

Claremont Medical Centre Patient Newsletter April 2026



DOCTORS CLINICS

Below are the days our GP's work

Dr Kochhar - Monday, Tuesday, Wednesday AM & Friday

Dr Williams – Monday, Thursday and Friday

Dr Hanson – Monday, Tuesday, Wednesday & Thursday

Dr Kelly - Thursday AM & Friday

Dr Ratti – Tuesday AM, Wednesday & Thursday AM

Dr Polomcic – Tuesday, Wednesday AM & Friday

Dr Harrington – Tuesday & Wednesday

Dr Charleston – Monday, Thursday & Friday AM

Dr Ravindran – Tuesday

NURSE CLINICS

Below are the days our Nurses, HCA's, & GP Assistant work

Michelle – Monday, Tuesday, Wednesday & Thursday

Suzanne – Tuesday, Wednesday AM & Thursday AM

Daisy – Thursday & Friday AM

Sarah – Monday AM, Tuesday AM, Wednesday PM & Thursday PM

Mia – Monday PM and Friday AM

Olivia – Wednesday

DID YOU KNOW

126 Patients did not attend their appointment in March and did not cancel it

This equates to over 23 hours of missed clinical appointments. Had these appointments been cancelled we would have been able to offer them to someone else.

It is important to let us know if you cannot attend your appointment as soon as possible, not just for yourself so we can offer you an alternative appointment but for other patients waiting to be seen.

BLOOD TEST RESULTS

Don't forget to contact us for your blood test results. You can do this through our website claremontmedicalcentre.co.uk or by telephoning the practice on 020 8399 2280 on a weekday after 11am.



BLADDER CANCER AWARENESS

In the UK, over 20,000 people are diagnosed with bladder cancer each year, yet it is still not widely recognised as a common cancer.

Action Bladder Cancer UK ran a campaign last year to help more people recognise the signs and symptoms of bladder cancer and to contact their GP practice early.

The key messages included:

- Tobacco use is the single biggest risk factor for bladder cancer
- Symptoms of bladder cancer can be overlooked, particularly in women, as they can overlap with the symptoms of urinary tract infections (UTIs) or gynaecological issues including menopausal / post-menopausal symptoms.
- Women have a higher 1-year adverse survival rate than men, making early recognition and referral especially important at improving outcomes.
- About 80% of people diagnosed with stage 1 bladder cancer survive their cancer for 5 years or more, compared with about a 10% 5 year survival rate for people diagnosed at stage 4.

The key symptoms to look out for are:

- Blood in pee (even just once)
- Urinary tract infection (UTI) that keeps returning
- Pain, burning or stinging when peeing
- Peeing urgently or more often than usual
- Losing weight without trying to
- Feeling very tired for no reason and feeling generally unwell

Whilst it is unlikely to be bladder cancer, it's best to see a healthcare professional if experiencing any of these symptoms.

KEEP US UP TO DATE

Please remember to tell us if you have moved address or changed your phone number or email address.



NHS CERVICAL SCREENING

The NHS Cervical Screening programme has now introduced all communications digitally, this includes invitations, reminders and all results.

This means quicker and more convenient access to cervical screening invitations and results. For those where a digital communication isn't possible, a letter will be posted as a backup. We would encourage everyone to download the NHS App and enable notifications.

BEAT EATING DISORDERS

BEAT are the UK's eating disorder charity. Founded in 1989 their mission is to end the pain and suffering caused by eating disorders. At least 1.25 million people in the UK suffer from these illnesses, many in secret.

Their national helpline 0808 801 0677 is open Monday to Friday 3pm to 8pm to encourage and empower people to get help quickly, because the sooner someone starts treatment, the greater their chance of recovery. They will listen and support you to take positive steps towards recovery. They also support family and friends equipping them with essential skills and advice so they can help you recover whilst also looking after their own mental health.

Visit their website for more information www.beateatingdisorders.org.uk

HIGH POLLUTION

Exposure to high air pollution may induce symptoms such as wheezing, shortness of breath, exacerbations of asthma and COPD and other symptoms. These symptoms could appear within hours of exposure or several days later. Here are some steps you can take to reduce your exposure and contribution to air pollution:-

- Walk, cycle and scoot more and avoid the busiest roads when you can
- Use public transport instead of driving where you can, but if you have to drive, switch off your engine when you're stationary
- Avoid unnecessary burning at home (e.g. in a wood burning stove or open fire) unless it is your only source of heat



PHARMACY FIRST

As we move into brighter days and Spring arrives, our surgery is as busy as ever.

We encourage all patients to consider self-help options first as many conditions do not need a GP appointment.

The Pharmacy First scheme, offered by local pharmacists, should be your first choice for minor illnesses such as coughs, colds and sore throats.

You do not need a GP appointment to access this scheme.

Our local colleagues are skilled professionals and they have both the capacity and funding to help.

Under the Pharmacy First scheme, they are funded to offer help with

- Sore throat 5 years and over
- Sinusitis 12 years and over
- Shingles 18 years and over
- Infected insect bites 1 year and over
- Impetigo 1 year and over
- Earache 1 to 17 years
- Uncomplicated urinary tract infections Women 16-64 years

If you do not normally pay for your prescriptions, you will not pay for any medication issued through this scheme.

MEASLES OUTBREAK

We have been informed of a measles outbreak in Kingston. Measles is a highly infectious viral illness that can cause serious problems. The outbreak reflects a wider drop in vaccination rates across the UK.

The childhood vaccine has now been updated – the MMR vaccine (Measles, Mumps & Rubella) has been replaced with MMRV, which also protects against Varicella (Chickenpox). This vaccine is both highly effective and safe.

We strongly encourage all patients to ensure their children are fully vaccinated. Please do not ignore vaccination invites. If any vaccines have been missed, we will try to accommodate them as quickly as possible, so they catch up.



FIND OUT MORE ABOUT SOME OF OUR CLINICAL TEAM

DAISY JONES – PRACTICE NURSE

Did you always want to become a Practice Nurse?

- Yes, since I was 3.

If yes, what was your motivation to do this?

- My mum was a nurse, so she inspired me and I always loved people and looking after people.

What do you like most about being a Practice Nurse?

- I love the variety and seeing families growing up from babyhood. Also making a potentially unpleasant/scary procedure less so and making them feel better about it.

What do you like least about being a Practice Nurse?

- Paperwork / courses.

If your son / daughter wanted to be a Practice Nurse, would you be happy?

- Yes, when my daughter wanted to be a Doctor, I encouraged her as it is great working for the NHS in my opinion.

What advice would you give to anyone thinking about becoming a Practice Nurse?

- You have to reeeeeeally want to do it because the training is really hard and the job itself requires true dedication. If they can handle that, I'd say go for it.

SUZANNE NAIL– PRACTICE NURSE

Did you always want to become a Practice Nurse?

- No.

If no, what did you want to do?

- I wanted to be a ballet dancer.

What do you like most about being a Practice Nurse?

- The variety of nursing skills we get. Everyday is different and I like caring for people, improving their mood, plus support from staff, a really nice mix.

What do you like least about being a Practice Nurse?

- I wouldn't want to do anything else, but even I can be affected by certain smells.

If your son / daughter wanted to become a Practice Nurse, would you be happy?

- Delighted.

What advice would you give to anyone wanting to become a Nurse?

- You need to love what you do, have a bit of life experience and like people.