**Patient Group Newsletter [PPG]**

**Thorndike Medical Centre**  
**Longley Road, Rochester ME1 2TH**

**Email:** [**patientgroup.thorndike2021@nhs.net**](mailto:patientgroup.thorndike2021@nhs.net)

**April 2021**

***DID YOU KNOW?***

**THAT……… with**

**“eConsult”**

**you can book appointments and the surgery can assess your needs online?**

**Just click the tab**

**“Consult with your doctor online” on the front page of the surgery website and follow the simple instructions.**

**THAT……….**

**If you are patient wishing to know about vaccinations then visit the NHS website…link below**

[**https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/coronavirus-vaccine/**](https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/coronavirus-vaccine/)

**Dr. Tanday retirement.**

**We say “Good-bye” to Dr Tanday. He qualified in 1975 and has spent 40 years of his working life in Medway, as a Senior Partner at the Thorndike Surgery until last October when he retired**

**on his 70th Birthday**

**We are all very grateful for his dedication, loyalty and expertise at the practice.**

**He was well respected and a popular member of the team at the Thorndike and will be greatly missed.**

***We all wish him a long and very happy retirement.***

***A big welcome to our 2 new Doctors!***

**Dr Olu Arokodare**

**We are lucky to have Olu join us she is local to the area and has previously worked at Hoo and in the community Hubs.**

**She is caring and full of fun.**

**Her speciality is obstetrics, gynaecology**

**Dr Saba Khan**

**Joined us in March as a GP and we are delighted to welcome her to the Thorndike.**

**BLOOD TESTS**

**To book a blood test ring this new number**

**01634 810814**

**WE NEED YOU!**

**Your patient group needs more members.**

**The PPG meets monthly but, due to COVID-19, it now meets via the internet and “Zoom” or such like. We need additional members. Will you join us and have a voice at the Thorndike?**

**Please contact the PPG on the email below. We look forward to hearing from you.**

[**patientgroup.thorndike2021@nhs.net**](mailto:patientgroup.thorndike2021@nhs.net)

**We need to hear from YOU, our patients, in order to “*Serve you well.”***

*The PPG represents YOU, the patient therefore please let us know your views and comments for now and in the future.*

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**Covid Vaccinations**

The PPG would like to congratulate all the staff at the surgery for their tremendous efforts to vaccinate patients as speedily as the vaccine supply allows. As of 19th March, 4,643 of the surgery’s 12,942 patients had been vaccinated.

**From our partners at Medway Council**

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| better connected |  | |  |  |  | | --- | --- | --- | |  |  | [Social Prescribing Programme: Better Connected](mailto:better.connected@medway.gov.uk) Our Social Prescribing team support over 65s to feel less socially isolated. We aim to improve people’s health and wellbeing by supporting them to access activities, advice, to social networks within their local area. [Find out more](mailto:better.connected@medway.gov.uk) | |
| Better health |  | [Better Health](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMTIsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMTAyMDMuMzQ1Mjk2MzEiLCJ1cmwiOiJodHRwczovL3d3dy5tZWR3YXkuZ292LnVrL2FiZXR0ZXJtZWR3YXkifQ.3fauwNI7kwnlfxS3k-QQsL0lQdbTYiz6sR9tapKbtUY/s/507290676/br/97003860265-l) 7 out of 10 adults say they are feeling motivated to make healthier lifestyle changes this year due to coronavirus, according to a new survey by Public Health England.  We are supporting the national health campaign Better Health which has been prompted by the coronavirus pandemic and seizes the opportunity for a national reset moment.  We are still offering online and telephone support to help residents who wants to eat better, be more active or quit smoking. [Find out more](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMTMsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMTAyMDMuMzQ1Mjk2MzEiLCJ1cmwiOiJodHRwczovL3d3dy5tZWR3YXkuZ292LnVrL2FiZXR0ZXJtZWR3YXkifQ.gbSNZfPuQc3gZdnfGjLK7UiOQblUuEUTB25DJmo1kdw/s/507290676/br/97003860265-l) |

**Carers Week**

June 8 - June 13  
**Carers Week** is an annual campaign to raise awareness of caring, highlight the challenges **carers** face and recognise the contribution they make to families and communities throughout the **UK**.

Find out more at: [www.carersfirst.org.uk](http://www.carersfirst.org.uk)

**Repeat Prescriptions**

Instead of trying to order by phone, use other easier ways to order your repeat prescription!

You can order your prescriptions by e-mail – [mccg.thorndike.prescriptions@nhs.net](mailto:mccg.thorndike.prescriptions@nhs.net) these will be ready to collect after (5 working days). Further information and other options are available on the surgery’s website: <https://www.thorndike.nhs.uk/>