



96-98 High Street, Heathfield, East Sussex TN21 8JD  
Tel: 01435 864999  
[www.heathfieldsurgeries.nhs.uk](http://www.heathfieldsurgeries.nhs.uk)

## NEWSLETTER – JUNE 2023

### Heathfield and Mid Downs Medical Practice merger approved

The Partners at the Heathfield and Firs Surgeries and at Mid Downs Medical Practice are pleased to announce that the proposed merger of both practices has been approved by NHS Sussex's Primary Care Commissioning Group and the Practices have been working together since the 1<sup>st</sup> April under the new name "**Wealden Ridge Medical Partnership**".

We have worked closely with our patients and members of the community to understand your views and hear any concerns. Thank you to everyone who contributed.

You can read the summary report from our patient survey on our website.

Both practices will continue to provide GP services in their original locations in Heathfield, Cross in Hand and Newick but will be operating under a shared management team. Patients will still be able to book appointments with their current doctor or clinician at their usual surgery and there will be no change to the way patients access care.

There is no need for patients registered at either surgery to do anything.

Following the merger, both surgeries will benefit from a larger workforce as the practice teams come together to share resources. Patients will have access to a wider range of services and a choice of which surgery they would like to attend for face-to-face appointments or telephone consultations.

Thank you for your continued support and please get in touch with the surgery team if you have any further queries or concerns.

### New Partnership Structure

We would like to inform patients that Dr Jacques left the Practice on the 31<sup>st</sup> March 2023 and Dr Richardson left on the 31<sup>st</sup> May 2023. We would like to thank them both for their work at the Practice over the years and wish them both well with whatever they decide to do next.

From the 10<sup>th</sup> July the new **Wealden Ridge Medical Partnership** structure is as follows:

- Dr R. Rajan – Senior Partner
- Dr S. Narasimhan – GP Partner
- Dr E. Sheppard – GP Partner
- Dr C. Wiseman – GP Partner
- Dr S. Crowley – GP Partner
- Dr L. Gillespie – GP Partner
- Dr J. Andrew – GP Partner
- Dr E. Larsson – GP Partner
- Dr J. Wills – GP Partner
- Julie Acey – Practice Manager
- Scott Lavocah – Deputy Practice Manager

Other Partnership updates:

#### Salaried GPs:

- Dr M. van Zutphen – Salaried GP
- Dr A. Middleton – Salaried GP
- Dr P. Joseph – Salaried GP
- Dr L. Ahmed – Salaried GP
- Dr J. Marr – Salaried GP
- Dr R. Butt – Salaried GP

### Joining the Team

We are excited to announce one new arrival to the Surgery since our last newsletter:

- Carolyn Dougan – Medical Receptionist
- Debbie Coker – Medical Receptionist
- Charlotte Samuel – Lead Receptionist

- Celia Payne-Humphries - Medical Receptionist
- Sienna Mayhew – Medical Receptionist
- Chantal Charman - Medical Receptionist
- Jackie Garner – Medical Secretary
- Christina Spyridou – Clinical Pharmacist
- Katy Tatlock – Paramedic
- Jill Harriss – Phlebotomist
- Nicky Lewis – Trainee Dispenser
- Dr Laurence Nee – Trainee GP

Please give them a warm welcome when you see them.

### Online Services

Due to the recent change of clinical system, you may be aware that access to online services had been temporarily suspended. We apologise for this disruption and the inconvenience caused.

To reinstate or apply for online services, which includes enabling you to re-order your repeat medication and to make an appointment online we ask that you sign up to the **NHS app** in order to receive these services.

### Firs Dispensary

It is with regret that we have made the difficult decision to close the Firs Dispensary for the foreseeable future effective from Thursday, 15th June.

The reason for this decision is due to staff shortages.

We apologise for any inconvenience caused.

### Physiotherapy / Musculoskeletal (MSK) team

This is to remind patients that you can self-refer to some MSK & Physiotherapy services without seeing your GP first.

All forms are also available in paper versions and can be collected from your GP or via the Physiotherapy site below.

[www.sussexmskpartnershippeast.co.uk/gethelp](http://www.sussexmskpartnershippeast.co.uk/gethelp)

### Online Consultations

As well as help and advice, our online Consultation service, "Anima", lets you:

- Submit any medical or admin request straight to the practice
- Track your requests
- Request repeat prescriptions
- Ask for sick notes and other letters from your GP
- Access self-help and useful resources from the NHS website
- Find other nearby services

Visit our website to access the service.

### Patient Participation Group (PPG)

Please see our website for the minutes from the last meeting. Our next meeting is scheduled for Monday 21<sup>st</sup> August, 6.30pm.

### This is me...

For each edition of the Surgery Newsletter there will be a focus on a member of the team from each department to give patients an insight as to the work they do.



Name:

*Christina  
Spyridou*

Position:

*Clinical  
Pharmacist*

Length of  
service:

*7 months*

### This is me:

I come from Greece and I graduated from UCL in 2013 with a master's degree in pharmacy. I recently decided to pursue a long-held ambition to work as a pharmacist as part of a multidisciplinary team in a GP surgery.

As a clinical pharmacist my role involves resolving day-to-day medicine queries, conducting in-depth medication reviews, helping patients learn more about their medication (including side effects) and delivering patient safety audits.

I enjoy talking to people about their medication, as well as their everyday lives, as I believe in taking a patient-centred approach in healthcare. I always try to understand the patient's experience, and through shared-decision-making conversations to ensure that their medicine use is as safe as possible, and they are getting the most out of their treatment. I like to support patients in the management of long-term conditions, offering advice on healthy living choices, and helping people understand the reason they need to take their medication.

Working in patient care I believe that being helpful and kind are qualities that all members of the staff share in Heathfield Surgery. I am always happy to offer support in helping resolve medicine-related issues and I look forward to meeting more of our patients in my clinics.