



Important Messages following the Covid-19 Pandemic

To All our patients,

We are all aware of how difficult the time during the pandemic has been for every one of you.

Some of you may have lost family and friends due to Coronavirus and we offer our deepest sympathies and condolences to all of you. If there is any further support, you need please let us know.

Some of you that been infected with the virus may still be recovering with the after-effects. For others we are aware of a different impact in your lives, in terms of psychological/financial/social etc.

During these last few months, we have seen a sharp increase in patients with Mental health problems, and this is likely to continue. Getting help early is key to getting on top of mental health conditions. If you would like to refer yourself to talking therapies, please click here:

<https://talkingtherapies.cnw1.nhs.uk/brent/refer-yourself-brent>

For all of the above if you need any help or support please contact the practice.

Coronavirus

If you feel you have symptoms of Coronavirus:

If you experience any one of the following:

- High Temperature
- New, continuous cough
- Changes in your sense of smell or taste

please self-isolate and ensure your household members do the same and get tested immediately:

<https://www.gov.uk/get-coronavirus-test>

PLEASE BE AWARE THE TEST IS NOT 100% ACCURATE. Hence if you have a negative test and still have symptoms and/or are worried contact the practice to speak to a Doctor.

Wembley Centre for Health and Care
116 Chaplin Road, Wembley,
HAo 4UZ

Tel: 0208-795-6150

Fax: 0208-795-6170

Breccg.premiermedicalcentre@nhs.net

Important notice for preventing COVID-19 outbreaks.

Avoid the “Three Cs”!

- 1. Closed spaces** with poor ventilation.
- 2. Crowded places** with many people nearby.
- 3. Close-contact settings** such as close-range conversations.



One of the key measures against COVID-19 is to prevent occurrence of clusters.
Keep these “Three Cs” from overlapping in daily life.



The risk of occurrence of clusters is particularly high when the “Three Cs” overlap!

In addition to the “Three Cs,” items used by multiple people should be cleaned with disinfectant.





Research

We are running a research project with Oxford University to offer an Antibiotic that is not commonly prescribed by the NHS to treat patients with suspected Coronavirus.

If you are aged 50y or older and develop symptoms of a cough and/or a fever within the last 14 days you may be eligible, please ask one of our Doctors when you speak to them or click on the following link:

<https://sentry.phc.ox.ac.uk/sentry/principle/live/survey/open?id=screening&sc=PRM>

Cancer

- Cancer is still one of the biggest killers in the UK.
- Have you had any new symptoms since lockdown and unsure what to do next?
- If you're worried about symptoms that you think could be cancer, please book a telephone call to discuss it with one of our Doctors.
- When it comes to cancer, early detection is key, a five-minute phone call could be the first step to getting clarity. Don't ignore the signs.

Cervical screening

- We have restarted routine cervical screening (Smear test) at the practice. Letters and text reminders are now being issued to women,
- If you receive one, please do not ignore it and book an appointment ASAP
- Click here to see how a simple smear test saved David Tennant's (Famous Actor) wife
- <https://www.hellomagazine.com/healthandbeauty/health-and-fitness/2020061691640/david-tennant-wife-georgia-details-cancer-ordeal-old-post/>

Joint Injections

- We have recently restarted doing these again. We are not doing them as regularly as previously, but if you require a joint injection, please email the practice on breccg.premiermedicalcentre@nhs.net

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Coil Fitting

- We have recently restarted doing these. If you wish to consider this Non-Hormonal Long-term contraception then please contact the practice:
- Please email breccg.premiermedicalcentre@nhs.net

More information can be found at:

- <https://www.fpa.org.uk/sites/default/files/intrauterine-device-iud-your-guide.pdf>

Feedback

If you feel we are doing a good job, please let us know. It is always nice to hear good comments.

If however, your experience was not ideal or have different suggestions, and feel things could be improved and we will always listen and take on board your thoughts and suggestions. Your feedback is very important to us to make constant improvements.

Please email us at:

Breccg.premiermedicalcentre@nhs.net

Yours faithfully,

Dr Arun Notaney
GP Lead Partner | CEO

Dr Chander Notaney
Senior Partner

Dr Sushila Notaney
Senior Partner

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