

Dear VMC and LPMC patients,

With limited consultation Westminster Council has approved plans to make Warwick Way one-way east-bound, which the practice thinks would result in increased traffic clogging up Longmore Street and Upper Tachbrook Street as it did during and after the Covid pandemic. Access to VMC by patients, ambulances and urgent medical supplies could be badly affected. Please consider writing to our MP, Rachel Blake, who is interested in hearing from as many local residents as possible. Apparently hand-written letters can be more impressive than sending emails, although either would be appropriate.

Ms Rachel Blake MP, House of Commons, London SW1A 0AA rachel.blake.mp@parliament.uk

We wish you all a happy, healthy and peaceful New Year

Dr Susan Rankine, on behalf of Victoria Medical Centre and Lees Place Medical Centre

CHRISTMAS and NEW YEAR OPENING HOURS

The practice will be closed on Christmas Day 25 and Boxing Day 26 December and New Year's Day 1 January, but open as usual on all other days

All **Routine** clinics will be paused between Christmas and the New Year
27/30/31 December

All **Urgent** and **Same Day** clinics will continue to provide cover during the period



The charity **Age UK Westminster** is working with Grosvenor Estates to reduce loneliness among older residents in Belgravia, Mayfair and Knightsbridge. Friendly gatherings and social events include coffee mornings, keep fit classes and walks, befriending services with volunteers, digital inclusion services to help you get online, as well as financial services and support to access council-led initiatives. **If you are 65 or over** and interested in taking part in any of the above, please contact Age UK Westminster by phone 0203 3004 5610 or by email at enquiries@ageukwestminster.org.uk

Join Age UK Westminster for Tea on 12 December, 2.30 – 4.40 pm

You are invited to a FREE fun and festive afternoon at Grosvenor Hall, Vincent Street, SW1P 4HB. Sign up by contacting 07903 255384 or

souad.abdellaoui@agrukwestminster.org.uk

Register for a FREE Christmas lunch delivery

Age UK Westminster is working with a team of student volunteers from St. Paul's School to deliver a Christmas meal, gift and companionship on Christmas Day. If you are interested, please phone Age UK Westminster on 0203 3004 5610 or by email at

enquiries@ageukwestminster.org.uk

“A NEW YEAR – A NEW YOU”

Early Diagnosis Saves Lives

Early diagnosis can identify treatable medical conditions in time. VMC can offer its patients a range of FREE NHS screening facilities using blood tests, spirometry tests for lung function, smears, scans and follow-up monitoring of your condition in order to optimise your care. It is better to know, and knowing sooner is best. Do not hesitate. Seize the day.

Vaccinations Save Lives

VMC can vaccinate you FREE from childhood to old age to protect you and your family against life-threatening diseases. All your child's immunisations are offered by the practice. They can either be done in the Maternal and Child Health Clinic or by one of the practice nurses in a routine clinic, whichever is more convenient. Do not decline the opportunity to get vaccinated against seasonal flu, meningitis, bacterial pneumonia, shingles etc. Make sure that your vaccinations are up to date by asking at reception and making an appointment with a nurse.

Having a problem with your hearing?

Maybe you have a build-up of ear wax which can cause hearing loss, dizziness, earache or even tinnitus. Did you know VMC now has specialist nurses who will be able to assess this and if necessary can remove the wax by syringing or microsuction? It helps to use olive oil drops for a week before to help soften the wax. Book in at reception if you would like to use this FREE service.

IMPORTANT CHANGE WHEN REGISTERING A DEATH

Since September 2024 there have been important changes relating to registering a patient's death. Previously, if a patient died and the death was expected, the doctor who had been involved in the care of the deceased would sign a death certificate and give it to the next of kin, so that the death would be able to be registered. Now there is a much longer process where the GP has to communicate the death and refer the patient to the Medical Examiner who in turn will be able to look through the records and speak to the relatives and the GP who will only then be able to complete the new-style death certificate. This is then sent back to the Medical Examiner who countersigns the certificate and emails it to the appropriate registrar's office. It is a much longer process as you can see, so it may take a few more days than before.



Patient Participation Group

Join us at Victoria Medical Centre on

TUESDAY 21 January

Don't Suffer in Silence

A panel of speakers will give sound advice about the actions you need to take to avoid becoming seriously ill from diseases of the urinary system

BLADDER AND BOWEL PROBLEMS INCONTINENCE PROSTATE CANCER

symptoms, tests, treatments
Question and Answer Session

6.00 – 7.30 pm

Doors open 5.45

Group Room VMC, 29 Upper Tachbrook Street, SW1V 1SN