time GP partner at Honor Oak Group Practice. Although her background is paediatrics, she felt better able to provide holistic care through General Practice. She has complemented her interest in General Practice by being a full member of the Royal College of General Physicians since 2004 and other medical bodies. In her leisure time she plays tennis, enjoys specialised dancing, travels abroad and keeps fit.

Dr Patrick Bentham  (Male) MB BS GMC Registered 1984
Dr Bentham is a part time, salaried GP and has been associated with general practice since 1987. He has a particular interest in paediatrics and geriatrics.

NURSES
Titi Haastrup  (Female) Nurse Practitioner
Vicky Fuller  (Female) Practice Nurse

COUNSELLOR
Ruth Shelley  (Female) BACP Accredited

HEALTHCARE ASSISTANTS
Christine McLeod  (Female) Svetlana Minkova  (Female) Trainee HCA

MANAGEMENT
Veeru Rajamuthiah  Practice Manager

PRACTICE STAFF
Angela Springall  (Female) Administrator Shirley Hewitt  (Female) Administrator
Ann Horner  (Female) Receptionist Gill Williams  (Female) Receptionist
Sue Kirkum  (Female) Receptionist Michelle Mclean  (Female) Receptionist
Patsy Epps  (Female) Receptionist Elisabeth Bodin-Heon  (Female) Operations Administrator

For the latest information click to: www.honoroakgrouppractice.co.uk
Blooming Good Nursery Care

EARLY BLOOMERS Pre-School, offering quality nursery care and breakfast club facilities to children aged up to eight years, is a well-established nursery taken over in January 2007 by Josephine Mutabeni.

Josephine, a fully qualified teacher with experience of helping special needs children, explained that her daughter was attending the nursery when she got the opportunity to take charge.

“I had experience helping to get schools and nurseries out of local authority special measures programmes, and wanted to put what I’d learnt into practice for myself,” she said.

All of Early Bloomers’ care is provided by experienced, qualified staff in age-appropriate settings. “We have a baby room for children up to two years old, then a toddler and pre-school room that goes up to five years old,” said Josephine.

“We also have a breakfast and after-school club to help busy working parents access quality, stimulating care in a safe environment.”

It’s care based on treating each child as an individual. “All of our children are different, and we offer care that is tailored to their requirements,” said Josephine. “Our kids love coming here!”

Call Early Bloomers Pre-School on 020 8694 2600, or see www.earlybloomers.co.uk

From 0 months to 5 years
• Full day care and education
• Established 1997 and registered 2007
• Home-made lunches (varied menu)
• Member of Pre-school Learning Alliance
• Breakfast and after-school club for 5 - 8 year olds

What is Counselling?

Life events can be difficult and can sometimes feel overwhelming. Counselling can give you the opportunity to explore problems in depth and in confidence with an experienced professional over a period of time.

Counselling is a collaborative process - it’s not about giving advice - but it is something that can enable people to find their own solutions and explanations for problems which may be current, or resurfacing issues from the past.

I have well over a decade of experience working with individuals in the NHS, for Organisations and in Private Practice, exploring a variety of issues. I am accredited with the BACP and am in the BACP Register of Counsellors and Psychotherapists. I work within the guidelines of the BACP Ethical Framework, both long-term and short term with clients, and the process is always open to review.

My Private Practice is situated on the borders of Forest Hill and East Dulwich and there is ample free parking on the road and good local transport links.

If you would like to find out more or book an initial session, please contact me and I will be happy to help.

Call Gabrielle on 07860 105004, gabriellecouns@aol.com
www.counsellingsoutheastlondon.net
Forest Hill, London SE23 3AP

To advertise your business to our patients on low cost, easy payment terms call 0800 0234 196.
## PRACTICE AREA

We accept new patient registration from the following postcodes SE4, SE6, SE13, SE14, SE15, SE23.

### Roads In Catchment Area

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If you are still unsure whether you are within our catchment area, please ask a member of the reception team.
REGISTRATION PROCESS
All new patients should try to bring their medical card when registering with the practice. New patients will be asked to present photographic ID and proof of address. You will be asked to complete a registration form. In addition, all patients will be asked to complete a new patient health check form to provide information for medical care in the interim period, while your medical records are transferred from your old practice to this one. Please ask reception staff for details. Any patient who has not changed address but wishes to change GP practice, needs to discuss this with a doctor.

CHILD REGISTRATION
All children registering with the practice need to provide the team with their Red book, any other document listing immunisations (from other countries), birth certificate and proof of ID for parents. These documents are necessary, under the Lewisham safeguarding children policy, at the time of registration. The team will also take a copy of these documents for our practice record. Any child registering with the practice who is not up to date with their immunisations will be booked an appointment to discuss immunisation with the practice nurse.

DOCTOR OF YOUR CHOICE
Patients are registered with the practice, not an individual GP. For administrative reasons your medical card will be issued in the name of one of the doctors; however, you can at any time express a preference for a particular doctor, for either all of your medical needs or on a case-by-case basis. You are able to make an appointment with any doctor at the practice for a routine appointment. We also recommend that you get to know one doctor as they will be able to follow up longer term problems more effectively. However, not all the doctors in the practice provide all services and specific doctors may not be immediately available. Please note that if you make an appointment on the same day you need to see a GP it may not be possible to choose which doctor you see.

BOOKING AN APPOINTMENT
In keeping with Government guidelines we are working towards an appointment system that allows access to doctors and nurses within 48 hours. Automated telephone booking system - you can now book/cancel or reschedule appointments around the clock - 365 days a year. Its very simple, follow the instructions on the telephone system. Our practice uses both a pre-bookable and ‘book on the day’ (emergency only) appointment system. Please help the receptionists by telling them if your problem is urgent or not and we will try our level best to provide a same day appointment if the patient considers this to be necessary. You can also book appointments using our automated telephone service.

INTERNET BOOKING: You can now book an appointment for your preferred doctor four weeks in advance at the click of a button. Please speak to reception for your user and log in details.

For the latest information click to: www.honoroakgrouppractice.co.uk
CONSULTATION

Newly registered patients, those aged 75 or over who have not had a consultation in the past year and adult patients (16-75) who have not had a consultation in the past three years all have the right to request a health check consultation with either a doctor or nurse at the practice. Please call reception to arrange an appointment.

PROTECTION AND USE OF YOUR INFORMATION (CONFIDENTIALITY)

This practice is computerised and registered under the Data Protection Act 1998 and we respect the privacy of your personal health information and are committed to maintaining your confidentiality. All information and records related to your care are kept and used in accordance with The Data Protection Act.

Personal information will be confidential to the NHS unless you have given permission in writing.

ACCESS TO YOUR MEDICAL RECORDS

The Data Protection Act gives you the right to see personal health information about yourself. This Act aims to protect your personal privacy. To apply, you should write to the practice manager. You do not need to give a reason for wanting to see your health records. You will be able to have access to your medical records within 21 days. A fee from £10 to £50 can be charged for this service.

OUT-OF-HOURS ARRANGEMENTS

Between 6.30pm to 7.00am (Mon-Fri) and Friday 6.30pm to Monday 7.00am, the surgery remains closed. In order to obtain medical advice and service please call SELDOC (South East London Doctors on Call) on 020 8693 9066. SELDOC provide medical cover for periods when the surgery is closed.

HOME VISITS

If possible please try to call us before 10.00am. Depending on the circumstances, a doctor may wish to call you back first to assess your condition before making a visit. House visits are only available for patients who are housebound because of illness or disability.

Please remember that several patients can be seen in the practice in the time that it takes to make one home visit. There are also better facilities for examining and treating patients at the Health Centre.
ACCIDENT AND EMERGENCY

In the event of an accident or major emergency, go to your nearest accident and emergency department either at Lewisham Hospital or Kings College Hospital. If you require an ambulance, call 999.

DISABLED ACCESS

The Health Centre is fully accessible to the disabled, and all the patient areas including the waiting room, consulting rooms and toilets have wheelchair access. Designated disabled parking spaces are located nearest to the entrance to the Health Centre.

REPEAT PRESCRIPTIONS

If your doctor has authorised you to have repeat prescriptions, your notes will contain a record with the details. Please retain the computer summary slip. You may order a repeat prescription by:

1. Marking the medicines on the computer summary slip and placing it in the 'Repeat Prescriptions' box in reception.
2. Posting - send your computer summary slip back and enclose an SAE if you would like us to post the prescription back to you.
3. By emailing to LEWCCG.g85089-general@nhs.net
4. By fax to 020 3049 2346
5. Online via the practice website - please ask at reception for registration details and more information.

Repeat prescriptions will be ready to collect after 48 hours of being received by the practice, Mondays to Fridays only. Please note that the practice does not accept orders for repeat prescriptions over the phone.

RECEPTION STAFF

Our staff will be pleased to make appointments for our surgeries and clinics and deal with requests for visits and repeat prescriptions. They will try and help you with any administrative enquiry that you may have.

PRACTICE MANAGEMENT

Our manager is able to help you with any non-medical aspects of your health care and treatment. She is also available to discuss any suggestions or complaints you may have which will improve our service to patients.
PRACTICE NURSES

Our practice nurses run clinics every day. Appointments can be made through reception. They are able to give advice on a wide range of healthcare issues including:

- Smoking cessation
- Exercise counselling and classes
- Diabetes
- Alcohol control
- Asthma
- Family planning
- Diet and obesity
- Heart disease prevention
- Immunisations

They are also able to carry out health check-ups (including blood pressure) and cervical smears. They run a travel immunisation service and assist doctors in the management of many conditions. Please feel free to discuss health problems with them.

DISTRICT NURSING

We have a district nursing team attached to the practice that provides nursing care for patients confined to their homes. This service needs to be arranged through a GP.

COUNSELLOR

A qualified counsellor is based in the practice premises and is available by appointment only. If you wish to be seen by the counsellor, please talk to your doctor or nurse first.
The counsellor works all day Monday and Tuesday.

HEALTH VISITORS

Health visitors are attached to the practice and run their clinics on Tuesdays (1.00 to 3.15pm). They are trained nurses and are able to give advice and help to mothers in the care of babies and children. Please contact the Honor Oak Health Centre on 020 3049 2300 for details.

OTHER SERVICES AVAILABLE

Family Planning - Pre-pregnancy Counselling

You may see any of the doctors or the family planning nurse during any surgery for family planning advice or to discuss preparing for pregnancy.
**Diabetic Care**
Dr Uti and the practice nurses provide diabetic care. Please contact reception for details.

**Winter Health**
Vaccination against influenza and pneumonia is available free each October. We send appointments directly to patients who we feel would particularly benefit from this.
These vaccines are also available to few others who request it (provided we have stock and completed the target group). Please ask at reception for further information.

**Drug Addiction**
Drs Neal and Uti, in co-operation with specialist local agencies, can offer you help.

**Alcohol Problems**
If you consider yourself to have an alcohol problem, please arrange an appointment with a doctor who can give advice and refer you for specialist help if needed.

**Health Promotion**
For details of the other health promotion services we provide, please see under “Practice Nurses” and “Counsellor”.

**NHS Health Check**
The NHS health check programme is an ambitious Department of Health (DOH) initiative which will offer preventive checks to all those aged 40-74 (inclusive) to assess their risk of cardiovascular disease (heart disease, hypertension, stroke, diabetes and kidney disease) and pick up unidentified CVD followed by appropriate management and intervention, where necessary. Honor Oak is committed to provide this service to the target patients. Please enquire with the health care assistant for more information.

**Safeguarding Children**
All healthcare organisations have a duty under the Children Act 2004, Section 11, to make arrangements to safeguard and promote the welfare of children and young people. Honor Oak believes in safeguarding/promoting the welfare of children and has staff members on child surveillance issues. The Safeguarding Children Practice Lead is Dr Richard Neal.

**Chiropody**
Appointments for chiropody can be made using a self-referral form which can be collected from reception.
Travel Advice And Vaccinations

This service is by appointment only with our practice nurses. They can give advice and arrange vaccinations. Some vaccinations cannot be given at the same time and therefore will need to be consulted well in advance (preferably at least two months) of your departure as some vaccinations take time to be effective.

Nearly all travel immunisations can be provided FREE on the NHS.

We are a registered Yellow Fever Vaccination Centre. The charge for Yellow Fever Vaccination is £45 and a charge for MENACWY is £35. There is a prescription charge for Malaria tablets.

Please note the surgery only accepts cash payments.

Childhood Immunisations

These are vitally important to protect your child against a range of serious and often fatal illnesses. A course of injections against diphtheria, whooping cough, tetanus, Hib, pneumonia, meningitis and polio is given at two, three and four months. Booster doses of Hib, meningitis and pneumonia are given at 12 months together with measles, mumps and rubella (MMR). A booster of MMR is given at 15 months. A tetanus, diphtheria, polio and whooping cough booster is given at age three and a half years.

Girls will receive HPV vaccine against cervical cancer aged 12 and all children receive a booster for tetanus, diphtheria and polio from the age of 13, both vaccines are given at school.

Dietician Service

A dietician service is now available by appointment only. It is based in the practice premises and runs fortnightly on Thursday mornings only. Please talk to a Doctor or Nurse.

PRACTICE AND PATIENT CHARTER

All members of the Honor Oak Group Practice are dedicated to a quality policy to achieve health services which meet the patient’s requirements. Our aim is to provide the best possible primary healthcare to all our patients and to work with them to maintain or improve their state of physical and mental health. We will do all we can to equal or better the high standards set out in our Practice Charter and all our staff will be offered appropriate training to help them achieve this objective. Every member of the team will do their best to get things right first time.
Practice Charter - The Practice’s Responsibilities:

- You will be treated in a friendly and courteous manner whenever you telephone or visit our surgery.
- Your right to confidentiality will be maintained.
- Your religious and cultural beliefs will be respected.
- We will provide and maintain clean, comfortable and accessible premises.
- You can expect to make routine appointments (subject to availability of appointments) with the doctor of your choice except when that doctor is on study leave or holiday.
- You have the right to information about your own health, particularly the illness and its treatment, the alternative forms of treatment and the likely outcome of the illness.
- You can complain, without discrimination, if there is a problem.
- Expect your medicines to be reviewed regularly if you are receiving repeat prescriptions.
- You can expect to be referred to a consultant/hospital acceptable to you, when your GP thinks it is necessary.
- You can request a routine, daytime home visit before 10.00am (where possible).
- The practice will offer advice and seek to inform patients of steps they can take to promote good health and to avoid illness eg smoking, exercise, immunisation etc.
- You can expect to be seen on the same morning or afternoon if you have an urgent medical problem but not necessarily with the doctor of your choice.
- You can expect to be seen within 20 minutes of your appointment time. If the wait is likely to be longer then we will offer you an explanation.
- Repeat prescriptions will be ready to collect after 48 hours of being received by the practice, Monday to Fridays except for weekends and Bank Holidays.
- You have the right to see your hand-written and computerised medical records and any medical report requested by a third party, subject to the limitations of the law.
- You may enquire about test results in person or by telephone after 11.00am, Monday to Friday.
- We will provide and publicise a comprehensive programme of health promotion and education.
- You can expect to be offered appropriate advice about how to stay healthy and avoid illness.
- We will provide information of services availability by means of our website, practice booklet, notice board, leaflets or text messages.
Patient Charter - As A Patient Of This Practice We Expect You To:
• Treat staff with courtesy at all times - remember they are working under doctors’ orders.
• Respond in a positive way to questions asked by the reception staff.
• Be punctual for appointments.
• Give as much notice as possible if you are unable to keep an appointment.
• Make more than one appointment if more than one person needs to be seen.
• Be prepared to make further appointments if you have numerous or complicated problems.
• Be patient if appointment times are running late as it may be you who needs the extra time on another occasion.
• Only ask for a home visit if you are unable to attend the surgery due to illness.
• Only contact an out-of-hours doctor if your medical complaint cannot wait until the next working day.
• Be prepared to see another doctor if your own is unavailable.
• Be very careful to follow treatment prescribed by your doctor.
• Make constructive comments, suggestions or complaints to the practice manager.
• When patients are asked to give 48 hours notice for repeat prescriptions, please give us this time as it is to allow for accurate prescribing.
• Calls to the emergency GP service out of hours should only be made if there is a real urgency and attendances at the local A&E department made only for accidents and emergencies.
• Inform the practice if you change address or telephone number and please remember to include a postcode. It is also important, if you are receiving treatment at the hospital, to inform them of the same changes so that our records match when we communicate with them.

The practice does not discriminate on the grounds of race, gender, social class, age, religion, sexual orientation, appearance, disability or medical condition.
COMPLAINTS

We aim to provide the best possible service to our patients and deal swiftly with any problems that arise. If you are dissatisfied with the service, treatment or premises we want to know. The practice complaints procedure is designed to ensure that your issues are listened to, dealt with fairly and action is taken where appropriate.

A complaint can be initiated by obtaining a form from reception. Alternatively, if you wish to speak to someone immediately, the practice manager, if available (or by appointment), will be happy to discuss the issue with you.

We will then either write or meet with you to provide an explanation and discuss any action that may be needed. Your partner or a friend will be welcome to attend this meeting.

If you still feel that the matter is not resolved to your satisfaction, you can contact NHS England, in writing, on the contact details below:

NHS England
PO Box 16738
Redditch B97 9PT
Tel: 03003112233
Email: England.contactus@nhs.net

ZERO TOLERANCE POLICY

The practice supports the Government's NHS Zero Tolerance campaign.

We deal with patients in a polite and courteous manner. In return we expect that the same respect is shown to all staff at the surgery. Whilst we understand that a visit to the doctors can at times be stressful or worrying, we will not tolerate aggression or abuse towards any staff at the surgery.

ANY PATIENT BEING THREATENING OR ABUSIVE TO ANY MEMBER OF OUR TEAM MAY BE REMOVED FROM OUR PRACTICE LIST WITHOUT FURTHER WARNING.

FREEDOM OF INFORMATION - PUBLICATION SCHEME

The Freedom of Information Act 2000 obliges the practice to produce a Publication Scheme. A Publication Scheme is a guide to the ‘classes’ of information the practice intends to routinely make available.

This scheme is available from reception.
WELCOME TO THE HONOR OAK PATIENT PARTICIPATION GROUP

What is a Patient Participation Group?
A Patient Participation Group is made up of patients, volunteers and staff that advise the practice on what matters most to patients and to identify solutions to problems.

What a Patient Participation Group is not?
A Patient Participation Group is not a “forum for moaners” or a “doctors’ fan club”.

Get Involved
Honor Oak Practice needs you! You can have a say in how the practice is run and what services are provided. You can help the practice to understand what patients think about issues such as opening hours.
The Patient Participation Group can work with the practice to improve:

➢ **Communication** by helping to produce newsletters or leaflets that provide patients with information about their health and how to access services.

➢ **Local people’s health** by working with the practice to organise health improvement events so that local patients have information that can help them to look after their own health.

➢ **Patient experience** by talking to patients and letting the practice know what matters to patients.

There are lots of other things that the Patient Participation Group can do but it really is up to you and how much you want to support other patients and your practice.

Examples of patient’s group activities:
The Kennedy Way PPG in Yate, Bristol runs a transport scheme to help elderly patients attend appointments at local hospitals.
The Woodcote Group Practice Patients Group has a long term condition peer support service. Patients share their experiences with others in a similar position.
Elliott Hall Medical Centre PPG runs a Carers group with the support of a social worker and Crossroads, carer support organisation.

The most important thing is to find out what patients need and have fun making it happen. The group can meet once a month or quarter, it really is up to you but you do need to have clear and realistic aims. Be realistic about what can be achieved and look for quick wins and small changes that can make a real difference.

**FOR MORE INFORMATION, CONTACT US ON ☎ 020 3049 2345**
✉️ LEWCCG.g85089-general@nhs.net
HONOR OAK GROUP PRACTICE SURGERY AND CLINIC TIMES

Reception Opening Hours
7.00am - 6.30pm Monday to Friday

Surgery Times
7.00am - 12 noon and 1.30 - 6.00pm Monday to Friday

Nurse
8.30am - 12.30pm and 2.00 - 6.00pm Monday to Friday

Baby Clinic
1.00 - 3.15pm Tuesday afternoon

Counsellor
8.00am - 4.30pm Monday 10.00am - 6.00pm Tuesday

Drug Agency Clinic
9.00am - 4.30pm Friday

Antenatal Midwifery
9.30am - 11.30am (Booking) Wednesday
9.35am - 12.35pm (Routine) Thursday

Dietician Service
9.00 - 11.30am Thursday fortnightly

EMERGENCY /USEFUL CONTACTS

If you have an emergency out of hours, please contact:

SELDOC
020 8693 9066.

If you require medical advice (24 hours medical information) but feel you do not need to see a doctor, please contact:

NHS Direct
Telephone Number 0845 46 47
Online www.nhsdirect.nhs.uk

CQC
CQC National Customer Service Centre
Citygate, Gallowgate, Newcastle upon Tyne NE1 4PA
Telephone Number 03000 616161
Online www.cqc.org.uk
WALK-IN CENTRES

Walk-in services are now offered at the Waldron Health Centre as part of the GP Walk-in Centre. Both registered and unregistered patients can use this service.

GP-Led Walk-in Centre
Waldron Health Centre, Amersham Vale London SE14 6LD
Tel: 020 3049 2370
Opening time: 8.00am - 8.00pm every day including weekends

NHS SOUTH EAST LONDON ADDRESS

Honor Oak Group Practice is party to a PMS contract with NHS South East London (Lewisham). Further details of Primary Medical Services in this area can be obtained from them at the following address:

Honor Oak Group Practice
Primary Care Contracting Directorate
Lower Marsh
1st Floor, 1 Lower Marsh
London SE1 7NT
Tel: 020 3049 4444
www.selondonsector.nhs.uk
HOW TO FIND US

Please note that this map is intended for directions only and does not necessarily show the practice catchment area. Please ask at reception if you are unsure if you fall within our catchment area.

Bus Routes: 484, 343, 171, 172, 122
Nearest Stations:
Crofton Park, Brockley