

# THE MUSWELL HILL PRACTICE

## AUTUMN/WINTER 2021-22 NEWSLETTER

### AMAZING BUILDING NEWS!

It is with great pleasure that we can announce we have secured a new building to move into in spring 2022. This will be purpose built and we have worked with architects to design the new building to fit our needs in providing 21st century healthcare. It is bigger than 1 Dukes Avenue with more consultation rooms and admin space. All the patient services will be on the ground floor with 2 further floors devoted to administrative work and remote consulting.



The new building is 54 Muswell Hill, just a short walk from our practice, at the top of Muswell Hill. We thank all those stakeholders who have supported this project.

If you want to follow developments with the building, sign up to our Instagram account [the\\_muswell\\_hill\\_practice](#) for regular updates and join our Patient Participation Group!

We will be having a meeting for patients on 8<sup>th</sup> December 2021 at 19:15 online

All welcome – register at <https://tmhp.eventbrite.co.uk>

### STAFF UPDATES

Dr Marita Koumettou will be sadly leaving us at the end of the December 2021. She writes:

“I have loved working at the Muswell Hill practice for the last 10 years and feel lucky to have been able to start my GP career at such a supportive practice. Deciding to leave has been very difficult but it is important for me to be able to focus on my family while my children are so young. Thank you to all of my colleagues and most importantly to our patients who have shown me so much support and have made every day so much more interesting. I will cherish all the wonderful memories I have created and have learnt so much during my time here. I will miss everyone dearly but will make sure I keep in touch and who knows maybe one day I will be back!”



## STAFF UPDATES

We say farewell to our nurse Rebecca Awodele, who left at the end of October 2021. We are recruiting for her replacement.

We welcome Kaif Furjun to join our team of pharmacists that now includes Antoinette Aimufa, Reena Mandalia and Nurullah Yumsak.

## CHILDREN'S ART COMPETITION



We would like to have some new art work for our building, drawn by our very own patients.

The theme is 'seasons' so choose either spring, summer, autumn or winter and draw a picture on A4 size that represents that season.

Age categories: under 8s, 8–12s and 13 – 16

To submit your entry, please take a picture of it and send the picture to

[harccg.themuswellhillpractice@nhs.net](mailto:harccg.themuswellhillpractice@nhs.net)

with your name and age category or message us via Instagram.

Deadline – 31 January 2022

## FLU

Flu vaccination is important because:

- more people are likely to get flu this winter as fewer people will have built up natural immunity to it during the COVID-19 pandemic
- if you get flu and COVID-19 at the same time, research shows you're more likely to be seriously ill
- getting vaccinated against flu and COVID-19 will provide protection for you and those around you for both these serious illnesses

You're eligible if you;

- are 50 and over (including those who'll be 50 by 31 March 2022)
- have certain health conditions
- are pregnant
- are in long-stay residential care
- receive a carer's allowance, or are the main carer for an older or disabled person who may be at risk if you get sick
- live with someone who is more likely to get infections (such as someone who has HIV, has had a transplant or is having certain treatments for cancer, lupus or rheumatoid arthritis)
- frontline health or social care workers

The nasal spray flu vaccine is free for:

- Children aged 2 or 3 years on 31 August 2021 – born between 1 September 2017 and 31 August 2019

## COVID BOOSTERS

Booster jabs are available for over 50's and those aged 16 and over with a health condition that puts you at high risk from COVID-19 provided the second jab was 152 days (5 months) ago. You can book via the National Booking System.

## QUICK NOTICES

- Remember – If you think you'll need a physical examination, book a face to face appointment with a doctor not a telephone appointment.
- Want to improve your health? Check out <https://www.oneyouharingey.org/> for help and ways to do so